

**Acupuncture & Naturopathic Medicine**  
**INTEGRATED NATURAL MEDICINE**


**Dr. Robert Clarke N.D., L.Ac.**



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- Naturopathic Doctor
- Chinese Medicine
- Homeopathy

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 FOR BODY • MIND • SPIRIT

*A Special 4-week Series!*  
**BRINGING BALANCE**  
 for All Levels  
 with **Michelle**  
**Thursdays**  
**Nov. 6 - Dec. 4**  
**5:30-7:00pm**  
**Cost: \$30** Preregistration required

**Hot Yoga is back!**  
 with **Peter**  
**Thursdays 7:30pm**  
**Oct. 23 - Dec. 18**  
 Call now to preregister!

**8-WEEK SERIES**  
**Beginning Yoga**  
**Tuesdays** with **Lynne**  
**Oct. 28 - Dec. 16**  
**7:15-8:45pm**

**Mondays**  
**Nov. 3 - Dec. 22**  
**5:30-7:00pm**  
 with **Vandana**

**Cost: \$50/Series** Preregistration required.

Drop-in Yoga 7 days a week


**3575 Donald St. Eugene 484-6100**  
 email: [info@fourwindscenter.com](mailto:info@fourwindscenter.com)  
 www.fourwindscenter.com

**BIKRAM YOGA**

**6:45-8:15am T Th**  
**9-10:30am M-S**  
**4-5:30pm F & Su**  
**6-7:30pm M-Th**

Intro Package:  
**\$10 for 10 Days**

**349.YOGA**



**REIKI & MASSAGE**

Reiki energy comes through the practitioner's hands when put on strategic places on the body such as organs and glands. Through day to day stress these areas become overheated and overactive, leading to anxiety and or illness. Reiki can also assist the energy field in the body with proper movement. A luxurious full body massage is included in the Reiki treatment.

1 1/2 - 2 hr. session, \$65

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**GRAND OPENING!**

**Sat & Sun** All Events Free!  
**November 8 & 9**

Join us for  
 Healing & Creative Arts demos,  
 Live Music, Entertainment & Dance,  
 Free Swim, Chair Massage,  
 Raffle Drawings and Much More!

— Featuring —  
**Vesica: A Poetry Concert**  
 Jami Sieber Nov. 9  
 Kim Rosen

**3575 Donald St. Eugene 683-7506**

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**The Power of Kundalini Yoga**

**MEDITATION CLASS**  
 4th Fridays 7:30-9:00PM  
 Oct. 24, Nov. 28, Dec. 26

On-Going Drop-In Classes Open to All Levels  
 Weekday mornings: Wednesday 8:45am  
 Weekday eves: M Tu W Th 5:30pm; M 7pm  
 Weekends: Sat 8:30am; Sun 5pm  
 BASICS M 5:30pm; ADVANCED W 7pm  
 WOMEN'S CLASS: Sat 10:30am-12N  
 PRE-NATAL: Tu 7pm & Sat 1pm  
 PARTNER YOGA: 2nd Friday's 7:30-9pm  
 Sat Nam Rasayan Practice Group Th 7pm  
 Morning Sadhana FREE 4am Daily

Call 686-0432 for recorded schedule  
 CLIP THIS AD for FIRST CLASS FREE

**ew Classifieds**

**Apts. for Rent**

**TWO 2-BDRM** apts in sunny, colorful vintage house, Rosegarden area. \$475/mo. and \$600/mo. 302-3081. See at cyber-dyne.com/~sunnah/133

**GREAT LOCATION.** Large furnished studio. Private entrance, bath, kitchenette. \$450/mo, includes utils, cable, W/D, hot tub. NS, NP Barb, 345-4491.

**COZY SPACIOUS** studio apt in upstairs of house. Private entrance, cable, phone, 10 min from UO. Share kitchen and ba. NP, ND, NS. \$395/mo, utils incl. 726-0647.

**2-BDRM NOW** avail. Newly refurbished, spacious, clean, quiet. Large patio. Storage. Laundry facility. Parking. NP \$550/mo, dep. 577 W. 10th. 954-3289.

**Duplexes for Rent**

**HAYDEN BRIDGE** Duplex. 2-bdrm. Great neighborhood. Newly refurbished. Spacious. Clean. Large Kitchen, dining area. Laundry room. Storage. Patio. NP \$625/mo, deposits. 2492 Laralee. 954-3289.

**UTILITIES PAID.** Large 2-bdrm, 1920s duplex. Full basement. \$850/mo, 577 Madison. 338-2190.

**SWEET 1-BDRM.** Own yard, garden. Close to river, bike path, UO, downtown. Garbage and water paid. \$450/mo. 68 Lawrence. 685-9696. Pet OK. Open Sat 1-4.

**Homes for Rent**

**UO, HENDRICKS** park, grand views. Unique style, decks, 1,750 sq ft, 2-bdrm, 2-ba. Lease. Buy? \$1,380/mo. 345-1100, 521-0616.

**FIVE LARGE** bdrms, 3 full baths. Fireplace, all new inside. 2,788 sq. ft. A bargain at \$1,600/mo. 2140 Westwood Ln. Near Oakway Center. 683-6004.

**2-BDRM,** fully furnished. Quiet, beautifully wooded South Eugene neighborhood. 2-ba, office, spacious, clean, craftsman-style. 3.5 mi. UO. Bus, running and hiking trails. Avail. now to Sept. 2004. \$800/mo. 484-5194.

**460 EAST 31st.** 2-bdrm +. Hardwood floors, fenced yard, deck, hookups, bus line. NS, pets? With discounts \$795/mo. 334-5120.

**CLEAN AND** bright. West of downtown. 3-bdrm, 2-ba, 2 car garage. Fireplace, fenced yard, all appliances, W/D. Yard care incl. Pets? \$975/mo. 1922 W 9th Pl. 729-2742.

**CROW AREA.** 1-bdrm house, \$500/mo. Part furnished, W/D, refer. Wood or electric heat. All utils paid. First, last, \$200 dep. Must have references. 935-4454.

**GREAT LOCATION,** Friendly St. area. 3 Bdrm + office, 2-ba, W/D, gas heat, lg. fenced yd, nice garden, participation in co-housing community optional. NP, NS. Deposit. \$1,000/mo. Avail, mid Oct. Michael, 684-0851.

**GREAT AMAZON PARK LOCATION!** 3-bdrm, 1-ba, hardwood floors, W/D, deck, close to schools, shopping, bus, bike path, and jogging trail. 185 E 26th. \$895/mo (first, last, deposit, lease). 484-5683 or 687-3010 page.

**LAKE DORENA.** New house. Upstairs studio unit. Custom oak wknut cabinetry, balcony. Beautiful views, garden, community property 1,200 acres. NS, NP, \$375/mo. +, 942-2049.

**AVAIL 12/15-3/31.** Furnished small country home with spectacular views. Rural Cottage Grove. 25 min downtown Eugene. Gourmet kitchen, 1.5-ba. Single or couple only, NP, NS. \$550/mo +. 767-9629.

**COUNTRY PARADISE.** 11 organic acres. 15 min. to Eugene. A peaceful, beautiful setting with llamas, gardens. No smoking. Pet negotiable. Lease, last, security. Clean and sunny 4-bdrm house. Skylights, wood heat, \$900/mo. or spacious 2-bdrm flat, wood heat, \$275/mo. 342-5027.

**SE PEACE** of heaven 2 story, 2-bdrm, garage, 1.5-ba, yard, all new inside. \$750/mo. 484-5252.

**SOUTH UO.** Sharp! 3 large bedrooms. Private, wooded. Weatherized, with 2 wood stoves. Double garage. W/D. \$1200/mo., Lease. 345-1100, 521-0616.

**RESTORED FARMHOUSE** for rent, 15 miles S.W. of Eugene, 2 bedrooms. Garden, orchard, barn and pasture available. \$650/mo. 485-1426.

**BEAUTIFUL SURROUNDINGS.** Unique 1-bdrm guest house on river bike path (10 min downtown Eugene). Own deck, parking. Seek quiet, mature feline fancier (trade cat care when needed). NS. References. \$600/mo, includes all utils and cable. 741-3020.

**COTTAGE 2-BDRM.** Fenced yard, covered deck, no dogs, bus line. \$475/mo, 1st, last, \$100 dep. 737 W 5th Ave. 520-1578.

**Shared Housing**

**PREFER WOMAN** to share spacious house. Wood floors, big yard, vegetarian kitchen, W/D. NP, NS. \$180/mo plus 1/4 utils. 683-1761.

**COMMUNITY IN** country. Cabin available. 9 miles SW of Eugene. Share kitchen, bath. Beautiful, quiet, friendly folks. \$315/mo, first, last, dep. 344-4766, 683-2745.

**SEMI STUDIO** with sleeping loft. Private entrance. Share bath and vegetarian kitchen with mom and daughter. Organic garden. Prefer kind, responsible female. NS, NP \$400/mo, incl. utils. \$100 dep. 686-0795.

**SHARE BEAUTIFUL** home. 3-bdrm, 2 bath, skylights, wood interiors, nice porch, small upper deck, music oriented, gay friendly. \$350/mo + utilities, deposit. 338-8761.

**FAIR TRADE** Household. Room available 11/1 in clean, quiet, loosely vegetarian household. Centrally located. Organic garden space. Small dog negotiable. Off premise smoking only. \$330/mo. + deposit, includes all utilities and supplies. Call eves, or weekends, 242-3318.

**TWO ROOMS** spacious suite, private top floor with half bath. Share kitchen and bath with home craft person. Considerate non smoker. NP. Close in River Rd. \$475/mo. 607-3454.

**2-BDRM HOUSE,** 1-bdrm avail. Female vegetarian pref. NS, ND, NP. Close to UO. \$300/mo + 1/2 utils, \$100 deposit. 687-9626.

**ROOM FOR** rent in 3-bdrm house with single man, 1 sm. dog, share house, driveway, \$275/mo, Sanipac incl, EWEV extra. Call 683-1215.

**FREE RENT!** camchicks.com seeks female roommate, 18-25, willing to share her life via live webcam. Not porn, but nudity unavoidable. Visit [www.camchicks.com](http://www.camchicks.com) then email gina@camchicks.com or call 953-8200.

**HOUSEMATE WANTED** with one other. W/D, fireplace. \$300/mo + dep. No red meat. Quiet, clean. NS. 338-8212.

**ALL AREAS** Roommate.com. Browse hundreds of online listings with photos and maps. Find your roommate with a click of the mouse! Visit: [www.Roommate.com](http://www.Roommate.com) (AAN CAN)

**BRIGHT, HEALTHY** home by River Rd., bike path and bus. Share organic gardens, greenhouse, open communication, hardwood floors, gas heat, W/D. Friendly dog. NS, NP \$340/mo. +. Call Jen, 914-2225. Female pref.

**NEAR UO.** Share 4-bdrm, 2 bath duplex. \$295, \$315, \$335/mo, + 1/4 utilities, deposit. W/D, garage, yard, bus. 953-6982.

**SHARE SW** 3-bdrm house with 1 lesbian, 2 cats. Jacuzzi, W/D. \$325/mo + 1/2 utils + dep. 342-1786, Laura.

**NEED HELP?** Trying to find a roommate and only finding losers? The people you want to live with read *Eugene Weekly* Classifieds. Advertise your shared housing opportunity today. Call 484-0519

**SE FAMILY** home, master bdrm, furnished. \$395/mo, includes utils. 683-5926.

**LARGE LIVING** space. 2+ bdrm. Close in country, great view, friendly pet ok, wood-elec, private pool, hot tub. Versatile lesbians preferred. 543-5776.

**ROOMS FOR** Rent: \$300, \$325/mo + utils. Spacious house, yard. W/D, easy bike and bus. Vegetarian women preferred. 520-9412.

**ONE ROOM** avail in a 4 bed-room gay friendly household. Close to UO and LCC. NP \$350/mo incl all utils. \$300 deposit. 345-9833.

**WONDERFUL HOUSEMATE** wanted for charming 3-bdrm, 1-ba home. Great location near S hills, bike, bus, running, UO, LCC. Huge yard with organic garden. \$345/mo + dep., 1/3 utils. NS, ND, NP 554-1557 or 515-9100.

**WANTED: 3RD** person to share centrally located house near Wild Oats, Sundance, Amazon Park, bus station. \$317/mo + utils and deposit. 485-5296. Avail.

**FURNISHED RIVER** Rd. home. Clean, cooperative, financially stable, woman and dog seeks same, M or F. \$280/mo + utils and deposit. 461-8561, eves. after 8pm.

**1 ROOM** avail in 4-bdrm, SE Eugene home. Seeking quiet, mature, preferably female (for gender balance) in over 25 yr household. Vegetarian kitchen, garden. W/D included. \$290/mo + 1/4 utils, \$200 deposit. 686-1316.

**SEEKING HOUSEMATE** for creative, friendly, vegetarian household in SW hills. Nestled in the trees with organic garden, sauna and very reasonable rent. Available Nov. 3rd. NP, please. 345-0359.

**SHARED HOUSE.** Close in, near bike path. Vegetarian, short-term ok, pets considered. \$275/mo + 1/2 utils. 1st, last and dep. 543-6359.

**FRIENDLY, RESPONSIBLE,** nonsmoking housemate wanted to share my beautiful country home. Male or female wanted to share large 4-bdrm house with 2 others. NP \$350/mo + utils. Call Bill, 344-5123.

**BUT I** still haven't found what I'm looking for. Room for rent. S. hills, share with SM, 1 cat, pets negotiable, 1/2 utilities. Quiet neighborhood. NS, mature, open-minded, SM preferred. \$325/mo. Do we fit? 343-2805.

**Rentals Wanted**

**RECENTLY TRANSPLANTED** couple seeking a rental home on community land. Creswell, Cottage Grove, Pleasant Hill, S. Eugene preferred. We have a dog, cat, and horse. 895-2236.

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