

Experience Therapeutic Massage with **Sheri Morelli** M.S. L.M.T. #6291
 "Body Repair as you Deeply Relax"
 Call 521-2144 in Eugene
 Now accepting



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FREE GUEST PASS WITH AD
BODY NOW!
 Mind Body Spirit
 Womens Health & Fitness
 1361 River Road
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 www.bodynow.us Expires Nov. 15, 2003



Nancy Mac counseling
 • changing old patterns to allow new choices
 • creating healthy relationships
 Individuals / Couples
 sliding scale 485-4559

YOGA WEST
 3635 Hilyard
The Power of Kundalini Yoga
 Daily 4am Sadhana - FREE includes Japji, yoga, chanting
 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
 MEDITATION 4th Fridays 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

FOUR WINDS YOGA
 FOR BODY MIND SPIRIT
 A Special 4-week Series!
BRINGING BALANCE
 for All Levels
 with Michele
Thursdays Nov. 6 - Dec. 4
 5:30-7:00pm
 Cost: \$30 Preregistration required
 * SCHEDULE UPDATE *
 through Nov. & Dec.
Mon. 5:30-7:00pm
 All Levels is now with **Netti**
Mon. 7:15-8:45pm
 Continuing/Intermed. is now with **Nancy**
Mon. 7:15-8:45pm
 Gentle/Beginning is now with **Justine**
 3575 Donald St. Eugene 484-6100
 email: info@fourwindscenter.com
 www.fourwindscenter.com




Tamarack Wellness Center
GRAND OPENING!
 Sat & Sun November 8 & 9
 * Join us for *
 Healing & Creative Arts demos,
 Live Music, Entertainment & Dance,
 Chair Massage and Much More!

Sunday, November 9
 11:00 Nia - Janet Hollander
 11:15 Ai-Chi - Lisa Moore
 12:00 Community Forum:
 "We Remember This Building"
 1:00 Watsu - Donahey, Cole & Cronos
 1:00 Honoring the Wisdom of Your Body
 - Edwards & Smith
 1:00 Chinese Brush Art - Catherine Williams
 1:30 Gentle Yoga Intro - Donna O'Neil
 2:00 Open Swim
 2:45 Water Arthritis Class
 2:30 Vesica:
 A Poetry Concert
 - Jami Seiber & Kim Rosen
 5:00 Open Swim
 6:00 Refreshments & Raffle Drawing
 - Special guest appearance
 by INSPIRA - Eugene's Slug Queen

Saturday, November 8
 1:00 Classical Guitar - David Ouellette
 1:00 Pranayama Fun - Matt Mixer
 1:00 Nia - Janet Hollander/Alfredo
 1:30 Giggle Mtn. Laughter Club - Dr. Judith Voss
 1:15 Ai-Chi - Lisa Moore
 2:00 Eugene Flamenco Ensemble
 2:00 Tai-Chi for Arthritis - D. Suman
 3:00 Elemental Breath - Kassy Daggett
 3:00 Shamanism - Edwin Knight
 3:00 QiGong - Kamala Quale
 3:00 Watsu - Donahey, Cole & Cronos
 3:30 Sacred Contracts - Midge Murphy JD, PhD
 4:00 Steps to a Healthy Relationship
 - Rozek & Daggett
 4:00 Dance - Margo VanUmmersen Dance Co.
 4:00 Open Swim
 4:00 Breema - Avishai Pearlson
 4:30 Comedy - Kim Donahey
 4:45 Water Arthritis Class
 5:00 Pilates - Linda Osterlitz
 5:00 Live Music - Jon & Donna, Nancy & Paul
 6:15 Ai-Chi - Lisa Moore

ONGOING throughout SATURDAY
 Healing sessions - Edwin Knight
 Mini-sessions - Kassy Daggett
 Chair Massage
 - Zanville, Butler, McKelvey, Tancreti & Custer
 Face Painting - CampFire USA

FREE SWIM! *
at Stewart Aquatic Center
 * Raffle Drawing!
 Exciting Prizes! *
 3575 Donald St. Eugene 683-7506

ew Classifieds

Yard & Garden
LOWEST RATES lawnmowing. Reliable Jon's Handiwork. Mowing, edging, organic gardening, planting, pruning, hauling, Fall cleanup, all landscaping needs. Reasonable rates, since 1996. 302-5758. Licensed, Bonded, Insured.
APPLES TO HERBS. For all your yard maintenance needs. Mowing, weeding, hauling, pruning, trimming and more! We'll beat most quotes. Professional, reliable, and eco-friendly. 653-1821.
DISCOUNT WITH this ad. BJ's Lawn and Yard Care. Handyman, pressure washing, hauling. 606-6077.
GREENGRASS OF home. Fall clean up. Pruning, trimming, mowing and maintenance accounts, roof and gutter blowing, etc. Please call Alan Bianchi, 684-8631.
LEAF CLEANUP. Gutters cleaned, complete lawn maintenance and groundskeeping service, debris and garbage removal. Bonded and insured. 520-4553.
DANDILYON GARDENING consultation, design, weeding, mulching, bed preparation, regular maintenance, mowing, hauling. Always organic. Barb, 683-4464.

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DON'T PAY \$60/hr or wait days! Quality PC repairs for less! Experienced technicians \$27/hr. Serving Eugene, Springfield for 5+ yrs. We can't fix it? You don't pay. Call the PC doctors at 206-3867.
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GET OUT OF debt! Stop harassment, reduce interest rates and fees. Let us deal with your creditors. Free consultation. Call Auriton Solutions. 877-245-5811 www.auriton.org (AAN CAN)
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Weddings
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Writing/Editing
GRANT WRITER. Let me help you with any of your grant writing needs. Foundation; Government; Corporate. 541-915-3583 or grantfinder@comcast.net

Classes
HERBAL GIFT and medicine making workshops. Sundays beginning Nov 16th, 6-8:30pm. Multiple class discounts. Cosmetics, cordials and more! 344-7534 or givingtree@earthlink.net
CHILDBIRTH PREPARATION. Birthing From Within style classes forming. Excellent for first time parents or those who have birthed before. Appropriate for any birth setting. Call Amanda, 686-1449 or Catia, 302-6214.
Counseling
GOING IN CIRCLES? Therapy helps. Adults, family, child/adol. specialist. In home sessions avail. EMDR. Most insurance. Some discounts. Rosemary Rifino, LCSW. 687-5632.
YOUTH, ADULT counseling. Help with drug and alcohol issues, depression, self-esteem. Dustin Embers, M.Ed. 968-9471.
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 One Hour Treatment \$42
 45 min. Back Renewal \$35
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 Firm Bodywork
 Skilled Listening
 Weekend Appts. Available
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DHARMA MASSAGE Center.
 343-2745, M-F Morning discount,
 1-1/2 hours, \$45, 34th and
 University, Ms. Nishan VanAtta,
 LIC#3430.

Megan's Healing Hands
MASSAGE & CRYSTAL HEALING BATHS
 \$35 first time massage (\$50 regular price)
 Helps to cope with the pressure and stress of our lives. Be kind to yourselves.
 Heal the spirit, free the mind
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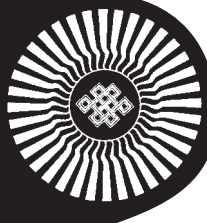
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Sunday November 2nd
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