



DAVID LANG

Urban  
Shamanism

683.3756

Learn from the wisdom of  
your ancestors

urbanshamanism@msn.com

Breathe Easy  
Sleep Well  
Think Clear

with the

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AIR CLEANER

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Relieve Stress  
Take Time Out  
Give Your Body the Attention it Deserves  
**Massage**

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Lucia McKelvey, LMT • Nationally Certified  
Days, Evenings, Weekends  
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LIC #8250



3635 Hilyard

The Power of  
**Kundalini Yoga**  
Partner Yoga Class

7:30-9pm Friday, Dec. 12th  
\$6/person or \$10/couple

**Winter Solstice  
Celebration**

8:30-12noon Sat., Dec. 20th  
**BENEFIT FOR LOCAL  
FOOD BANKS**

Call 342-5797 for details

On-Going Drop-In Classes Open to All Levels

FREE Morning Sadhana 4am Daily  
Weekday mornings: Wednesday 8:45am  
Weekday eves: M Tu W Th 5:30pm; M 7pm  
Weekends: Sat 8:30am; Sun 7am, 5pm  
BASICS: Mon. + Wed. 5:30pm  
BEYOND BASICS: Wed. 7pm  
WOMEN'S CLASS: Sat 10:30am-12N  
PRE-NATAL: Tu 7pm & Sat 12:30pm  
PARTNER YOGA: 2nd Fridays 7:30-9pm  
MEDITATION 4th Fridays 7:30-9pm  
Sat Nam Rasayan Practice Group Th 7pm  
CLOSED MAJOR HOLIDAYS

Drop-In Rate \$6; St/Sr \$5  
Pre-pay 10 classes and save 10%

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

## SUNRISE COLONICS

THE HOLIDAY SEASON IS HERE.  
Feeling a bit sluggish?  
Give Colon Cleansing a try!

Clean, Supportive environment.  
Safe, effective and easy.

**LAURA TAYLOR • 484-6224**  
NATIONALLY CERTIFIED COLON HYDROTHERAPIST



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AIM 6-Month Intensive Program

Complete 650-hour pre-licensing program  
in our full-time day program. Session begins  
in January, completes in July 2004

541-482-5134 or [www.aimashland.com](http://www.aimashland.com)

AIM for Awareness, Integrity, Mastery

## Finding Your Medicine: a 9 Month



Advanced Training  
in Shamanism  
with Alida Birch

for those people intent on  
furthering their experience  
of shamanism and in devel-  
oping their skills as healers.

This group meets together in  
Eugene for nine days, one weekend day per month.  
Training in soul retrieval, extraction, vision quest-  
ing, divination, storytelling.

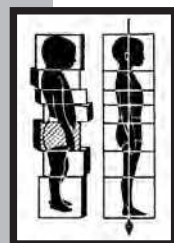
Starts Saturday, January 10th  
**686-1610**

[www.AlidaBirch.com/Shamanic\\_Workshops.html](http://www.AlidaBirch.com/Shamanic_Workshops.html)

[www.jeffreyburch.com](http://www.jeffreyburch.com)

**Rolfing**  
structural integration  
Visceral Manipulation  
CranioSacral Therapy

541.689.1515



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**FOUR WINDS  
YOGA**

FOR BODY • MIND • SPIRIT



UPCOMING JANUARY CLASSES!

**The Wellness Workout** with Donna  
Tue & Thu Noon-1:00pm

**Yoga for Men** (Beginning Level) with Bill  
Fridays 10-11:30am

**10-week Beginning Series**

**Mondays 5:30pm Jan.12-Mar.15**  
**Tuesdays 7:15pm Jan.13-Mar.16**  
**Wednesdays 7:15pm Jan.14-Mar.17**  
**Thursdays 5:30pm Jan.15-Mar.18**

Preregistration required. Call now!

Looking for a perfect gift?

**Give the Gift of Yoga!**

We have Yoga Props & Gifts  
as well as



**Four Winds  
Gift Certificate**

3575 Donald St. Eugene 484-6100  
[www.fourwindscenter.com](http://www.fourwindscenter.com)

## ew Classifieds



### Band Members

**WANTED: BASSIST** for blues  
based originals project. Back-up  
vocals. NS, ND. Older players.  
Rick, 741-3841.

### For Hire

**PIANIST-SINGER** will bring  
high quality electronic piano to  
your party. 50's-70's, standards,  
requests, very large repertoire.  
30-years experience. Satisfaction  
guaranteed. Steven, 434-2434.

**SPECIAL OCCASION Music.**  
Soothing improvised harp music  
creates an ambiance of peace and  
grace. Shawndeya, 933-1972.

### Lessons

**FUN GUITAR!** Low rates!  
Lessons, live accompaniment or  
song writing help. Call Marty of  
the Sugar Beets. 302-0804. All  
ages.

**GIVE THE gift of music!** Guitar,  
piano and bass lessons. All ages,  
styles, levels. Learn the songs  
that you like. 342-9543, Sharkey.

**MUSIC INSTRUCTION.**  
Lessons in voice, piano, flute.  
Professional musician-teacher.  
Your home or my studio. 686-  
2469.

**NATIVE AMERICAN** flute.  
Lessons, flutes, cases, CDs.  
Beginners welcome. Native Song:  
541-686-8443. [donnahejam-min@yahoo.com](mailto:donnahejam-min@yahoo.com)

**PIANO LESSONS** in your home.  
Beginning to advanced. All ages.  
Individually designed, computer  
enhanced. Experienced  
teacher/performer Lou Crist,  
747-0589. Also available for per-  
formance.

**VIOLIN/VIOLA** Lessons.  
Experienced teacher, affordable  
rates. Classical, Celtic, Bluegrass,  
children and adults, beginners  
welcome. Leeza, 746-0345.

**WALKER T. RYAN** offers guitar  
lessons in old style blues and  
country. Robert Johnson, Muddy  
Waters, Woody Guthrie, etc. All  
levels. 485-9898.



### Building / Remodel

**AARON M. LANDRY**  
Construction. ccb#112711, is  
available now and ready for any  
size building project. Excellent re-  
ferences. Call today 935-2420,  
912-2959.

**MAKE A NAME** for your busi-  
ness. Advertise in Eugene Weekly  
classifieds. Call 484-0519.

**NOTICE: OREGON** Construction  
Law (ORS 701) requires all busi-  
nesses advertising remodeling,  
repair, home improvement, new  
construction be licensed with  
Construction Contractors Board. A  
license means contractor has bond  
& insurance. Verify contractor's  
license, complaint history at  
[www.ccb.state.or.us](http://www.ccb.state.or.us). 503-378-  
4621 (ccb staff), 503-378-4610  
(24-hour automated contractor  
inquiry).

### Cleaning

**PEGGY'S HOUSEKEEPING.**  
Have a sparkling home for the  
holidays. Thorough, experienced,  
dependable, references. 683-  
9407.

**I START** with the ceiling and end  
with the floors and somehow,  
everything in between gets really  
clean. 20 years experience.  
References. Call Niki at 485-7666.

### General Services

**RETIRED HANDYMAN** will  
give you a good deal. Flooring  
installation, painting, moving,  
hauling, property cleaning. Free  
estimates. 606-6173.

### Housesitting

**SEASONAL FARMWORKER**  
will care for home, land, plants or  
animals during holiday or upcom-  
ing. Reliable, friendly. Call Kelly,  
484-3939, 686-2669.

**RESPONSIBLE HOUSESIT-  
TER:** Mature grad student, 3  
month minimum preferred.  
References. Available soon. Call  
Susan, 510-0788.

### Maintenance / Repair

**HUSBAND FOR HIRE.**  
Courteous, organized. Your home  
fix-it solution. 2 hour minimum at  
\$15 per hour. 520-0660, cell.

### Painting

**CUSTOM QUALITY HOUSE  
PAINTING** by ArtTrek.  
Interior/Exterior. Restoration.  
Faux Finish. Sterling & Ruth.  
[www.mindspring.com/~arttrek](http://www.mindspring.com/~arttrek)  
683-0626, ccb#62677.

**QUALITY ONLY RENOVA-  
TION.** Interior painting, carpentry  
repairs, rental maintenance.  
Quality materials and work. 541-  
302-1639. CCB# 150956.

### Roofs

**THE ROOF GUY**  
Gutters CLEANED:  
1 Story \$29.95.  
2 Story \$39.95 and up!  
**606-1596.** 7 days a week.

### Yard & Garden

**DANDILYON GARDENING** fall  
clean up, consultation, design,  
weeding, mulching, bed prepara-  
tion, regular maintenance, mow-  
ing, hauling. Always organic. Barb,  
683-4464.

**THANK YOU** for voting us "Best  
Landscaping". Barb, Jill, Dave,  
Eliot, Todd, Henry. -Dandilyon  
Organic Yard and Garden. 683-  
4464.

**RESPONSIBLE, SKILLED**  
worker available to do leaf raking,  
yard work, laborer work.  
References. \$10/hr. 434-0628.

**Nancy Mac**  
counseling

- changing old patterns to allow new choices
- creating healthy relationships

Individuals / Couples  
sliding scale **485-4559**

### FREE 9am Nia! Dec. 13

Feel the joy!  
at  
**Body Now!**  
for women



1361 River Road  
541-729-5079  
[www.bodynow.us](http://www.bodynow.us)

### Saffire Bouchelion - NIA

Naropa University Instructor workshop

**CELLULAR MOVEMENT**  
transformation...  
exploration...  
live music  
through the body...

Friday Dec 12 7-10pm  
Saturday Dec 13 10-4pm  
Call Body Now to register  
@wow hall 541-729-5079

### Energy Readings at Holiday Market!

**Dec. 22, 23, 24**

**Spirit Awaken! inc.**  
Energy Healing Center

541-607-9792

**Kelly Windhaven,**  
Energy Healer & Medical Intuitive



**Dr. Virginia A. Oram**  
NATUROPATHIC PHYSICIAN

Use your flexible spending  
account dollars before you lose  
them! Schedule a consultation  
with Dr. Oram today.

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**Stephen Allanketner, PhD**  
Licensed Psychologist  
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- Build trust & deepen intimacy
- Break isolation
- Heal childhood pain
- Awaken sexual & emotional contact

Counselors with 15 years' experience • Sliding scale fees  
**343-3062**

**What if?**  
What if you could?  
What if you could feel well?  
What if you could feel well by  
moving? What if you could  
feel well by moving your body  
the body's way?

**THROUGH MOVEMENT WE FIND HEALTH**

**Nia Classes**  
at Tamarack Center  
with Janet Hollander

**M & W 5:30 • 747-3850 (eves.)**