

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

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YOGA WEST
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The Power of Kundalini Yoga
Celebrate Winter Solstice
8:30-12noon Sat., Dec. 20th
BRING DONATIONS TO BENEFIT LOCAL FOOD BANKS
Call 342-5797 for details
Special Holiday Classes
5:30pm Wed., Dec. 24th
7:30pm Fri., Dec. 26th
NO CLASSES DEC. 25TH
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

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FOUR WINDS YOGA
FOR BODY • MIND • SPIRIT
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NEW YEAR'S RESOLUTION WEEK!
JANUARY 5 - 9
This is the week to act on your NEW YEAR'S RESOLUTION!
Drop-in to a class, and sign-up for a 10-week Beginning Series!
Mon. 5:30pm Jan. 12-Mar. 15 w/ Vandana
Tue. 7:15pm Jan. 13-Mar. 16 w/ Lynne
Wed. 7:15pm Jan. 14-Mar. 17 w/ Michele
Thur. 5:30pm Jan. 15-Mar. 18 w/ Michele
Beginning Yoga for Men
with Bill Hamann **New!**
Fridays, 10:00am Jan. 16-Mar. 19 (10-week)
Cost per series above:
Drop-in during January 5-9: \$10/\$8
10-week series starting Jan. 12-16: \$75/\$68
Kid & Family Yoga
with Nancy
Tuesdays, 3:45pm Jan. 20-Mar. 9 (8-week)
Cost: \$75 for Adult & Child
Additional child: \$30 extra Preregister now!
*** Free Intro! - Tue. Jan. 13 ***
Holiday Closures
We will be closed between **December 24** and
January 1, 2004, except for the following classes
Sat. Dec. 25 8:00am Rejoice w/Tom
Mon. Dec. 27 5:30pm Revitalize w/Netti
New Year's Day 9am Rejuvenate w/Nancy
Winter classes begin January 2
3575 Donald St. Eugene 484-6100
www.fourwindscenter.com
email: info@fourwindscenter.com

ew Classifieds

Cleaning

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wellness

Astrology

IS LOVE in your 2004 forecast? Special offer for new customers: 10-minute psychic reading for only \$1.99! Call 800-833-KEEN to get answers from a top-rated love Psychic. Credit card and 18+ required. (AAN CAN)

Bodywork

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Energy Readings at Holiday Market!
Dec. 22, 23, 24
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