

Classes • Consultations

Living Earth Herbs

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PERSONAL COACHING
 Individuals / Couples Counseling
 Grief • Depression • PTSD • Anxiety
 Weight Loss • Rapid Eye Therapy
 Past Life Regression

Kay Porter, Ph.D.
342-6875

FREE CLASS

Nia

Wednesday, Jan. 7
 5:30 Dance yourself warm!
 6:30 Floor play the Nia way.

at **Tamarack Wellness Center**
 3575 Donald St., Eugene
G R A C E series begins Jan. 12
 call **Janet Hollander • 747-3850**

www.eugeneweekly.com

FOUR WINDS YOGA
 FOR BODY • MIND • SPIRIT

Winter classes begin January 2

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
Fri. 10:00am (Men only) Jan. 16-Mar. 19 w/ Bill
 Drop-in week: January 5-9 **\$10/\$8**
 10-week series starting Jan. 12-16: **\$75/\$68**

A Special Seminar
INTRODUCTION TO YOGA
Sun. Jan. 18, 5:00-7:30pm with Donna
\$15 with one extra class Preregister now!

The Wellness Workout
Tue & Thu, Noon-1:00pm with Donna
 combo class with elements of low-impact dance,
 weight-training, yoga postures,
 stretching and Yogananda's
 Energization Exercises.
 Perfect for most ages, body types,
 and levels of fitness. Devote a lunch
 hour to feeling fit and fantastic!
\$7/Drop-in, \$55 (1x wk), \$95 (2x wk) for 10 weeks

Holiday Closures
 We will be closed **December 24** through
January 1, 2004, except for the following classes
Sat. Dec. 27 8:00am Rejoice w/ Tom
Mon. Dec. 29 5:30pm Revitalize w/ Netti
New Year's Day 9am Rejuvenate w/ Nancy

3575 Donald St. Eugene 484-6100
www.fourwindscenter.com
 email: info@fourwindscenter.com

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The Power of Kundalini Yoga

Special Holiday Classes
 5:30pm Wed., Dec. 24 & Dec. 31
 4th Friday Meditation Class
 7:30pm Fri., Dec. 26
 CLOSED DEC. 25 & JAN. 1

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 7am, 5pm
 KUNDALINI BASICS: M & W 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
 FREE Morning Sadhana 4am Daily

Drop-In Rate \$6; St/Sr \$5
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music

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 license means contractor has bond
 & insurance. Verify contractor's
 license, complaint history at
www.ccb.state.or.us, 503-378-
 4621 (ccb staff), 503-378-4610
 (24-hour automated contractor
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ANSWERS TO LAST WEEK'S
JONESIN' CROSSWORD

A	T	H	O	S		S	L	R		C	R	T	S				
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