

INNER WISDOM

Kay Porter, Ph.D.

- Life Skills Coaching
- Inner Child/R.C.O.R
- Rapid Eye Therapy
- Past Life Regression

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

INTRODUCTION TO AIKIDO

Jan. 12 - Mar. 3 • M&W 6:30 - 7:30 pm
\$88 for the entire 8 week course
Uniform Included

Nagare Dojo at The Natural Arts Center
240 W. 6th Alley (at Charnelton) • 302-2725

Dr. Virginia A. Oram
NATUROPATHIC PHYSICIAN

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343-2384

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Safe, gentle and effective treatment for acute & chronic illness

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 is FREE* if you sign-up for a 10-week Beginning Series!
Series start Jan.12-16 *for Drop-in Jan.5-9 only

Tamarack Wellness Center
Weekly Classes

Nia

Free Class-Jan 7 5:30pm
"GRACE" Series starts Jan.12
Mon&Wed 5:30pm
Call Janet Hollander evenings 747-3850

Pilates

Beginning Mat Class
Mon&Wed 7:30pm
Call Linda Osterlitz 345-2084

Breema The Art of Being Present

Mondays, Jan.12-Mar.1
Self-Breema 6:00pm [Free Class-Jan.12]
Breema Bodywork 7:00pm
Call Avishai Pearlson at Breema NW 344-8741

Stewart Aquatic Center

AQUA YOGA with Lynne

in the 92°F Pool!
Starts Jan.13 Tue&Thu: 2-3pm Fri: 4-5pm
All water classes are open to the public!
For complete class schedule, call 686-9290

All in one location!
3575 Donald St. Eugene
484-6100 www.fourwindscenter.com
683-7506 www.tamarackwellness.com
686-9290 www.stewartaquatic.org

Finding Your Medicine:

a 9 Month Advanced Training in Shamanism with Alida Birch

for those people intent on futhering their experience of shamanism and in developing their skills as healers.

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

Starts Saturday, January 10th
686-1610
www.AlidaBirch.com/Shamanic_Workshops.html

YOGA WEST

3635 Hilyard

The Power of Kundalini Yoga

New Year's Eve Yoga
5:30pm Wednesday, Dec.31
CLOSED JANUARY 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
Pre-pay 10 classes and save 10%
Call 686-0432 for recorded schedule
CLIP THIS AD for FIRST CLASS FREE

WINTER CLASS SCHEDULE

All classes are drop-in, except the series classes noted with **Series** that require preregistration.

MONDAY		
9:15am	Beginning Level Yoga	Lynne
9:00am	Ashtanga - Intermed. (Starts in February)	Sylvie
5:30pm	All Levels Yoga	Netti
5:30pm	Beginning Yoga Series (Drop-in: Jan. 5)	Vandana
Jan. 12- Mar. 15 (Preregistration required)		
7:15pm	Gentle/Beginning Yoga	Justine
7:15pm	Contin/Intermed. Yoga	Nancy
TUESDAY		
9:00am	Posture Flow- Intermediate (100 min.)	Glen
9:15am	Gentle Yoga for Women (100 min.)	Donna
Noon	The Wellness Workout (60 min.)	Donna
3:30pm	Beginning Level Yoga	Glen
3:45pm	Kid & Family Yoga Series (60 min.)	Nancy
Jan. 20- Mar. 9 (Preregistration required)		
5:30pm	Yoga Dance	Jean
5:45pm	Therapeutic Yoga	Karen
7:15pm	Beginning Yoga Series (Drop-in: Jan. 6)	Lynne
Jan. 13- Mar. 16 (Preregistration required)		
WEDNESDAY		
9:15am	Beginning Level Yoga (100 min.)	Donna
3:45pm	Yoga for Teens Series (75 min.)	Sylvie
(Starts in February - Preregistration required)		
5:30pm	Prenatal Yoga	Nancy
5:30pm	Ashtanga - Intermediate/Adv.	Matt
7:15pm	Posture Flow- Contin/Intermed.	Lisa
7:15pm	Beginning Yoga Series (Drop-in: Jan. 7)	Michele
Jan. 14- Mar. 17 (Preregistration required)		
THURSDAY		
9:00am	Contin/Intermediate Yoga	Nancy
9:15am	Gentle Yoga for Women (100 min.)	Donna
Noon	The Wellness Workout (60 min.)	Donna
5:30pm	Beginning Yoga Series (Drop-in: Jan. 8)	Michele
Jan. 15- Mar. 18 (Preregistration required)		
5:45pm	Gentle Beginning Yoga	Lynne
7:15pm	Continuing Level Yoga	Michele
7:30pm	Hot Yoga	Peter
FRIDAY		
9:15am	Continuing Level Yoga (100 min.)	Donna
10:00am	Beginning Yoga for Men Series	Bill
(Drop-in: Jan. 9) Jan. 16- Mar. 19 (Preregistration required)		
Noon	Gentle Yoga - Stretch & Breathe!	Donna & Jeep
5:30pm	Beginning/Continuing Yoga	Vandana
5:45pm	Continuing Level Yoga	Tom
SATURDAY		
8:00am	Intermediate Level Yoga	Tom
10:00am	Beginning/Continuing Level Yoga	Lynne
SUNDAY		
5:30pm	Intermediate/Adv. Level Yoga	Tom
Introduction to Yoga workshop \$15 includes another class		
Sunday, Jan.18, 5-7:30pm Preregistration required		

Those with cancer or long-term chronic pain may qualify for a full or partial scholarship. Please inquire.

ew Classifieds

getaways

Travel

OUR READERS love to travel! And with one simple phone call you can reach up to 17 million adventurous travel connoisseurs in 100+ newspapers just like this one. Go to www.aancan.com or call this newspaper for more information. (AAN CAN)

Vacation Rentals

EXQUISITE BEACH HOME. Waldport, sleeps 8, all amenities, fireplace, great view! \$55-85. Call Bill, 221-4242.

music

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. Sing along in any key, satisfaction guaranteed. Ace, 434-2434.

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

Home services

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NOTICE: OREGON Construction Law (ORS 701) requires all businesses 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, 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.

Maintenance / Repair

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

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SUPERDUPER ULTRA QUALITY. How can you go wrong! Interiors and exteriors. Michael Stevens Painting. CCB #113933. 942-9541.

CUSTOM QUALITY HOUSE PAINTING by ArtTrek. Interior/Exterior. Restoration. Faux Finish. Sterling & Ruth. www.mindspring.com/~arttrek 683-0626. ccb#62677.

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RESPONSIBLE, SKILLED worker available to do yard work, weeding, clean up, general labor. \$10/hr. 4 hour min. 434-0628.

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QUALITY PC or MAC HELP at your business or home. Fast, friendly, dependable. Very reasonable rates. www.rentnerd.com 344-1759.

Film/Video

COMMUNITY TELEVISION now offering classes in adobe premiere and documentary production. Open house first Tues., 6-9pm. Call 341-4671, CTV Cable 22 or 29.

VIDEO TO DVD or VHS. Copy your family videos for the holidays and family archives. Very affordable rates. Quick turnaround. Call Pacific Video and Internet at 463-8100 anytime. www.thinkvideo.com

STUDIO D. VIDEOWORKS. Home of the Family History Video. Introductory pricing and free DVD. Call Scott, 393-3939, www.studio-d.com

Financial

\$\$\$CASH\$\$\$ Cash now for structured settlements, annuities and insurance payouts. 800-794-7310. J.G. Wentworth. J.G. Wentworth means cash now for structured settlements. (AAN CAN)

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GRAPHIC DESIGN. Websites, CD design, CD reproduction, books, brochures, biz cards. Reasonable. Shawndeya, 933-1972.

Language

PRONTO SPANISH and other languages. Native-experienced instructors. All levels. 7-8:30 p.m. 6-week course \$55. 485-6647.

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AFFORDABLE WEBSITES by www.freewebdevelop.com Your domain name \$8/yr. and \$4/mo web hosting plus custom development, graphics starting at \$150. Call 767-9161.

Weddings

CREATIVE WEDDINGS. Ceremonial Ministries Registry. Civil, Ethnic, Interfaith. 541-915-5723.

WELLNESS

Astrology

COMPLETE 50-PAGE Vedic Astrology birth chart, only \$30. Transits for 2004, \$10. Nice gifts for the New Year. Rejuvenation Health Spa, 272 W 11th Ave, Eugene, 349-0540.

Bodywork

ECLECTIC INTUITIVE Massage offers 2 hrs. (\$80-\$120) outcall massage to Eugene, Springfield, and McKenzie River Valley. Sharon Shaffer B.S., L.M.T. #5219. 541-822-3334.

GET A TUNE-UP IN THE NEW YEAR
One Hour Massage \$42
45 min. Back Renewal \$35
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