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The Power of Kundalini Yoga
2nd Friday Partner Yoga
 January 9th 7:30-9pm
\$6/single or \$10/couple

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
 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

FOUR WINDS YOGA
 FOR BODY • MIND • SPIRIT

New Winter Classes!

The Wellness Workout
 Tue & Thu, Noon-1:00pm with Donna
 A 1-hour combo class including

- Low-impact dance
- Weight-training
- Yoga postures

An all-in-one way to feeling fit and fantastic! Call for details.

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

Beginning Level

Yoga for Men
 with Bill Hamann
 Fridays, 10:00am
 Jan. 16-Mar. 19 (10-week)
 * Free Intro! - Fri. Jan. 9 *

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 *

Beginning Yoga Series
 10-week series starting Jan. 12, 13, 14, 15
 Call now to preregister!

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 www.fourwindscenter.com
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- creating healthy relationships

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ew Classifieds

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wellness

Astrology

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JAN 22nd, 23rd, 24th
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541-548-1593

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VEDIC birth and transits charts from noted Celtic Astrologer. Very accurate. 50 pages, \$30. Rejuvenation, 272 W. 11th Ave, Eugene, 349-0540.

Bodywork

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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.

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

Classes

CREATIVE EXPRESSION- Meditation meets art and nature Tuesdays, 3-4:30pm. Eugene. \$35/class. Call Penny at Playful Evolution, 465-8038.

COMPASSIONATE, LOW cost herbal health consultations. For free brochure: 541-344-7534 or givingtree@earthlink.net

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