



DAVID LANG
Urban Shamanism
683.3756

Shamanism clears blocks
Recover happiness, health, love...
www.urbanshamanism.com



Massage by Margaret Pratt
LMT #2144, B.S. (Educ)
* Gentle, DEEP-TISSUE massage
* First session - \$30/hr.
* 18 yrs. exp.; Strong, Intuitive
* Gift certificates available
* Multi-Pure Water Filters
* Hatha Yoga Instructor (25 yrs.)
"A massage you won't regret, will never forget, and will repeat as often as able."
485-4221

Nancy Mac counseling

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

Individuals / Couples
sliding scale 485-4559

SUNRISE COLONICS

Colon Hydrotherapy is great to do after the holidays.
Clean, safe and supportive.
FDA Registered equipment & disposables.

LAURA TAYLOR • 484-6224
NATIONALLY CERTIFIED COLON HYDROTHERAPIST



ALIDA BIRCH, MSW
Certified Shamanic Counselor (Hamer Method)
Soul Retrieval • Shamanic Healing
Fully heal past traumas
Restore your passion for life!
541-686-1610
www.AlidaBirch.com

YOGA WEST
3635 Hilyard
The Power of Kundalini Yoga
2004
Schedule of Classes

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

Yoga for All Levels
Non-Competitive and Supportive Environment

Missed signing-up for a Beginning Series?
Try our Drop-in Classes!

| | |
|--|--|
| Mondays 9:15-10:45am Beginning Yoga with Lynne | Thursdays 9:15-11:00am Gentle Yoga for Women with Donna |
| Mondays 7:15-8:45pm Gentle Beginning with Justine | Thursdays 5:45-7:15pm Gentle Beginning with Lynne |
| Tuesdays 9:15-11:00am Gentle Yoga for Women with Donna | Fridays 12:00-1:30pm Gentle Yoga - Stretch & Breathe with Donna & Jeep |
| Tuesdays 3:30-5:00pm Beginning Yoga with Glen | Fridays 5:30-7:00pm Beginning/Continuing with Vandana |
| Wednesdays 9:15-11:00am Beginning Yoga with Donna | Saturdays 10:00-11:30am Beginning/Continuing with Lynne |

Looking for something beyond the beginning?

| | |
|--|--|
| Mondays 5:30-7:00pm All levels Yoga with Netti | Wednesdays 5:30-7:00pm Ashtanga - Intermediate with Matt |
| Tuesdays 5:30-7:00pm Yoga Dance with Jean | Thursdays 7:30-9:00pm Hot Yoga with Peter |

For complete schedule, go to:
www.fourwindscenter.com

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

ew CLASSIFIEDS



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. Now appearing at Peabody's Pub on 3rd St, Fri and Sat, 8-11 pm. Satisfaction guaranteed. Ace, 434-2434.

For Sale
TENOR SAX "Evette" great condition, soft warm tone, new cork and pads, comes with Meyer mouthpiece and hard case. Great value at \$575. call John at 747-8719.

Auditions
ACTORS NEEDED for short digital video project. Send mail to mobydickdv@yahoo.com

Band Members
REGGAE. Percussion, keyboards and horns wanted for roots reggae-dub project. Dedication a must. Shane, 541-684-8108.

Events
FLAMING LIPS fans, and others. Want to hear their 1997 masterpiece "Zaireeka" the way it was meant to be? Four CDs on four players. That's octophonic sound, you know. Send email with venue ideas, or if you have a player that can be used, to carskillcities@hotmail.com

TIRED OF PLAYING WITH YOURSELF? Start a band! Advertise in Eugene Weekly classifieds. Call 484-0519.

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. Now appearing at Peabody's Pub on 3rd St, Fri and Sat, 8-11 pm. Satisfaction guaranteed. Ace, 434-2434.

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

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

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



getaways

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

Peace and healing
Grief Support

Individual & Weekly Group Support Sessions
Valerie Gomes-Pereira
521-3422 • www.inhalelife.net
Inhale Life
3225 Willamette St. Suite 3-D

DREAM ON!

- ★ Dive into your dreams
- ★ Bring your dreams to life
- ★ Experience knowing the meaning of your dreams

WEEKLY DREAM GROUP
Beginning Soon
Call Lucia McKelvey
683-3286


Energy Healing Workshops

Energy Healing 102-Jan. 23, \$15
Central nervous system and endocrine system.

Energy Healing 103-Jan. 30, \$15
Intro to Spirit Awaken! Healing Technique, reiki, shiatsu and reflexology.

7-8:30 pm at
Tamarack Wellness Center

Spirit Awaken! inc.
Energy Healing Center
541-607-9792
Kelly Windhaven,
Energy Healer & Medical Intuitive




Home services

Building/Remodel

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).

AARON M. LANDRY Construction. ccb#112711, is available now and ready for any size building project. Excellent references, Call today 688-2356, 912-2959.

Cleaning
HOUSECLEANING. My customers appreciate my honesty, thorough cleanliness, reliability, experience and cost. Call 338-7194.

I AM a suburb housekeeper. After 4 years, I have an opening. Great vibes and experience. Call Sharon, 461-2979.

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.

METICULOUS HOUSE-CLEANING. Eco-friendly products. Thorough, efficient, trustworthy. 10 yrs experience. Heather, 343-4673.

SAFE METHODS cleaning using biodegradable supplies. \$15/hr. 345-6003.

General Services

SUSAN'S MOBILE TOOL BOX. Repairs, remodels, painting, fencing, decking, doors and floors. No job too small. Free estimates. 520-1415 or 344-7014. CCB#153580

MAN WITH skills available for odd jobs, errands, hauling, yard work, inside work? Consultations? Trades? Free estimates, call Michael, 746-3034.

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

Maintenance/Repair

DR. HAMMER for all the work you need, guaranteed. Truck, tools, references. 868-6080.

Painting

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.

Yard & Garden

DANDILYON GARDENING winter clean up, consultation, design, weeding, mulching, bed preparation, regular maintenance, moving, hauling. Always organic. Barb, 683-4464.


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

WINTER STORM cleanup!!! Hauling, trimming, blackberries removed. All aspects of yard care. Alan Bianchi, 684-8631.

Animal Communication Workshop with Carla Person
Learn Shamanic methods for direct communication and healing.
February 7 & 8. \$150
Spirit Healer Farm. 541-935-4996 www.spirithealer.com



Nia
Nia classes with Janet Hollander at Tamarack Wellness Center
747-3850
movingtowardhealth.com



LIVE BETTER
Kay Porter, Ph.D.
• Weight Loss
• PTSD/ACOR
• Depression/Anxiety
• Rapid Eye Therapy
342-6875



Healing Spirit
BODY THERAPIES
Therapeutic Massage
396 East 18th Avenue
541-683-1125

