



Tutoring

EXPERIENCED TUTOR, grades K-10. Quiet home setting. Morning hours available for home schoolers. Call Mary 686-8063.

Computer

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

JOHN WATERS Certified PC tech. Hardware setups, Software problems, upgrades and repairs. \$25/hour. John's cell, 653-1248.

Film/Video

STUDIO D. VIDEOWORKS offers full production services to individuals and companies. Call Scott, 393-3939. www.studiod.tv

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)

CASH FOR structured settlements, annuity payments. It's your money! Get cash now when you need it most! Oldest, best in the business. Settlement purchasers. 1-877-Money-ME. (AAN CAN)

GET OUT of debt! Stop harassment, reduce interest rates and fees. Let us deal with your creditors. Free consultation. Call Auriton Solutions. 877-245-5811 www.auriton.org (AAN CAN)

Graphic Design

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

Δ Feminist counselor
Δ Sliding scale
484-6767
Pamela McGillvray, M.A.

Looking for a GREAT Massage?
Sheri Morelli M.S. L.M.T. #6291
• Experienced
• Highly Skilled
• Attentive To Your Needs
521-2144

Classes • Consultations
Living Earth Herbs
Organic Health & Body Care
Now carrying **FES Flower Essences!**
Classes in February
♣ Basics of Herbalism, part 2
♣ Basic Chemistry for Herbalists
Please **call** to pre-register!
Open Tues-Sat, 10-7,
Sundays 12-5,
closed Mondays
383 W. 3rd
345-7744
www.LivingEarthHerbs.com
Culinary & Medicinal Herbs

Oils • Supplements • Herbs-by-the-ounce

Language

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

Music

BASS LESSONS. Professional bassist available for lessons. All ages and abilities. 520-0506. Website: www.damionerskine.com.

GUITAR LESSONS tailored to suit you. Specializing in Folk and Blues styles. Al Rivers. 461-5420.

Web Design

AFFORDABLE WEBSITES by www.freewebedevelop.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.



Bodywork

DHARMA MASSAGE Center. 343-2745, M-F. Morning discount, 1-1/2 hours, \$45, 34th and University, Ms. Nishan VanAtta, LIC#3430.

HAVE TABLE WILL TRAVEL. Pain relief guaranteed. Eclectic Intuitive Massage. #5219, 9 years licensure locally. 822-3334.

FEB. BONUS
Get Yourself A
Massage Treatment
at \$42/hour,
Get Matching
Gift Certificate
at 1/2 Price!
Cindy M., Experienced
Deep Tissue Therapy
345-4123/LMT#1617

Alternative Medicine

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

Classes

TAI CHI workshop for health. Classes with Sensei Suman on February 20, 28 at Tamarack Center and others. Call 520-1790.

Counseling

EXPERIENCED COUNSELOR. Receive support and learn skills to increase your resourcefulness. Enhance your inner and outer life. Richard Grimaldi, MPW. 344-7604.

WOMEN'S GROUP forming "Let Your Light Shine." Healing Heart and Mind Counseling. 954-8501.

WILLOW ROSE, "SpiritWell" 461-5424. Transpersonal Therapy for adults. Licensed Professional Counselor. Reiki Master, Energy Medicines practitioner. Sliding scale.

Health Care Plans

HEALTHCARE FOR entire family, \$89.95 monthly. No age restrictions, includes dental, Vision, preexisting conditions accepted, unlimited usage, 800,000 doctors, 800-738-1916, limited time offer. (AAN CAN)

For **LEGAL SERVICES** contact **Larry Deckman**, Attorney at Law.
Practice focuses on **cooperation between parties and prevention of problems** rather than conflict. Wills, contracts, real estate, small business, and other non-adversarial fields of law. In practice over 17 years. Reasonable rates.
484-3782

PATRICK BENTLEY BENTLEY & ASSOCIATES
FINANCIAL & BUSINESS CONSULTING
ACCOUNTING, PAYROLL & MEDIATION
541.914.6506
bentley_associates@comcast.net

Healing Spirit
BODY THERAPIES
Our experienced therapists specialize in **Deep Tissue, Sports, Medical and Pre/Perinatal** massage techniques, enhanced by **Reiki/Therapeutic Touch**.
396 East 18th Avenue • 683-1125

www.jeffreyburch.com
Rolfing®
structural integration
Visceral Manipulation
CranioSacral Therapy
541.689.1515

Jeffrey Burch MS, LLC
© The Rolf Institute • 9092

Health & Nutrition

VIAGRA ALTERNATIVE that actually works! All natural-no prescription. Money back guarantee. 30 capsules \$39.95. Call 1-866-434-1000 www.nature-tone.com (AAN CAN)

Wellness

FIBROMYALGIA CARE Center of Oregon. 711 Country Club. 345-9436.

FEAR OF flying? Other phobias? Leave it behind or pay no fee. Joe Casey 484-0608. See ad in Minding Your Body directory.

TAI CHI workshop for health. Classes with Sensei Suman on February 20, 28 at Tamarack Center and others. Call 520-1790.

Hypnotherapy

STOP SMOKING. When nothing else has worked. Guaranteed. No results, no fee. Joe Casey, 484-0608. See ad in Minding Your Body directory.

Intuitive Arts

PSYCHIC, PALM, spirit guides, tarot, past lives. Accurate, compassionate. 29 yrs. exp. Classes avail. 302-2627. Best times 11am-2pm, after 9pm.

TAI CHI
David Leung
572-3612
www.membio.com/leung

Patricia Robinett
Hypnotherapist
"Healing is always certain."
NOW AT
Fifth Street
Public Market
686-LOVE
Call for **free consultation**

LICENSED MASSAGE THERAPIST
GEORGE DAVISON
(541) 731-HEAL
4325
Medical Massage
Sports Massage
Light Touch / Deep Tissue
NATIONALLY CERTIFIED
RELAXATION STATION
329 WEST 13TH SUITE E
EUGENE, OR 97401 OR LIC. #2073 FL LIC. #MB34027

Have You Tried
ACUPUNCTURE?
It Could Be The Answer.
JADE SCREEN CLINIC
344-8088

NIA - YOGA - SCULPT
BODY NOW!
Womens Health & Fitness
541-729-5079
1361 River Road
*I want to live...
I want to dance
my life*
www.bodynow.us

SHAMANIC HEALING
Shamanic Healing addresses the spiritual aspects of physical, mental and emotional illness. It works well in conjunction with traditional and/or alternative health care practices. Possible symptoms calling for Shamanic Intervention are:
• not feeling whole • "part of me left" or "I haven't been the same since"
• chronic illness, depression or fatigue • addictions
• feelings of possession, darkness, or alienation
A one time Healing Empowerment Ceremony can address the issues & restore the integrity of the soul force. There is also a monthly drumming & journey circle to support your ongoing process.
Karuna Gatton
Shamanic Practitioner for over 10 years in Eugene
Certified Rebirther with 20 yrs exp. • Reiki Master
485-3881

Healing Relationships
Individual, Couples & Families Welcome

Stephen Allanketner, PhD
Licensed Psychologist
Anne Allanketner, MA, MFCC
• Build trust & deepen intimacy
• Break isolation
• Heal childhood pain
• Awaken sexual & emotional contact
Counselors with 15 years' experience • Sliding scale fees
343-3062

smile
Our pizzas feed four.
(Or you can eat four times.)
Mazzi's. Amazon at Hilyard

reduce conflicts
manage behaviors
increase cooperation
improve communication
AT-HOME Family Support
Leigh Files, M.A.,
Licensed Professional Counselor
683-8883

DAVID LANG
Urban Shamanism
683.3756
Shamanism gives you new tools to transform your life
www.urbanshamanism.com

Acupuncture & Naturopathic Medicine
INTEGRATED NATURAL MEDICINE
Dr. Robert Clarke N.D., L.Ac.
• Acupuncture
• Naturopathic Doctor
• Chinese Medicine
• Homeopathy
334-6855

Healing Massage
Deep Tissue • Swedish • Trigger Point
Myofascial Release • Essential Oils
Lucia McKelvey, LMT • Nationally Certified
Days, Evenings, Weekends
541-683-3286

welcoming
the **feminine**
a circle for women
Providing a safe and creative container to let our processes unfold
Meeting weekly beginning soon.
Call **Peg Price, M.A.**
334-5085