



Astrology

SUSAN DEARBORN JACKSON
ASTROLOGER

In Eugene to do readings
March 18, 19, 20.
Call to schedule your reading!
541-548-1593

Bodywork

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

WEEKENDS

25% Off!
Therapeutic
Massage
\$42 / hour
\$31.50 w/DISCOUNT
CINDY, LMT#1617
"DECADES
OF EXPERIENCE"
345-4123/302-8776

**Alternative
Medicine**

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

Classes

YOUR INNER CRITIC. Sunday,
March 21, 2-4:30pm. Tired of a
sabotaging Inner Critic? How to
honor its gifts, minimize its nega-
tive influence. Call Barbara Stott,
747-6900.

Counseling

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

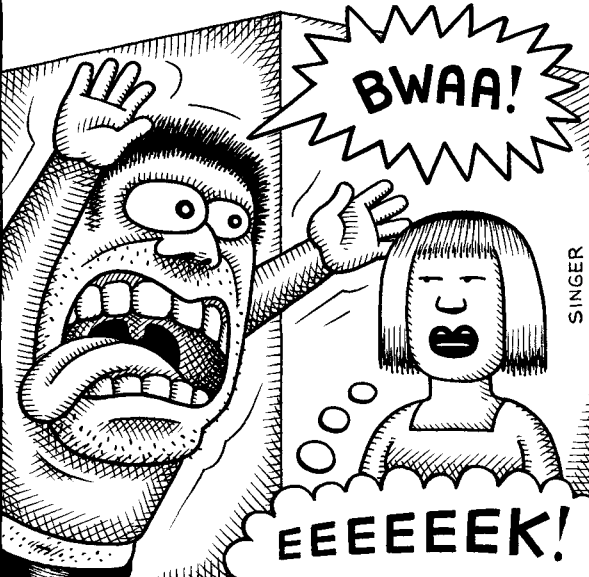
**Health Care
Plans**

HEALTHCARE FOR entire fam-
ily, \$89.95 monthly. No age
restrictions, includes dental,
vision, pre-existing conditions
accepted, unlimited usage,
500,000 doctors, 800-738-1916,
limited time offer. (AAN CAN)

NO EXIT

© **Andy Singer**

FUN ACTIVITIES:
**SCARE THE HECK OUT OF
SOMEONE ON BOTOX**



Wellness

TAI CHI workshop for health.
Classes with Sensei Suman on
Fridays, 6pm at Tamarack Center
and others. Call 520-1790.

MEDICAL MARIJUANA SIGN
UP clinics in Cottage Grove.
March 27 and 28. Ongoing
appointments also available. 541-
942-6962. www.somm-net.org

Hypnotherapy

FEAR OF flying? Other phobias?
Leave it behind or pay no fee. Joe
Casey 484-0608. See display ad
for more.

INTUITIVE HYPNOTHERAPY
for Women. Consider how you'll
feel with more peace, wellness,
and happiness in your life. Call Jan
Berman, BA, CHT at 744-1097.

Massage

HAVE TABLE WILL TRAVEL.
Pain relief guaranteed. Sharon
Shaffer, B.S., LMT #5219. 822-3334.

MASSAGE SPECIAL. Free half
hour hot tub with \$50/hour mas-
sage before 6 pm. 741-1777.

2 FOR 1 INTRO SPECIAL. Two
1 hour sessions \$50. 14 years
experience. Enjoy a deeply relax-
ing Swedish massage or Breema
bodywork. "The body lives in the
present moment." JoAnn
Wonders, Lic#3652. 710-1879.

SPECIAL PRICE massage
\$25/hr. Diane Whiffen, LMT,
lic#9736. Heavenly Touch
Massage, River Road Office, 461-
5950.

**Pregnancy
Support**

HOLISTIC BIRTH Classes;
emphasis on natural birth. Great
for home, hospital or birth center
birth. Reserve space now. Elise,
685-0063, Georganne, 242-3601.

Reiki

THE REIKI ROOM. Karen
Gordon, Reiki Master. 683-3448.
Treatments and classes. Usui
System of Natural Healing prac-
titioner since 1983.

NW CENTER FOR REIKI
TRAINING and Client Services.
Free brochure. Manual, \$25. 915-
5723, 954-9703.

REFRESH, RENEW, EXPERI-
ENCE the light of energetic heal-
ing. Janhavi Morton, 345-7456.
Claudia Rosenthal, 942-1385. Ask
about tandem healing sessions.

**CHEN TAI CHI
INTENSIVE**
March 18

David/Jason Leung
579-3612
www.membio.com/leung



**Realize Self-Healing
with Hypnotherapy**

- Smoking Cessation
- Phobias
- Traumatic Incidents
- Fear of Public Speaking

No fee until you get what you came for.

Joe Casey JD, CHT • 484-0608
www.WellnessCoaching.net



**Sandra Norris
Wheeler**

24 years Extensive
Professional Experience

"You have helped me move into greater
awareness of how mind, body, heart & spirit
can heal together."

Restorative Healing Therapies

Advanced Craniosacral Therapy
and Myofascial Release

STRUCTURAL REALIGNMENT
ENERGETIC REBALANCING
TRAUMA, INJURY INTEGRATION
DEEPENING & ACCELERATING
THE HEALING JOURNEY

◆ **Nationally Recognized Practitioner** ◆

Welcoming New Clients

343-4415

Integrity • Wisdom • Skill

LMT #1610

Looking for a
GREAT Massage?

Sheri Morelli M.S. L.M.T. #6291

- Experienced
- Highly Skilled
- Attentive To Your Needs



521-2144

LICENSED MASSAGE THERAPIST

GEORGE DAVISON
(541) 731-HEAL 4325

Medical Massage
Sports Massage
Light Touch / Deep Tissue

**NATIONALLY
CERTIFIED**

RELAXATION STATION
339 West 13th Suite E
Eugene, OR 97401

OR Lic. #2073
FL Lic. #MB34027

Massage & Reiki

with Kate Custer, LMT#10492

SWEDISH • PREGNANCY • DEEP TISSUE



WINTER SPECIAL

Mention this ad & get \$10 off
any massage (exp. 3/31/04)
Reiki, including intro,
chakra balancing & feedback

Insurance Accepted

913-6008 • kusta72@yahoo.com

SHAMANIC BREATHING

A very powerful transformational experience

Connective breathing

Spirit drumming

Rebirth



Karuna Gatton

Shamanic Healer

Certified rebirther with 20 years experience

485-3881

**Healing
Massage**

Deep Tissue • Swedish • Trigger Point
Myofascial Release • Essential Oils

Lucia McKelvey, LMT • Nationally Certified
Days, Evenings, Weekends
541-683-3286

LIC.#8250



3635 Hilyard

**The Power of
Kundalini**
YOGA FOR PARTNERS
7:30pm Fri., March 12
\$10 per 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

MEDITATION: 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

Dynamic and
soul-nourishing
workout that
brings power,
pleasure and
play to life!



Nia classes with
Janet Hollander • 747-3850
janet@movingtowardhealth.com

**Acupuncture &
Naturopathic Medicine**

INTEGRATED NATURAL MEDICINE

Dr. Robert Clarke N.D., L.Ac.



- Acupuncture
- Naturopathic Doctor
- Chinese Medicine
- Homeopathy

334-6855

Megan's Healing Hands



MASSAGE

\$35 first time massage
(\$50 regular price)

Helps to cope with the pressure and stress of our
lives. Be kind to yourselves.

Heal the spirit, free the mind

GIFT CERTIFICATES AVAILABLE

Megan Haug LMT • Lic # 10180 • 684-6840

NATIONALLY CERTIFIED & EXPERIENCED

**FOUR WINDS
YOGA**
FOR BODY • MIND • SPIRIT

in the new **Tamarack Wellness Center**

10-week Beginning Series!

Mondays 7:15-8:45pm

March 29-June 7

with **Justine Gross**

No class on May 31



Tuesdays 7:15-8:45pm

April 6-June 8

with **Lynne Mahan**



Thursdays 5:30-7:00pm

April 1 - June 3

with **Michele Bulgatz**

Voted #2 Yoga Teacher

in the 2003 Eugene Weekly Readers' Poll

Cost: \$75/10 week series

Preregistration required - Call now!

Can't wait to start?

Come to Drop-in Beginning Classes!

Mondays 9:15am with **Lynne**

Tuesdays 3:30pm with **Glen**

Wednesdays 9:15am with **Donna**

6-week series for family & teens!

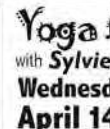
Kid & Family Yoga

with **Nancy**

Tuesdays 3:45-5:00pm

April 6-May 11

\$55/Adult & Child (Add. child: \$22)



Yoga for Teens *

with **Sylvie** for **Age 10-16**

Wednesdays 3:45-5:00pm

April 14-May 19

Cost: \$38

3575 Donald St. Eugene 484-6100

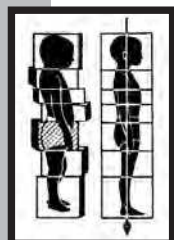
www.fourwindscenter.com

3575 Donald St. Eugene 484-6100

www.jeffreyburch.com

Rolfing®
structural integration
Visceral Manipulation
CranioSacral Therapy

541.689.1515



Jeffrey Burch MS, LLC
© The Rolf Institute • 9092

