

Nancy Mac
counseling

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

Individuals / Couples

sliding scale **485-4559**

Massage by Margaret Pratt
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- * Gentle, DEEP-TISSUE massage
- * First session - \$30/hr.
- * 18 yrs. exp.; Strong, Intuitive
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Welcome to Bikram's beginning yoga class. This is the most exciting, challenging, hard working & effective yoga class in the world. Created by Bikram Choudhury, this posture flow features two breathing exercises & 26 hatha yoga poses designed to work every muscle, joint, ligament, tendon, gland, & organ in the body. This is a 90 minute total body workout in a room heated to 104°. Taught by certified instructors.

INTRODUCTORY PACKAGE
2 weeks for \$20

Time	M	T	W	TH	F	SA	SU
6:45am		•		•			
9:00am	•	•	•	•	•	•	
4:00pm	•	•	•	•	•	•	•
6:00pm	•	•	•	•	•	•	•

WE HAVE MOVED. FOR DETAILS CALL
349-YOGA

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• relationships • personal growth

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FOR BODY • MIND • SPIRIT

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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!

OR, start ANYTIME with a drop-in class!
Here are some good ones for starters

Mondays 9:15am with **Lynne**
Tuesdays 3:30pm with **Glen**
Wednesdays 9:15am with **Donna**
Check website for new spring schedule!

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**
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April 14-May 19 Cost: \$38

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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.

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).

Cleaning

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.

VERY CLEAN with no harsh chemical residue so you can enjoy your newly clean home in good health. Professional tools, reliable service, reasonable rates. Call Annie, 554-9417.

EFFICIENT HOUSECLEANING with references. \$15/hr. 341-1408.

General Services

HAVE TOOLS. WILL TRAVEL. Experienced, independent handyman. Interior, exterior, 7 days a week. 541-606-7230.

Painting

MICHAEL STEVENS PAINTING. Residential repaint specialist! Interiors and exteriors. Custom finishing. CCB #113933. 942-9541.

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CUSTOM QUALITY HOUSE PAINTING by ArtTrek. Interior, Exterior. Restoration. Faux Finish. Sterling and Ruth. **www.art-trekinc.com** 683-0626. ccb#62677.

Yard & Garden

THE TRAVELING GARDNER. Ladonna. Tending your yard as though it were my own. Weeding, bed-cleanup, maintenance, lawn care, vacation plant care. 726-7071.

KATYDID GARDENING. Quality, organic garden care, consulting and design. Eugene to McKenzie Valley. Katie, 822-9848.

COMPLETE LAWN maintenance, groundskeeping service, debris and garbage removal, pressure washing patios and driveways. Bonded and insured. Free estimates. 520-4553.

PLANT SALE. Hundreds of unusual perennials from my garden. 3000 Calla. 689-4686. Open daily.

LOWEST RATES lawnmowing. Reliable Jon's Handiwork. Mowing, edging, organic gardening, planting, pruning, hauling, Spring preparation, all landscaping needs. Reasonable rates, since 1996. 302-5758. Licensed, Bonded, Insured.

APPLES TO HERBS. For all your yard maintenance needs. Mowing, weeding, hauling, pruning, trimming and more! Competitive rates. Professional, reliable, and eco-friendly. 653-1821.

DANDYLON GARDENING. Winter clean up, consultation, design, weeding, mulching, bed preparation, regular maintenance, mowing, hauling. Always organic. Barb, 683-4464.

ROTOTILLING \$25/hr and fuel surcharge. Call the Tillerman at 953-5592.

ALOUICIOUS GARDENING. Efficient and thorough maintenance of your garden. Trimming, weeding, planting, digging and winter clean up. Reasonable rates. 729-7255.

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VEGETARIAN COOKING classes. Indian, Thai, Mexican begin 4/3. Call Chava 689-0634. \$25/class, full meal recipes and demo incl. Proceeds to humanitarian cause.

Film/Video

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

Financial

STOP PAYING over 1.95% interest on home loan. Approved individuals with bad credit, bankruptcy. Free debt analysis, 800-887-9053, LoanNow Financial drc lic#01132888, full service mortgage banker, broker. No APR disclosed. (AAN CAN)

\$\$\$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)

Language

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Writing/Editing

WRITER'S FRIEND Reading, editing, research, proofing, publishing, marketing, web. Michael, 683-0675, galileolibrary.com

wellness

Bodywork

CHRONIC PAIN? Go to grastonhallmethod.com. to see these revolutionary instruments in action. 30 years experience in pain relief and deep tissue work. For evaluation and treatment call Mary Beedle, RN, MSN, FNP, 686-1441 for appointment.

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

Ceremony

RELEASE AND RENEWAL. Sunday, March 28, 6:30-9pm. Ceremony to release what no longer serves you. Invite growth and healing. Drumming, sandtray, firepit. Call Barbara Stott, 747-6900.

Classes

QIGONG CLASSES. Cultivate body and mind. Mt Emei Sage Style Qigong. M, 5:30-6:30 pm. Thurs, 6:15-7:15 pm. Drop in welcome. 485-3422.

Alternative Medicine

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

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Health & Nutrition

VIAGRA, \$2.40/DOSE. CIALIS available. Lowest price refills guaranteed! Call PBG we can help! Non Profit Organization Toll free: 1-866-887-7283 (AAN CAN)

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. Ongoing appointments 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.

Intuitive Arts

PSYCHIC, PALM, spirit guides, tarot, past lives. Accurate, compassionate. 29 yrs. exp. Classes avail. 302-2627.

Massage

MASSAGE THERAPY. Rejuvenation Health Spa. 10 am to 10 pm, 7 days a week. 272 W 11th Ave, Downtown Eugene. Call now: 349-0540. www.rejuv.org

ELECTRIC MASSAGE table. Golden Ratio Verona flattop electric. Excellent condition, 2 years old with 5 year warranty. Flush, 4" triple wrap foam top. Foot controls each end. Extra width, 31". Standard height. 26"x38". Comes with quick touch head support system and armrest. Dark blue. Original price \$2,100, asking \$1,500 firm. A must see! Call Kathy at 541-431-0129.

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