

Nancy Mac
counseling

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

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Sun., April 11 • 10-12 NOON
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Kid & Family Yoga
with Nancy
Tuesdays 3:45-5:00pm
April 6-May 11
\$55/Adult & Child (Add. child: \$22)

Mama & Baby Yoga
with Nancy
Wednesdays 12:30-1:30pm
April 21-May 26 \$40

Yoga for Teens
with Sylvie for Age 10-16
Wednesdays 3:45-5:00pm
April 14-May 19 Cost: \$38

Preregistration required for above 3 series

Restorative Yoga *New!*
with "J" Phillips, RYT
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Restorative Yoga uses the support of props to relax deeply from the stresses of life. It allows the body and mind to release residual tension, in turn restoring the natural balance and harmony to our lives. For all levels, even people who have never done yoga before, treat yourself to an hour and a half of restful renewal!

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Energy Work

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CALLING WEMOONS! Yoga play shop, Introducing Womb Unity Yoga, Wemoo salutation, Sat. April 17, 9-2pm, \$10-\$35. Liquid lunch provided. Call Sirene, 343-0868.

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

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Massage

DEEP-TISSUE massage by Michael Bell, LMT #7878. First time special \$30 for one hour. 3225 Willamette St. 729-5622.

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