

**INVERSION CLINIC.** Fun, effortless release of locked pelvis or tight shoulders. Also, emergency pain relief. Tina Giese LMT #3537. 343-0849.

**SPECIAL PRICE** massage \$25/hr. Nice office. Diane Whiffen, LMT, lic #9736. 1660 River Road, 461-5950.

**FRIDAY MASSAGE SPECIAL**

\$35 for one hour  
\$50 for 1 1/2 hours  
Swedish, Deep Tissue  
Relaxation  
Jesse, 687-4879.  
Center for Integrative  
Massage  
LMT# 10398

**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.

**BIRTH DESIGN** Doula Services. Exceptional support during the prenatal period and for your birth. You can have the birth you desire in the surroundings you choose. Contact Janene Becker, LMT, CD (DONA) at 284-5947 or visit [www.birthdesign.com](http://www.birthdesign.com)

**Reiki**

**REFRESH, RENEW, EXPERIENCE** the light of energetic healing. Janhavi Morton, 345-7456. Claudia Rosenthal, 942-1385. Ask about tandem healing sessions.

**NW CENTER FOR REIKI TRAINING** and Healing Arts. Reiki I and I class, monthly. Next class Sun, April 11, 10:30 am. Reiki III Master's level and ART offered quarterly. 915-5723, 954-9703.

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

**FOLKS FLOCK** to events, seminars, lectures and classes you advertise in Eugene Weekly. Get your promotion on the cheap with an \$8 ad in our classifieds. 484-0519.



**Homes**

**HISTORIC CHAPEL**, studio, gallery, home for sale. On main highway 99E in Shedd. 30 mi north of Eugene. Beautiful Gothic style, wood interior in quaint town. Great for artist or craftsman to buy or rent. Rental home incl. \$239,000. Perkins Development Realty. 1-503-317-6455.

**WHY RENT** when you can own? West side properties available. 2-bdrm, 1-ba, \$83,500. 1928 adorable little bungalow, \$132,500. Call Charlotte, 342-1619 for all your real estate needs. Sales, listings, loans. Specializing in first time homebuyer, VA, residential construction. Paint your future bright with Parrish Realty Group. [cbhomeandloan@msn.com](mailto:cbhomeandloan@msn.com)

**Real Estate**

**ALTERNATIVE REALTOR.COM** Eugene's Alternative Realtors. Free email listings. Toll free, 866-706-3283 or local, 521-DAVE.

**PUBLISHER'S NOTICE:** All real estate advertising in this newspaper is subject to the Fair Housing Act which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention, to make any such preference, limitation or discrimination." Familial status includes children under the age of 18 living with parents or legal custodians, pregnant women and people securing custody of children under 18. This newspaper will not knowingly accept any advertising for real estate which is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination call HUD toll-free at 1-800-669-9777. The toll-free telephone number for the hearing impaired is 1-800-927-9275.

**Commercial Rentals**

**MOVEMENT SPACE**, hourly rate, \$15. Office space available at same location. 855 West 1st Ave. 686-9342.

**OFFICE MATE** wanted, **BJOU** Suite 103. Small, well decorated. Looking for life counselor, massage therapist, energy healer or other peace filled persons to take Mondays and Tuesdays. Contact Francesca 503-805-7403.

**COUNSELING OFFICE** to share. Downtown Eugene. One or more days/week. Very inexpensive. 513-1811.

**INDUSTRIAL SPACE** to share with artist. Off W 11th. \$340/mo. 221-2580.

**Apts. for Rent**

**522 WEST 8th**, 1-bdrm apartment. Close to downtown. \$475/mo + NP. NS. Available April. 689-2635.

**HISTORIC 4-PLEX**, 1 bedroom. Newly renovated. Hardwood floors. NP \$575 + dep. 1230 Oak. 954-3289.

**APRIL FREE.** Quad near Autzen, 2-ba, W/D, NP furnished, pool, exercise, utilities not included. \$335/mo sublease until Sept 1. Roommate present. Gabby, 221-2067.

**2-BDRM NEWLY** refurbished. Spacious, quiet, clean. Large patio, storage, laundry facility, parking. NP \$550/mo. + deposit. 577 W. 10th. 954-3289.

**LG. BRIGHT** studio. \$340/mo incl util. W Eugene near bike path, shops, bus stop. Quiet, separate entrance. 344-2334 msg.

**NICE STUDIO** near Amazon Park. Private kitchen, bath, entrance. NS, NP \$495/mo. includes util, cable, W/D. Barb, 345-4491.

**Duplexes for Rent**

**HAYDEN BRIDGE** Duplex. 2-bdrm. Great neighborhood. Newly refurbished. Spacious. Clean. Large kitchen, dining area. Laundry room. Storage. Patio. NP \$595/mo, dep. 2492 Laralee. 954-3289.

**2-BDRM, STORAGE**, off street parking, some furniture. \$555/mo. 374 1/2 W 4th, 343-1178.

**LARGE STUDIO** apt in 1930s duplex. Solarium, huge yard, \$595/mo. Pets ok with fee. 539 Madison. 338-2190.

**2 BED, 1-BA.** Shared fenced backyard. Available now. Pets negotiable. 490 W. 17th. \$850/mo. \$850 dep. 543-0533

**UNUSUAL, LARGE** 1-bdrm in 1890s triplex. Large yard, pets OK with fee. \$495/mo. 545 Madison. 338-2190.

**Homes for Rent**

**3-BDRM 1-BA** Springfield. New carpet, vinyl, new windows. Remodeled bath, fenced backyard. \$625/mo + dep. 988-3822.

**822 BROOKSIDE.** 2-bdrm beautiful home. Great neighborhood, wood floors, garage. \$900/mo. Chinook Properties, 484-0493.

**LARGE 4-BDRM** house. Country paradise, quick 15 min to Eugene, skylights, wood heat. Shared 11 acres with organic gardens, llamas. No smoking. Small pet negotiable. Lease, last, security. \$900/mo. 342-5027.

**WATER WHEEL** house converted into cozy secluded, peaceful cabin. Woodstove, loft, next to creek. 1/2 hr from town. Share bath, kitchen, laundry in separate cabin. Nine wooded organic acres \$450/mo., 937-3754.

**LESBIAN LAND.** 1,200 sq ft duplex on beautiful acreage with views. Just outside city limits. Huge kitchen, Hot tub and pool. Friendly pets ok. \$750/mo. Available now. Call 541-465-9268.

**LAKE DORENA.** New house. Upstairs studio unit. Custom oak walnut cabinetry, balcony. Beautiful views, garden, community property 1,200 acres. NS, NP \$375/mo. +, 942-5439.

**LOOKING FOR** some good neighbors to rent 3-bdrm house on 50 acres in Elmira/Noti area. Organic garden, sauna, pond. \$650/mo. 935-5744.

**CHARMING 1-BDRM** cottage with loft. Secured entry, 1057 West Broadway Alley. Bright, clean. W/D, NS, Cat OK. \$600/mo + 1st, last. Avail. 4/L. 344-5657.

**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

reduce conflicts  
manage behaviors  
increase cooperation  
improve communication  
**AT-HOME Family Support**  
Leigh Files, M.A.,  
Licensed Professional Counselor  
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**ONGOING CLASSES IN:**  
Intensive Chen Tai Chi • Qi Gong  
Yang 108 long form  
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[www.membio.com/leung](http://www.membio.com/leung)

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**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  
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**Kay Porter, Ph.D.**  
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• Past Life Regression  
• Rapid Eye Therapy  
• Weight Loss  
**342-6875**

Feminist counselor  
Sliding scale  
484-6767  
**Pamela McGilvray, M.A.**

**FREE SAMPLE CLASSES**

**Viva**  
Mon., April 5 • 5:30 - 6:30  
Tues., April 6 • 10:00 - 11:00  
Wed., April 7 • 5:45 - 6:45  
+ Floor Play • 7:00 - 7:30  
Sun., May 2 • 11:00 - 12:00  
TAMARACK WELLNESS CTR • 3275 DONALD, EUGENE  
[janet@movingtowardhealth.com](mailto:janet@movingtowardhealth.com)  
**Janet Hollander 747-3850**

**Sandra Norris Wheeler**  
24 years Extensive Professional Experience  
"Very comprehensive and caring."  
**Restorative Healing Therapies**  
Advanced Craniosacral Therapy and Myofascial Release  
STRUCTURAL REALIGNMENT  
ENERGETIC REBALANCING  
TRAUMA, INJURY INTEGRATION  
DEEPENING & ACCELERATING THE HEALING JOURNEY  
◆ Nationally Recognized Practitioner ◆  
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**343-4415**  
Integrity • Wisdom • Skill

**Relieve Stress Take Time Out**  
Give Your Body the Attention it Deserves  
**Massage**  
in a Quiet South Eugene Home.  
**Lucia McKelvey, LMT • Nationally Certified**  
Days, Evenings, Weekends  
**541-683-3286**

**Bistro Babies**  
Gourmet Childbirth Classes  
Each class includes:  
• Guided Imagery, Visualization and Breath Awareness Exercises  
• Childbirth Preparation • Movies • Birth Art • Tea  
**Monday Nights 6:30-8:30**  
4-week sessions start at the beginning of each month

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**YOGA WEST**  
3635 Hilyard  
**The Power of Kundalini Yoga**  
SELF-TRANSFORMATION  
with Tarn Taran Singh  
8:30am-12noon • Sat. April 10th  
Call 344-8332 for details.  
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 7:30pm  
YOGI BHAJAN VIDEOS: 4th Fridays 7:30pm  
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