

Nancy Mac
counseling

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

Individuals / Couples
sliding scale 485-4559

Massage by Margaret Pratt
LMT #2144, B.S. (Educ.)

- * Gentle, DEEP-TISSUE massage
- * First session - \$30/hr.
- * 18 yrs. exp.; Strong, Intuitive
- * Multi-Pure Water Filters - FREE unit (\$330 value) with purchase of 10 filters

"A massage you won't regret, will never forget, and will repeat as often as able."
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POWER OF NOW PRACTICE GROUP

Practice the teachings of Eckhart Tolle
"The Dimension of Stillness & Human Relationships pt. 1"
Wed., April 14 • 7-9PM
TAMARACK WELLNESS CTR., LILY ROOM

3537 DONALD ST. • \$6-10 SLIDING SCALE
SPACE IS LIMITED: CALL 344-6606
OR EMAIL buddhablanche@msn.com

BIKRAM'S YOGA
COLLEGE OF INDIA

INTRODUCTORY PACKAGE
2 weeks for \$20

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

WE HAVE MOVED. FOR DETAILS CALL
349-YOGA

PUMP UP YOUR GRAY MATTER!

WIN SOME GREAT MUSIC

DIRECTIONS:

1. READ EUGENE WEEKLY CLASSIFIEDS EACH WEEK.
2. FIND THE TRIVIA QUESTIONS
3. SEND YOUR ANSWERS, NO LATER THAN 9 AM MONDAY, ALONG WITH YOUR ADDRESS TO: JEFFREY@EUGENEWEEKLY.COM OR 1251 LINCOLN ST., EUGENE, OR 97401

MOST CORRECT ANSWERS WINS A HOT AURAL TREAT!
(IN CASE OF TIE, TOP CONTENDERS WILL BE PLACED IN A RANDOM DRAWING)

THE FINE PRINT... EMPLOYEES OF EUGENE WEEKLY AND THEIR FAMILIES ARE NOT ELIGIBLE FOR PRIZES. DISPUTES OVER ANSWERS MUST BE ACCOMPANIED BY THREE INDEPENDENT SOURCES. ONE ENTRY PER PERSON, PER WEEK. EW CLASSIFIEDS MAKES NO ASSERTION THAT IT IS AN ACCEPTABLE SUBSTITUTION FOR FORMAL EDUCATION - STAY IN SCHOOL.

SUNRISE COLONICS

Reserve appointments
now for Spring Cleansing!
Don't wait!

FDA register equipment
Disposables for your safety & comfort.

Laura Taylor • 484-6224
NATIONALLY CERTIFIED COLON HYDROTHERAPIST

LICENSED MASSAGE THERAPIST

GEORGE DAVISON voted EUGENE'S #2 FAVORITE EW Readers Choice 2003

(541) 731-HEAL 4325
OR Lic#8073

SWEDISH, MEDICAL, AND SPORTS MASSAGE
REFLEXOLOGY TRIGGER POINT THERAPY
MYOFASCIAL RELEASE LYMPHATIC DRAINAGE

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CONFIDENTIAL CANNABIS CONSULTANTS
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Knowledgeable, Licensed Health Professionals provide private consultation.
Call 484-6979
& leave a message with your address for a FREE BROCHURE describing our services & WEB DESIGNER NEEDED! PLEASE CALL

Ker Cleary, M.A.
Contemplative Psychotherapy

A mindful approach to:
• anxiety, stress & depression
• relationships • personal growth
349-0595 • Eugene

FOUR WINDS YOGA
FOR BODY • MIND • SPIRIT

in the new Tamarack Wellness Center

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

Yoga for Teens Series with Sylvie
for Age 13-16
Wednesdays 3:45-5:00pm
April 14-May 19 Cost: \$38

Restorative Yoga with "J" Phillips, RYT
Tuesdays 7:30pm

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!

Posture Flow
Tuesdays 5:30pm with Jean

Jean's class utilizes a flowing sequence of yoga postures with an emphasis on movement, balance, grace and self-expression, while creating a nurturing and supportive learning environment. Discover this Tuesday night gem!

There's much more!
Check our website for complete schedule!

3575 Donald St. Eugene 484-6100
www.fourwindscenter.com

ew Classifieds

Landscape
NATIVE AND urban garden design and consultation, landscape construction service. One time or ongoing maintenance of gardens. Holde Fink 344-5317. OLCB#6262.

Painting
CUSTOM QUALITY HOUSE PAINTING by ArtTrek. Interior, Exterior. Restoration. Faux Finish. Sterling and Ruth. WWW.ART-TREKINC.COM 683-0626. ccb#62677.

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

Yard & Garden
LOWEST RATES lawn mowing. 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.

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

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.

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

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

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

FAST RELIABLE home and yard service, fix, haul away, pressure wash, dig load, tree clean-up, weedeat, mow. Keith, 913-5119.

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

pro. services

Coaching
NAME TAGS. In devising a name for the star of "Steamboat Willie," Walt Disney most favored what name, which his wife regarded as a poor choice?

Computer
Apple Specialist
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Local Plants for Local Gardens
Rare and Unusual Plants
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• Cactus
• Sedums
• Landscaping Plants
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KATYDID GARDENING. Quality, organic garden care, consulting and design. Eugene to McKenzie Valley. Katy, 822-9848.

FARM FRESH produce weekly! Support community agriculture, sustainability, and autonomy through a CSA vegetable box subscription. Starting at \$16/week. Call Lonesome Whistle Garden Collective 345-3415.

RESPONSIBLE, SKILLED worker available to do yard work, weeding, clean up, general labor. \$10/hr. 4 hour min. 434-0628.

JENTILL JEFF. Rototilling, weed-eating and pressure washing. Reasonable rates and quality work. Call Jentill Jeff at 338-9607.

Jay Beeman
Heart Centered Therapy
CranioSacral Visceral

Listening for calm in the heart of every cell
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Healing Relationships
Individual, Couples & Families Welcome

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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
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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)

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

POUR L'AMOUR de le dire French, all levels. Unique way to use common French. Native experienced teacher. Intro free. 349-8942.

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

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

FEARS, PHOBIAS, traumas? Energy psychology, EFT can help in as little as one session. For more details call 726-0884.

Classes
ACCESSING INNER WISDOM THROUGH SANDRTRY JOURNEYING Sun., Apr. 18, 2-5 PM. Barbara Stott, 747-6900.

MEET YOUR animal spirit guides April 24. 2-4 and 6-8 pm \$25. The Blue Grotto Serenity Center LLC. 4164 Jasper Rd. in Springfield. Call 726-0884.

Health Care Plans
HEALTHCARE FOR entire family, \$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)

HEALTHCARE FOR entire family, \$89.95 monthly. No age restrictions, includes dental, vision, preexisting conditions accepted, unlimited usage, 500,000 doctors, 800-832-9542, limited time offer. (AAN CAN)

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
PERSONALIZED WEIGHT loss by ShapeWorks. Free body analysis and personalized consultation. 866-639-8756.

MEDICAL MARIJUANA SIGN UP clinics in Cottage Grove. Ongoing appointments available. 541-942-6962. www.sommet.net.org

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

DISCOUNT PRESCRIPTION drugs. Phentermine, Soma, Tramadol, Ambien, Viagra. Get FedEx delivery direct to your home from a licensed U.S. pharmacy. www.BayRx.com or 1-800-721-0648. (AAN CAN)

Acupuncture
EIGHT LEGS. The type of lungs possessed by spiders resemble what leisure and academic paraphernalia?

Astrology
TAROT mother peace feelings, dreams discussed. Intuitive counseling, sliding scale, offerings accepted. Michael Guide. 510-4359.

Massage & Reiki
with Kate Custer, LMT#10492

- SWEDISH
- PREGNANCY
- DEEP TISSUE

INSURANCE ACCEPTED
913-6008
kusta72@yahoo.com

AIM
Ashland Institute of Massage
650-hour Professional Massage Program
A small school with a big vision... educating hands, heart and head for holistic integration of Self and skills.

PROGRAM PREVIEWS
All dates are Sundays, all times are 4-6pm
April 25, May 23, June 27, July 18

Classes begin September & January
541-482-5134 or www.aimashland.com
AIM for Awareness, Integrity, Mastery