

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

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At Belnap Hot Springs
May 29 - May 31

- Yoga • Massage • Hiking
- Vegetarian Meals
- Water Massage in Hot Springs

Hosted by Marlene Varady • \$100 deposit due 4/20/04
\$225 total tax & fee

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INTRODUCTORY PACKAGE
2 weeks for \$20
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Mama & Baby Yoga Series with Nancy
Wednesdays 12:30-1:30pm
April 21-May 26 \$40
Preregistration required. Call now!

Restorative Yoga with "J" Phillips, RYT
Tuesdays 7:30-9pm
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!

Ashtanga Intermediate/Adv. Level with Matt Mixer, L.Ac.
Wednesdays 5:30-7pm
Matt's class focuses on Ashtanga Primary series as well as some advanced postures. Students can also work with her/his own level while benefiting from practicing with others. A combination of discipline and fun creates a sense of bonding after a vigorous practice. Create the Heat Within!

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A 1-hour combo class including
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wellness

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

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

CINDY MUNTWYLER, Deep massage, help for back problems. 345-4123, LMT#1617, or try at Springfield Spas with hot tub, 741-1777.

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Classes
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SAMURAI SATURDAY. What still observed religion was developed by under active warriors of Japan?

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April 25, May 23, June 27, July 18
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