

Nancy Mac
counseling

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

Individuals / Couples
sliding scale 485-4559

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- * Gentle, DEEP-TISSUE massage
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At Belnap Hot Springs
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- Yoga • Massage • Hiking
- Vegetarian Meals
- Water Massage in Hot Springs

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

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Continuing/Intermediate
with Jean Nelson

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!

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Anne Allanketner, MA, MFCC

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ew Classifieds

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WATER GARDENS, patios, retaining walls for your garden dreams. Call Jonathan, home and garden work. Free estimates and local refs. 895-4281, CCB#138972.

FOOD FUN. What common spice causes liver damage and hallucinations at high doses, and adds flavor to apple ciders in normal amounts?

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HANDY FELLOW at your service. Maintenance, repair, general home care, and yard work. Free estimates. Call Cal, 689-7320.

Painting

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WRITING TUTOR, editor. Papers, essays, artist statements. Call Elizabeth at 912-7727. References.



Astrology

SUSAN DEARBORN JACKSON ASTROLOGER
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May 6, 7, 8
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541-548-1593

Bodywork

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

Classes

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