

## SUNRISE COLONICS

Colon cleansing in a safe, supported, clean environment.

FDA registered equipment. Disposables for your safety and comfort.

Call for a free brochure.

**Laura Taylor • 484-6224**  
NATIONALLY CERTIFIED COLON HYDROTHERAPIST

### 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."

**485-4221**

## Heart to Heart Caregiving

- Friendship/Fun Field Trips
- Medical Support/Advocacy
- Mobility/Massage
- Cooking/Housecleaning/Pet Care
- Therapy Dog Available

**Tina or Sophia: 683-4620/343-0849**  
Cell: 913-8748

CELEBRATING & HONORING THE WISDOM OF ELDERLY



### Realize Self-Healing with Hypnotherapy

- Anti-Aging (Youthing)
- Smoking Cessation
- Phobias
- Traumatic Incidents
- Fear of Public Speaking

No fee until you get what you came for.

**Joe Casey JD, CHT • 484-0608**  
[www.WellnessCoaching.net](http://www.WellnessCoaching.net)

## ew Classifieds

### Computer

**FREE COMPUTER** consultation. Repair, networking and software support in your home or bus. call Tim 344-5298.

**QUALITY PC or MAC HELP** at your business or home. Fast, friendly, dependable. Very reasonable rates. [www.rentnerd.com](http://www.rentnerd.com) 344-1759.

### Film/Video

**STUDIO D. VIDEOWORKS** offers full production services to individuals and companies. Call Scott, 393-3939. [www.studiod.tv](http://www.studiod.tv)

### Financial

**AS SEEN ON TV** \$5 cash now. Ten years offering best cash for whole, part of structured settlements, annuities, and lottery payments. [ppicash.com](http://ppicash.com) Call now 800-815-3503. (AAN CAN)

**\$\$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

**SPANISH, ENGLISH** classes, translation and interpretation. All ages. Writing and conversation. Hannah, 485-5254.

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

### Music

**PIANO TUNING** and repair. Associate member of piano technicians guild. Matt 345-8216.

### Web Design

**WEBSITE REVIEWS.** Not getting the results you need from your website? We can help! Custom evaluations and solutions. [NolanDigitalArts.com](http://NolanDigitalArts.com) 485-5000.

### Weddings

**CREATIVE WEDDINGS** Ceremonial Ministers Registry. Civil, Interfaith, Ethnic, at your special location of choice. Free brochure. 915-5723, 337-1182.

### Writing/Editing

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

**SAY IT RIGHT.** Writing, editing, proofing, typing (term papers, theses, manuscripts, press releases, letters, reports, brochures, profiles). Angela, 343-0917; [aegremont@aol.com](mailto:aegremont@aol.com)

### Counseling

**EXPERIENCED COUNSELOR.** Receive support and learn skills to increase your resourcefulness. Enhance your inner and outer life. Richard Grimaldi, MPW. 344-7604.

### Groups

#### THIS IS YOUR LIFE!

Create the life you want  
A group for women  
Remove old blocks, gain insight, explore different options, move into action.

Career/Life Goals  
Relationships, Spirituality  
Self-care, Communication  
Sexuality, Creativity  
Fun & Play, Commitment  
Community, Boundaries  
When: Tuesdays, 6-7:45pm  
Begins June 8

Cost: \$270 for 12 weeks.  
Call for intake interview  
LMT CEUs Available  
Lisa Anderson, MA, NCC, LMT  
**953-9849**



### Acupuncture

**TRACY LOMAX,** Licensed acupuncturist, now accepting new patients at Soterion. Chronic pain allergies, anxiety and much more. Free consultation. 510-3110 or 683-7000.

### Astrology

**SUSAN DEARBORN JACKSON ASTROLOGER**

In Eugene to do readings  
June 3, 4, 5  
Call to schedule your reading!  
**541-548-1593**

### Bodywork

**HOT TUB,** with deep massage. M, Tu, Th, F. Springfield Spas. Cindy Muntwyler LMT#1617. 741-1777.

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

**ECLLECTIC INTUITIVE** Massage temporary office in Eugene, May 28 to June 3. Sharon Shaffer BS, LMT #5219 Schedule your appt. now, 822-3334; After May 28, call 689-6609.

### Classes

**FIRST DEGREE** Reiki training. June 17, 18, 19, 20, 6:30pm to 9:30pm. Karen Gordon, Reiki Master. The Reiki Room. 683-3448.

### Intuitive Arts

**YOU CAN** Be Living A Higher Vibrational Life with assistance from Nadine Peterson. 345-4234.

### Massage

**REJUVENATION** Open 10 to 10, 7 days a week. Massage, chiropractic and natural beauty care. 272 W. 11th Ave, Downtown Eugene. Father's Day gift certificates avail. Call now 349-0540. [www.rejuv.org](http://www.rejuv.org)

**LMT CEUs** and create the life you want! Women's group begins June 8. See "Groups" listing for more info. Lisa Anderson, 953-9849.

**MASSAGE SPACE,** Seeking LMTs Wellness practitioner to share. \$250. total cost. 12th Ave near Lincoln. Call 345-5001.

**SPECIAL PRICE** massage. Introductory \$25/hr. Nice office. Diane Whiffin, LMT#9736. Flexible hours. 1660 River Road, 461-5950.

### Pregnancy Support

**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. Please call Janene Becker, LMT, CD (DONA) at 284-5947 or visit [www.birthdesign.com](http://www.birthdesign.com)

### Reiki

**NW CENTER FOR REIKI TRAINING** and Healing Arts. Reiki I and II class monthly. Reiki III Masters Seminar quarterly. 915-5723, 726-1151, 337-1182.

**THE REIKI ROOM.** Karen Gordon, Reiki Master. 683-3448. Treatments and Reiki training. Usui Reiki practitioner since 1983. [www.karenjgordon.com](http://www.karenjgordon.com)

**PLAYFUL EVOLUTION** Summer classes. Fri. eve-Sat. Level II: 6/4-5, Level I: 6/25-26, 7/9-10, 8/13-14. Circles and sessions. 465-8038.

### Yoga

**RIVER ROAD YOGA.** Classes, day retreats. Join Michelle Bulgatz for a women's Hathha retreat June 6. 344-0553 [www.dharmalaya.com](http://www.dharmalaya.com)

**Dr. Virginia A. Oram**  
NATUROPATHIC PHYSICIAN

**NEW!** Blood Type Specific Protein Blends!  
Also available: Full line of blood type specific supplements.

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Safe, gentle and effective treatment for acute & chronic illness

## BIKRAM'S YOGA

### COLLEGE OF INDIA

**INTRODUCTORY PACKAGE**  
**2 weeks for \$20**  
For details, call

**349-YOGA**

**Ker Cleary, M.A.**  
Contemplative Psychotherapy

A mindful approach to:  
• anxiety, stress & depression  
• relationships • personal growth

**349-0595 • Eugene**

**Kamala Quale, MSOM, LAC**  
Mind & Body Medicine

- Acupuncture
- Acupressure
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- Qigong

**345-2220**  
1902 Jefferson, Eugene

## FOUR WINDS YOGA

FOR BODY [ MIND ] SPIRIT

in the new **Tamarack Wellness Center**

### Mama & Baby Yoga

4-week series with Nancy  
Wednesdays 12:30-1:30pm  
June 2-23 \$28  
Preregistration/Prepayment required

**New class by popular demand!**

### Early Morning Yoga

Thursdays 6:30-8:00am with Jennifer  
June 3 - Aug 19 \$60 for 8 classes  
Preregistration/Prepayment required - Please Call

**New 8-week Series!**

Beginning Level  
Mondays 7:15-8:45pm  
June 21-August 9  
with Justine Gross

Beginning Level  
Thursdays 5:30-7:00pm  
June 24-August 12  
with Michele Bulgatz  
Voted #2 Yoga Teacher in the 2003 Eugene Weekly Readers' Poll

**Deepak Chopra's 7 Spiritual Laws of Yoga**  
Beginning/Continuing Level  
Tuesdays 7:15-8:45pm  
June 22-August 10  
with Lynne Mahan  
Preregistration required for above three. \$60 /series

[www.fourwindscenter.com](http://www.fourwindscenter.com)  
3575 Donald St. Eugene 484-6100

## SHAMANIC BREATHING

A very powerful transformational experience  
Connective breathing  
Spirit drumming  
Rebirth

**Karuna Gatton**  
Shamanic Healer  
Certified rebirther with 20 years experience  
**485-3881**

**Nancy Mac**  
counseling

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

Individuals / Couples  
sliding scale **485-4559**

## 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](http://www.aimashland.com)  
AIM for Awareness, Integrity, Mastery

"facilitated a deep connection between my body and my baby."  
"an important part of my pregnancy, birth and post-partum health & happiness."

## Monarch Massage

PREGNANCY THROUGH POST-PARTUM  
**MEAGAN ORION, LMT • 683-8289**

Have You Tried  
**ACUPUNCTURE?**  
It Could Be The Answer.

**JADE SCREEN CLINIC**  
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## MORNING KUNG FU

CLASS FORMING  
Evening Kung Fu & Tai Chi also available

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[www.membio.com/leung](http://www.membio.com/leung)

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24 years Extensive Professional Experience

"Every aspect of your practice is superb."

### Restorative Healing Therapies

Advanced Craniosacral Therapy and Myofascial Release

STRUCTURAL REALIGNMENT  
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DEEPENING & ACCELERATING THE HEALING JOURNEY

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Integrity • Wisdom • Skill

LMT#1610

## LICENSED MASSAGE THERAPIST

**GEORGE DAVISON** voted EUGENE'S #2 FAVORITE  
(541) 731-HEAL  
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SWEDISH, MEDICAL, AND SPORTS MASSAGE  
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Cultivate lasting health this spring. Cleanse and hydrate your internal garden naturally with colon hydrotherapy. Drink from our fountain of youth!

Offering colon cleansing and supported fasting in our new, comfortable and relaxed setting.

**Call 513-7894**  
and visit [www.alderbrooke.com](http://www.alderbrooke.com)