



RAVEN MASSAGE
Deep - Flowing - Thorough - Healing

Swedish & Deep Tissue Massage
Hot Jasmine Oil • Aromatherapy Steam
\$30/hr for first session

PETER LeSUEUR 461-8052 • MINUTES FROM DOWNTOWN

Alder Brooke Healing Arts
NATIONALLY CERTIFIED COLON HYDROTHERAPY

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

ew Classifieds



for sale

Building Materials

RECYCLED BLEACHER boards. Doug Fir, Southern Yellow Pine, Mahogany. All prime grade clear. Length to 20'. Perfect for flooring, paneling, trim, or ... Tsunami Books, 345-8986, Scott.

Fuel & Heating

HARDWOOD OAK, cut, split and dried. \$100/cord, delivered and stacked. Also, canopy for compact truck, excellent condition. Sliding windows and locking door, \$100. 302-5758.

Garage Sales

YARD SALE, June 25, 26, 27. 9am-4pm. 3195 Queens East Drive, off of Willakenzie. Tons of knick knacks, designer brands women's size 6-12, kitchen, games. Much new, with tags.

Hot Tubs/ Pools

SPA, NEVER used. Many jets. Therapy seats, loaded. Still under warranty. \$2,750. 503-566-7452.

FEVER TO MOW? But no lawns to cut? Place an ad in Eugene Weekly Classifieds for as little as \$8 and you'll be hacking greens in no time. 484-0519.

Household

ITALIAN GLASS. Hand blown, Gorgeous design, great prices. Elegant, colorful, playful. Sunday, June 27th, 10AM-3:30PM. 2566 Monroe St., Eugene. Make it a stop on your KLCC Garden Tour.

Lawn & Garden

5HP FRONT tine tiller, \$145. McLane reel mower, front bag, self propelled, \$150. Craftsman edger, \$135. Rear bagging self propelled lawn mower, \$150. Rear bagging mower, \$85. All serviced and run great. 349-0776.

Musical

SPINET PIANO with bench. Good starter piano for a child. \$750 OBO. Mary Anne or Ken 342-7509.

TV

FREE 4-ROOM DirectTV system including installation! 125+ channels, including locals, from \$29.95/mo. Digital picture, sound. Limited offer, plus shipping. Restrictions apply 1-800-877-1251. (AAN CAN)



music

For Sale

PRO DJ system Denon dual CD player, QSC amps, four speakers, and much more. Powerful! \$1,900. 684-0244.

Lessons

FINGERPICKING GUITAR, frailing banjo, recorder, beg. mandolin, fiddle lessons. Patient, experienced teacher. Emily Fox, 345-5119.

MUSIC INSTRUCTION.

Lessons in voice, piano, flute. Professional musician-teacher. Your home or my studio. 686-2469.

TINY BUBBLES.

What state basically gets to attach its name to a well known standardized test?

WANT TO ROCK?

Learn from experienced drummer skilled in all genres of music. Cell, 517-8448.

YOU'VE HEARD

the rest, now learn from the best, former drummer with Journey accepting students. Cell 606-5431.

GUITARS TO GROUPIES,

our classifieds can help you find it all. Find a bassist, sell your old strings for a new axe, and mount an army of fans with classified ads. Get on the highway of excess by calling 484-0519.



Home Services

Building/Remodel

NOTICE: OREGON Construction Law (ORS 701) requires all businesses advertising remodeling, repair, home improvement, new construction be licensed with Construction Contractors Board. A license means contractor has bond & insurance. Verify contractor's license, complaint history at www.ccb.state.or.us, 503-378-4621 (ccb staff), 503-378-4610 (24-hour automated contractor inquiry).

Cleaning

PEGGY'S HOUSEKEEPING. Quality work at a reasonable rate. Thorough, experienced, dependable, references. 337-4456 or 683-9407

EFFICIENT HOUSECLEANING

with references. \$12.50/hr. 341-1408.

FABULOUS HOUSECLEANING

duo, experienced, reliable, trustworthy, meticulous. Fair prices. Call for free estimates. Crista and Heather. 541-653-2663.

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

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

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 ends 6/30

"A massage you won't regret, will never forget, and will repeat as often as able."

485-4221

SHAMANIC HEALING

Shamanic Healing addresses the spiritual aspects of physical, mental and emotional illness. 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

Stewart Aquatic Center
in the new Tamarack Wellness Center

Prenatal Water Exercise

instructed by **Carrie Davis**

Tue & Thu 5:30-6:30pm \$60/10 session
3575 Donald St. Eugene 686-9290

Nancy Mac counseling

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

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

Have You Tried ACUPUNCTURE?

It Could Be The Answer.

JADE SCREEN CLINIC

344-8088

TAI CHI FOR HEALTH QIGONG
5 ELEMENT

in a park or summer classes

BY SUMAN SENSEI • 520-1790
EUGENE WELLNESS CENTER - 1405 MILL ST.

FOUR WINDS YOGA
FOR BODY • MIND • SPIRIT

SUMMER CLASS SCHEDULE
All classes are drop-in, except the series classes noted with Series that require preregistration.

MONDAY

9:00am Ashtanga - Intermed. Sylvie
5:30pm Beginning/Cont. Yoga Vandana
7:15pm Beginning Yoga Series Justine
Jun. 21- Aug. 9 (Preregistration only)
7:15pm Cont./Intermed. Yoga Nancy

TUESDAY

9:00am Posture Flow - Intermed. Glen
9:15am Gentle Yoga for Women Donna
3:30pm Beginning Yoga Glen
5:45pm Therapeutic Yoga Karen
7:15pm Deepak Chopra's Seven Spiritual Laws of Yoga Lynne
Beginning/Continuing Series
Jun. 22- Aug. 10 (Preregistration only)

WEDNESDAY

9:15am Beginning/Cont. Yoga Donna
12:45pm Mama & Baby Yoga (60 min.) Nancy
Series Jun. 2 - Jun. 23 (Preregistration only)
3:45pm Kid & Family Yoga (75 min.) Nancy
Series Jul. 7- Aug. 11 (Preregistration only)
3:45pm Yoga for Teens (75 min.) Sylvie
Series Jul. 14 - Aug. 18 (Preregistration only)
5:30pm Prenatal Yoga Nancy
5:45pm Ashtanga-Intermed./Adv. Matt
7:15pm Beginning/Cont. Yoga Michele

THURSDAY

9:00am Cont./Intermed. Yoga Nancy
9:15am Gentle Yoga for Women Donna
Noon Extra Gentle Yoga Donna
5:30pm Beginning Yoga Series Michele
Jun. 24 - Aug. 2 (Preregistration only)
5:45pm Gentle Beginning Yoga Lynne
7:15pm Continuing Yoga Michele

FRIDAY

9:15am Continuing Yoga Donna
5:30pm Beginning/Cont. Yoga Vandana
5:45pm Continuing Yoga Tom

SATURDAY

8:00am Intermediate Yoga Tom
10:00am Beginning/Cont. Yoga Lynne

SUNDAY - NO CLASS DURING SUMMER

Those with acute or long-term chronic pain may qualify for a full or partial scholarship. Prereg. online.

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

Kamala Quale, MSOM, LAC
Mind & Body Medicine

- Acupuncture
- Acupressure
- Chinese Herbs
- Hakomi Counseling
- Qigong

345-2220
1902 Jefferson, Eugene

Massage • Reiki • Yoga for Pain Relief & Relaxation

CAR ACCIDENT INSURANCE ACCEPTED

Shoshanah Thielle, L.M.T.
968-1572 or 684-3965

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
June 27, July 18

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

Dr. Virginia A. Oram
NATUROPATHIC PHYSICIAN

NEW! Blood Type Specific Protein Blends!

Also available: Full line of blood type specific supplements.

343-2384
400 East 2nd Avenue, Suite 105 • www.droram.com
Safe, gentle and effective treatment for acute & chronic illness

reduce conflicts
manage behaviors
increase cooperation
improve communication

AT-HOME Family Support
Leigh Files, M.A.,
Licensed Professional Counselor
683-8883

Ker Cleary, M.A.
Contemplative Psychotherapy

A mindful approach to:

- anxiety, stress & depression
- relationships • personal growth

349-0595 • Eugene

LIFE DIRECTION

Kay Porter, Ph.D.

- Life Skills Coaching
- Past Life Regression
- Rapid Eye Therapy
- Weight Loss

342-6875

Get in the flow this summer

The SoulCenter Interfaith Service

Wednesdays 7:30-8:45 pm
Hilyard Community Ctr.
2580 Hilyard, ph.683-7664
jondonna@efn.org

"All healing is essentially the release from fear."

Patricia Robinett
Clinical Hypnotherapist
5th Street Public Market
686-LOVE
(686-5683)
Body / Mind / Spirit
Anger / Grief
Anxiety / Trauma

MORNING KUNG FU
ONGOING ENROLLMENT
Evening Kung Fu & Tai Chi also available

David/Jason Leung
579-3612
www.membio.com/leung