

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

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

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 ends 6/30

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

485-4221

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FOUR WINDS YOGA
FOR BODY MIND SPIRIT

in the new Tamarack Wellness Center

Mama & Baby Yoga
4-week series with Nancy
Wednesdays 12:45-1:45pm
July 7- 28 \$28
Preregistration/Prepayment required

Yoga for Teens
6-week series
Wednesdays 3:45pm
July 14-Aug 18 with Sylvie
for Age 13-16
\$38 Preregistration required - Call now!

Check out our drop-in classes!
Extra Gentle / Beginning
Continuing / Intermediate
Ashtanga / Prenatal

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

TAI CHI FOR HEALTH QIGONG
5 ELEMENT
in a park or summer classes

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Ker Cleary, M.A.
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• anxiety, stress & depression
• relationships • personal growth

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LIVE BETTER
Kay Porter, Ph.D.

- Weight Loss
- PTSD/ACOA
- Depression/Anxiety
- Rapid Eye Therapy

342-6875

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

Nancy Mac counseling

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

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

Massage • Reiki • Yoga for Pain Relief & Relaxation

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Shoshanah Thielle, L.M.T.
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Sandra Norris Wheeler
24 years Extensive Professional Experience

"Respectfulness, professionalism, depth were perfect."

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DEEPENING & ACCELERATING THE HEALING JOURNEY

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LMT #1610

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Misc.

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Musical

CASIO CT638 keyboard, Riff-O-Matic phrase sampler, Vox amplifier, Korg guitar processor, \$45 each. Levolor vertical blinds with brackets, 36", 41", 71". Make offer. 687-8186.

Sports Equip.

TWO BIG-EZ whitewater kayaks for sale. Never used. \$500 each, with paddles. 914-2324.

TV

FLICK FEUD. The early days of digital video discs saw the emergence of two major disc formats. One, the exclusive property of Circuit City, was known by what brand?

FREE 4-ROOM DirectTV system including installation! 125+ channels, from \$529.95/mo including locals. 3 months HBO and STARZ 2 for 1. S&H. Restrictions apply. 1-800-877-1251. (AAN CAN)



Band Members

FUNKY BASS player wanted. Non funky bass players need not apply. Please call Matt at 543-9641 or 484-9845.

WORDS OF YORE. Many a time in school, we were admonished to use "the Queen's English." From what language is the Queen's English directly descended?

For Hire

WANTED, DRUMMER, percussionist. Rock, jazzy pop, Latin etc. must also sing. Call Terri 683-2118.

Lessons

EASY GUITAR! Four fun classes, only \$40. Wednesdays at 7:00 with Marty of the Sugar Beets! Private lessons too! 302-0804.

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

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.

Recording Studios

SLEEPSOUND STUDIOS, we bring the studio to you. Record a demo while you rehearse, \$20/hr. We also do live shows, \$50/show. 342-1904 or sleepsoundstudios.com



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).

TIMMERMAN CONSTRUCTION. Remodels, timework, painting, decks. Always on time since 1981. CCB 121380. call 729-8201.

Cleaning

FAERIE CLEAN HOUSE, faerie good cook, faerie pretty yard. Accommodated to serving families. 685-0655.

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

HOUSECLEANING PLUS windows, oven, fridge. I do it all! Money back if not happy. 726-8301.

EFFICIENT HOUSECLEANING with references. \$13/hr. 341-1408.

I START with the ceiling and end with the floors and somehow, everything in between gets really clean. 20 years experience. References. Call Niki at 485-7666.

Electrical

WORDS OF YORE, PT 2. Previously we discussed the Queen's English. It's counterpart, the commoner's English, was most closely derived from what language?

General Services

POET ARTIST pro worker, windows, paint, yard, truck, trailer, tools. Toby 485-0978.

Landscape

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

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

Maintenance/Repair

CALL CAL, handy fellow at your service. Maintenance, general home care, and yard work. Free estimates. 689-7320.

DANIEL'S HANDYMAN SERVICES. Painting, deck, fence repair. Gutters, power washing. All kinds of experience. Reasonable, honest and fair. Call Daniel, 434-9391.

"All healing is essentially the release from fear."

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

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