

Alder Brooke Healing Arts
NATIONALLY CERTIFIED COLON HYDROTHERAPY

Offering colonics, supportive fasting and education.

FDA-registered equipment. Disposable for your safety and comfort in our clean, relaxed setting.

Call 513-7894
and visit www.alderbrooke.com

Realize Self-Healing with Hypnotherapy

- Anti-Aging (Youthing)
- Pre-surgery
- Fears & 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. Disposable 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 7/31

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

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FOUR WINDS YOGA
FOR BODY [MIND] SPIRIT

in the new Tamarack Wellness Center

Kid n' Family Yoga
6 or 4 weeks with Nancy

Wednesdays 3:45-5pm
July 14-Aug 18

Cost for One adult & One child:
6 weeks-\$55
4 weeks-\$37.50 Additional children extra
Preregistration/Prepayment required

Yoga for Teens
6-week series
Wednesdays 3:45-5pm
July 14-Aug 18 with Sylvie
for Age 13-16 \$38
Preregistration/Prepayment required - Call now!

We have more!
Check out our drop-in classes!

Extra Gentle / Beginning
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www.fourwindscenter.com
3575 Donald St. Eugene 484-6100

Also at
Tamarack Wellness Center

8-week **Breema®**
Bodywork Classes

Tuesdays
July 13-August 31
7 to 9 PM, \$70

First class—free introductory!

Avishai Pearlson, LMT at 337-1980

TAI CHI FOR HEALTH QIGONG
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Ker Cleary, M.A.
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- anxiety, stress & depression
- relationships • personal growth

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Intuitive Arts with Yana Breeze
Goddess Tarot

MotherPeace Daughters of the Moon

Round cards show your cycling process around the issue in focus

- Choose from: A general reflection; a particular question; a crossroads reading for informed choice
- Phone consultations welcome

541-485-4986

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
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Healing Massage

Deep Tissue • Swedish • Trigger Point
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IMPORTED CARS? Eugene Weekly readers are 103 percent more likely to purchase an imported car, truck, or van. Plus, they love used vehicles. Try our auto classifieds, 484-0519.

music

Band Members
JAZZ PIANO player needed for vocal jazz group. Must attend practices, know jazz standards. Gig, no pressure. 345-1296.

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

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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).

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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.

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

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

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