

Counseling

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

Groups

GURDJIEFF. Self study group in Portland. Monday evenings. Carpool from Eugene. Joe Flanagan, 345-5874.

Health & Nutrition

VIAGRA. \$2.40/dose. Cialis available. Lowest price refills guaranteed! Call PBG we can help! Non Profit Organization Toll free: 1-866-887-7283. (AAN CAN)

Wellness

MASSAGE CHAIRS needed. New or used, one or more. Please call Jenya at 684-0066.

Intuitive Arts

MALE WITCH. Psychic readings and counseling. Casting and removal of spells. Contact with spirits. Call 24/7. Tom, 800-419-3346. Credit, Debit cards. Get your lover back. (AAN CAN)

Massage

REJUVENATION: OPEN 10 AM - 10 PM, 7 days a week. Massage, Chiropractic and Acupuncture. 272 W 11th Ave., downtown Eugene. Book your appointment by calling 349-0540 or book online at www.rejuv.org.

OUTDOOR MESSAGES

Crest Massage Center, Inc. 683-5018. Also available: outdoor hot tub, covered and private, in a garden setting. Three indoor treatment rooms, yoga classes. Many therapeutic products available to assist in your recovery when you've been in an auto accident. We do insurance billing for OEA, ODS, Pacific Source, and motor vehicle accidents.

GET SERIOUS about back, neck pain. Cindy Muntwyler, LMT #1617, very experienced. 345-4123.

SPECIAL PRICE massage. Introductory \$30/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

Reiki

REIKI I, II workshops: Tesla 7th generation Reiki Master of the Usui Tibetan tradition holding workshops Aug 14, 15 only. Call 541-345-1215 or email ranidae@mindspring.com for details.

THE REIKI ROOM. Karen Gordon, Reiki Master. 683-3448. Treatments and Reiki training. Usui Reiki practitioner since 1983. www.karengordon.com

Workshops

RAINDROP TECHNIQUE training for optimum health. Hands on class using the finest therapeutic essential oils. August 14th. Jan Meredith, 343-6543 or Shoshannah Thielle, 684-3965.

SELL OR RENT with Eugene Weekly Classifieds. Our readers are 22 percent more likely to be renters and more than 10,000 plan to purchase a home in the coming years. We offer special rates for property management companies, also for real estate brokers who place display ads with Eugene Weekly. Classified ads can also prominently feature your logo, and we can design a display or line advertisement that draws attention to your open properties. Call 484-0519 to learn more.



Real Estate

ALTERNATIVE REALTOR.COM Eugene's Alternative Realtors. Free email listings. Toll free, 866-706-3283 or local, 521-DAVE.

www.eugeneweekly.com

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Commercial Rentals

ROOMS FOR bodyworkers. Share, \$200/mo, full time, \$225/mo. For more information call 953-4547.

BEAUTIFULLY FURNISHED office available now, part-time for therapist, LMT or healer. Great location, inexpensive. 1 or 1 1/2 days a week. Call Ruthanne, 687-2835.

Apts. for Rent

STUDIO APT near Tugman park in S Eugene. Skylights, quiet. NS, NP. \$475/mo including utils. + dep. 913-5261.

2 1/2 BDRM MIDTOWN historic 4-plex. Beautiful hardwood floor. Unique. No pets. Includes all utilities. \$695/mo + dep. 1230 Oak. 954-3289.

2-BDRM NEWLY refurbished. Spacious, quiet, clean. Large private patio. Extra storage, laundry facility. parking. No pets. Bus stop. \$575/mo. + dep. 577 W. 10th. 954-3289.

STUDIO WITH loft, skylight. Water and garbage paid. Quiet. \$450/mo. NS, no dogs. 20th and Emerald. 228-6778, 228-6777.


Looking for a GREAT Massage?
Sheri Morelli M.S. L.M.T. #6291
• Experienced
• Highly Skilled
• Attentive To Your Needs
521-2144




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Structural Integration
It's About Your Health...
Restructuring
Rebalancing
Regeneration
Lauren Bailey
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Breema The Art of Being Present
❖ Sat. Aug. 7, 1-4 PM
Intro/all levels; \$25/\$40 for two
❖ Sun. Aug. 8, 10 AM-4 PM
Intermediate Breema®; \$45
(20 or more hours experience)
Avishai Pearlson, LMT 337-1980



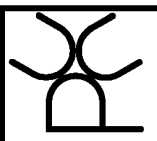
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* First session - \$30/hr.
* 18 yrs. exp.; Strong, Intuitive
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"A massage you won't regret, will never forget, and will repeat as often as able."
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SHAMANIC 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 Galton
Shamanic Practitioner for over 10 years in Eugene
Certified Rebirther with 20 yrs exp. • Reiki Master
485-3881



ROLFING
Karen Lackritz
CERTIFIED ADVANCED ROLFER
CERTIFIED ROLF MOVEMENT PRACTITIONER
Therapeutic Yoga classes available for clients
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Jay Beeman
Heart Centered Therapy
CranioSacral Visceral
Listening for calm in the heart of every cell
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A Silent Evening of Wellness
Sat. August 7 8:30-10pm
Featuring the Healing Benefits of:
Massage Watsu Reiki Crystal Bowls
Pre-registration \$15 At the Door \$17
at the
Stewart Aquatic Center Pool
Where Warm Water... Enhances Quality of Life
in the **Tamarack Wellness Center**
3575 Donald St. Eugene 686-9290



FOUR WINDS YOGA
FOR BODY • MIND • SPIRIT
in the **Tamarack Wellness Center**
Wednesdays 5:30-7pm
Drop-in **Ashtanga**
Intermediate/Adv. Level with **Matt Mixer, L.Ac.**
Matt's class focuses on Ashtanga Primary series as well as some advanced postures. Students can also work with her/his own level while benefiting from practicing with others. A combination of discipline and fun creates a sense of bonding after a vigorous practice. Create the Heat Within!
Yoga with Donna
"I'm 58. It's never too late. Donna has me reaching for those 'edges'. And she can do the same for you!" - Lee Pettigrew
Tue & Thur, 9:15-11:00am
Gentle Yoga for Women
Wed, 9:15-11:00am
Beginning/Continuing
Thur, Noon-1:30pm
Extra Gentle Yoga
Fri, 9:15-11:00am
Continuing Yoga
Drop-in Start anytime!
Tues. 5:45-7:15pm
Therapeutic Yoga with **Karen** for Continuing Level
Utilizing John Friend's Anusara Yoga Principles of alignment and strength, **Karen's** class administers ways in which yoga can help alleviate pain and discomfort in the body, and encourages integration, flow, and ease of movement.
Drop-in
Visit our website for complete schedule
www.fourwindscenter.com
3575 Donald St. Eugene 484-6100





Nancy Mac counseling
• changing old patterns to allow new choices
• creating healthy relationships
Individuals / Couples
sliding scale **485-4559**



"All healing is essentially the release from fear."
Patricia Robinett
Clinical Hypnotherapist
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(686-5683)
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Anger / Grief
Anxiety / Trauma



YOGA WEST
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The Power of Kundalini Yoga
PRE-NATAL YOGA Class Returns July 31st
Tu 7pm, Th 10:30am & Sat 12:30pm
NEW 2004 SUMMER SCHEDULE
On-Going Drop-In Classes Open to All Levels
Weekdays: Tu 7am; Tu W Th 8:45am
Weekday eves: M Tu W Th 5:30pm; M 7pm
Weekends: Sat 8:30am; Sun 7am, 5pm
KUNDALINI BASICS: M & W 5:30pm
MEDITATION: Wed. 7pm
WOMEN'S CLASS: Sat 10:30am-12N
PRE-NATAL: Tu 7pm; Th 10:30am; Sat 12:30pm
Sat Nam Rasayan Practice Group Th 7pm
FREE Morning Sadhana 4am Daily
Drop-In Rate \$6; St/Sr \$5
Pre-pay 10 classes and save 10%
Call 686-0432 for recorded schedule
CLIP THIS AD for FIRST CLASS FREE



WANTED
PEOPLE WHO WOULD LIKE BECOMING MEMBERS OF A PRIVATE HEALTH CLUB
Tired of your club closing or relocating on you, forcing you to travel further than what is appropriate?
ARE YOU:
• Tired of gyms that are over-packed meat markets?
• Hangouts for guys who can't decide whether they want to be WWF wrestlers or rock stars?
• Tired of the high pressure sales or absolute neglect?
WOULD YOU LIKE TO WORKOUT OR HANGOUT AT A CLUB THAT PROVIDES YOU WITH:
• An optimal combination of high tech machines and good ole fashion free weights and iron
• An area to read and watch TV
• A place to workout that has the right blend of serious athletes and high function members of our community, both blue collar and white collar
• A place where you can workout at any hour night or day, seven days a week, for the same price of the other gyms?
IF THIS TYPE OF SETUP SUITS YOUR NEEDS AND/OR PERSONALITY, PLEASE CALL ME AT 541-684-0520

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