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IT'S THE
BUSINESS OLYMPICS

Bodywork

AFFORDABLE MASSAGE.

Serving to restore balance and well being. Using integrated techniques to fit your needs. \$40/hr and \$55/1.5 hours. In your space or in my quiet office within the Heart and Hands Center, 2045 W 12th, Eugene, off Garfield. Call Brandy Pfeiffer, LMT #11165 at 683-1856. Luminous Healing Arts. Namasté.

HOLISTIC HEALING via 40 yrs. apprenticed bodywork, 9 yrs Oregon License #5219. "Like no other massage..." Sharon Shaffer, BS 686-4644.

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Counseling

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Massage

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KNEADING MASSAGE therapy to relax or recover. Enjoy a massage in a nice studio near fairgrounds. Intro discount. Call Kristy Seitz #7598, 345-7724.

REJUVENATION open 10 am to 10 pm, 7 days a week. Massage, chiropractic and natural skincare. 272 W. 11th Ave, downtown Eugene. Call 349-0540 or book online at www.rejuv.org

WELLSPRING MASSAGE Lisa Haber, LMT #5066, now at Soterion. Swedish, deep tissue. 914-4965 or 683-7000.

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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

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

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EQUAL HOUSING OPPORTUNITY

Commercial Rentals

SHOP FOR rent, 30' x 48', open to barter for plumbing services. 935-0260, eves.

NICE OFFICE, studio space in my basement. 726-0505.

Apts. for Rent

STUDIO APT. Peaceful country setting with spectacular views, W/D. 15 min. to downtown. \$550/mo. includes water and garbage. NS, NR 485-8122.

SPACIOUS 700 sq. ft. guest house with loft bedroom, laundry. \$560/mo, utilities included. \$650/mo with dog. No cats. For appointment, call 689-8809.

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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.



Homes

FORECLOSED HOMES from \$199/mo! 4% down, 30 years at 8.5% APR. Priced to sell! For listings, call 800-366-9783 ext. 1438.

Real Estate

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

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We'll be closed for a break Aug 22 - Sep 7

10-week Beginning Series!

Mondays 7:15pm Sep 20-Nov 22 w/ Justine
Tuesdays 7:30pm Sep 21-Nov 23 w/ Jean
Thursdays 11:30am Sep 23-Dec 2 w/ Donna
Thursdays 5:30pm Sep 16-Nov 18 w/ Michele

Deepak Chopra's Seven Spiritual Laws of Yoga
Tuesdays 7:30pm Sep 21-Nov 23 w/ Lynne
Beginning Level - I 7:15-8:45pm
Continuing Level - II 5:30-7:00pm

Cost: \$75 /10-week series all the above

**** Family Yoga Series! ****
Mama & Baby Sep 15-Oct 20 1:00pm \$40
Kid & Family Sep 29-Nov 17 3:45pm \$75
Yoga for Teens Sep 29-Dec 8 3:45pm \$60
Preregistration required - Call now!

Fall Classes begin Wed. Sep. 8
Visit our new website for Fall Schedule
www.fourwindsyoga.org
3575 Donald St. Eugene 484-6100

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reduce conflicts
manage behaviors
increase cooperation
improve communication

AT-HOME Family Support
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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

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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Anxiety / Trauma

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4:00pm
6:00pm

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"an important part of my pregnancy, birth and post-partum health & happiness."

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