

HEALTH AND FITNESS



SERVICE DIRECTORY

RELAX INTO HEALING

with Nancy Hopps



Nancy offers a unique blend of healing modalities, including relaxation/breathwork, interactive guided imagery, hypnotherapy, energy/sound healing, NLP, & life coaching skills, intuitively tailored to guide you to the Wisdom within. Also an LMT, Nancy is now accepting new clients for body/mind healing, massage and coaching sessions. Her *Relax Into Healing* and other audio titles, endorsed by Dr. Bernie Siegel and others, are sold across the U.S., in local bookstores and via the web.

"I think it's your warmth and genuine caring, along with your skills, that make your work so powerful." — D.R.

(541) 683-9088

SEE CLASSIFIED AD FOR UPCOMING WORKSHOP!
WWW.RELAXINTOHEALING.COM

WELLNESS



The Center offers health and beauty services for men and women. Look younger, increase energy and productivity. Shiatsu, Swedish and Sports massage for relaxation and flexibility; non-invasive microdermabrasion, deep lymphatic cleansing; customized facials for glowing skin; waxing; body wraps; and the exclusive Synergie® vacuum body massage for cellulite reduction, tightening and toning. Proven results. Attitude Adjustments include Reiki, Reconnective Healing and sound therapy. Chemical-free products only including therapeutic grade essential oils.

EUGENE WELLNESS CENTER
1405 Mill Street • 344-8912

Tamarack WELLNESS CENTER Eugene's Wellness Headquarters!

First of the Fall Workshops!
Marketing Your Presentation Lynne Mahan
Tue. Sep. 8 7-8:30pm \$10/adv, \$12/door
Intro to Astrology & Health Claudia Lapp
Sat. Sep. 25 9:30-11am \$10/adv, \$12/door
and many more!

683-7506 3575 Donald St
www.tamarackwellness.com

Stewart Aquatic Center Where warm water enhances quality of life



92°F warm water pool
Classes & Lessons
Healthy Back • Post Stroke • Arthritis
Aqua Yoga • Aqua Jog

**Prenatal
Water Exercise**
instructed by Carrie Davis
Tue & Thu 5:30-6:30pm \$60/10 sessions
Register now for next session beginning Aug. 31

686-9290 www.stewartaquatic.org

BREEMA BODYWORK

Free Breema® Introduction
Mon, Sept. 13 7-9pm
6 week series - \$60
Sept. 20 - Oct. 25

337-1980
AVISHAI PEARLSON, LMT

TAI CHI
for Health Mon. 6-7pm
Ongoing classes begin Aug 30
Oliver Wilson 338-2170

**FOUR WINDS
YOGA**
FOR BODY MIND SPIRIT

Call Now to Register for Fall Series!
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

Chewing the Fat

Alternatives to spendy fitness programs.

A creative mind can come up with scores of cheap and easy ways to get rid of fat and stay fit that will not thwart your existing lifestyle. In fact, only about 1/48 of each day need be set aside solely for body-maintaining endeavors. The point is to move your bod. Work those muscles. Here are some suggestions:

- Chew sugar-free gum all day and your metabolism can be raised up to 20 percent, which could cause a 10-pound weight loss over the duration of one year.

- Lose your television remote control so you have to stand up, walk over to the TV and manually turn the station. This act, along with the avoidance of other labor-saving devices like electric can openers and garage door remotes, could help to easily burn at least 200 calories a day.

- Pacing around the living room while talking on a cordless phone could be considered light exercise. Doing it in the dark adds push-ups to the routine.

- Sexercise is actually quite helpful for calorie burning, and surely could, if diligently kept up, shed pounds and tone muscles. And if you can't find a partner, do it yourself.

- Gnawing on celery not only fills your gut, but your body actually burns more calories trying to digest celery than the stringy stuff contains. No fair dipping it in peanut butter or Cheez-Whiz.

- Keep your household tools dull and you're sure to huff and puff as you saw on

that birdhouse project or chisel that door jamb.

- Load up your pockets with change and old keys, or see how long you can go without cleaning out your purse or wallet. It's easy weight-training, and you never know when you might need that stuff.

- Run naked — or sign up for UO visiting PR professor Dan Wieden's course, and he'll have you running naked through campus.

- Breathe deeply. You've seen the bumper-sticker, now concentrate on your breath to make this simple yet healthy shift from shallowness.

- Fret. It may not be healthy, but fret hard enough and you'll find yourself lapping your digs. Now you just need a really long living room and you've got a workout.

- Vote. You'll be running ... the country.

- Taunt someone huge and stupid. Just figure out where you'll run to first. Well, maybe you're the stupid one.

- Play Bush TV. Watch the six o'clock news. Wait 'till President Bush comes on. When he starts to speak, start doing push-ups. When he says something really intelligent, stop. Hope you've had your Wheaties.

- Trade in your reliable vehicle for an old Volkswagen. Need we say more?

A healthy body can be yours, even without health club membership or expensive exercise equipment. Just crank up your imagination.

— E. Anderson Cael & the EW staff



THE KIVA

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WINE
MERCHANTS
& BOOKSELLERS

FEATURING

Doggie
Fortune Cookies®
LOCALLY MADE, ALL NATURAL
DOG TREAT

- Organic, Specialty and Gourmet Foods
- Fresh Organic Produce
- Vitamins, Supplements, Homeopathic, and Herbal Remedies
- Biodegradable Cleaners, Paper Goods, and Natural Body Care Products
- Large Selection of Bulk Foods
- Healthy products for your pets

MON-SAT 9-8 • SUN 10-5

125 W. 11th Ave, DOWNTOWN EUGENE • 342-8666