EW CLASSIFIEDS

Bodywork

DHARMA MASSAGE Center. 343-2745, M-F. Morning discount, 1-1/2 hours, $45, 34th and University, Ms. Nishan VanAtta, LIC#3430.

Classes

ESSENCE QIGONG Fall class starting 10/12 thru 11/23. Enhance health of body, mind, spirit thru this gentle, meditative form. $45 or $6 per class. Call Tracy Lomax, L.Ac. 683-7000.

Counseling

TRANSFORM YOUR life. Release unwanted baggage and dependencies, strengthen the "true self." Reasonable rates. Brian Sorrells, psychotherapist, LMFT, CADC III. 556-7652.

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

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

IS THERE cancer on your side of the family?? I could help you get rid of it, or prevent you from getting it. Believe me, it's NOT coral calcium. It has a very toxic chemical in it, called cadmium, so beware!! Ask yourself, how do doctors stay so healthy all the time?? One capful per day, thousands of testimonials, and you will stay healthy. Write for more information. Send $2 for postage: PO Box 306, Seward, Nebraska 68434.

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 back the one you love. (AAN CAN)

Massage

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

SPECIAL PRICE massage for new clients. Nice office. Diane Whiffin, LMT#9736. Flex. hrs. 1660 River Rd., 461-5950, 513-9747.

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

EMPOWER YOUR mind, support your body, energize your spirit with an Eclectic Intuitive Massage. Sharon 686-4644.

Meditation

INTRODUCTION TO TIBETAN BUDDHISM is an ongoing course every Tuesday evening combining study, meditation and practice. Beginners and intermediate students are welcome. For more info, call 485-1711.

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), lic#5222, 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.karenjgordon.com

FIRST DEGREE Reiki Class. Oct 22, 23, 24, 25. 6-9pm. The Reiki Room. Karen Gordon, Reiki Master. 683-3448.

Yoga

DHARMALAYA OFFERS River Road area yoga classes and retreats. Choose from different styles. Affordable, drop ins welcome. www.dharmalaya.org 344-0553.

HOUSING

Real Estate

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

ICE HOUSE LOFTS. "Living in Tucson Just Got Cooler." $195/sq. ft. Conversion of 1920s Ice House. Pre-construction contracts now being taken. 520-623-LOFT. www.icehouselofts.com Metro Realty Advisors LLC. (AAN CAN)

Relieve Stress
Take Time Out
Give Your Body the Attention it Deserves
Massage
in a Quiet South Eugene Home.
Lucia McKelvey, LMT • Nationally Certified
Days, Evenings, Weekends
541-683-3286
LIC.#8250

Alder Brooke Healing Arts
NATIONALLY CERTIFIED COLON HYDROTHERAPY
Offering colonics, supportive fasting and education.
FDA-registered equipment. Disposables for your safety and comfort in our clean, relaxed setting.
Call 513-7894
and visit www.alderbrooke.com

David Lang
Urban Shamanism
683.3756
Find and integrate lost aspects of yourself
www.urbanshamanism.com

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 10 filter purchase*
✷ Hatha Yoga Classes - Inquire
*"A massage you won't regret, will **never** forget, and will repeat as often as able."*
485-4221

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

"All healing is essentially the release from fear."
Patricia Robinett
Clinical Hypnotherapist
5th Street Public Market
686-LOVE
(686-5683)
Body / Mind / Spirit
Anger / Grief
Anxiety / Trauma

Sweet Energy
AT THE EUGENE WELLNESS CENTER
Attitude Adjustments
Chakra Balancing with Therapeutic Essential Oils, Reiki, Sound Therapy and Reconnective Healing™
APRIL ROBYN 521-7385
1405 MILL STREET • EUGENE

Fall Workshops at Tamarack WELLNESS CENTER
Tue. Oct.12
Ideal Diet - Ideal Weight
Dr. Justine Dobson 7:00-8:30pm $10/$12
Tue. Oct.12, 19 Intro to Watsu
Ann Cole 7:30-9:30pm $20/session, $45/all
Wed. Oct.13
Soul's Journey Towards Joy
Sandi Thompson & Lynne Mahan
7:00-9:00pm $15/adv, $17/door
Sat. Oct.16
Honoring the Wisdom of Your Body
Becky Smith & Jeannie Edwards
9:30-11:30am $17/adv, $20/door
Tue. Oct.19
Intro to Tantric/Sacred Love
Robert Theiss 7:00-8:30pm $20/$25
Sat. Oct.23
Developmental Movement
Rachael Carnes 9:30-11:30am $17/$20
www.tamarackwellness.com 683-7506
Other Event at Tamarack
Transformational Breathing
Fri. Oct 8 7:00-9:30 pm
Sat. Oct 9 10:00am-12:30pm
Cost: $20 Contact: 206-463-1490
BreathNorthwest@hotmail.com

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

Alchymia Herbs
Organic & Biodynamic Bulk Herbs & Essential Oils
Custom & Personalized Alchemical Elixirs
Classes in Spiritual & Shamanic Herbalism
1531 Pearl St, Eugene - (541) 345-3456
www.alchymia-herbs.com

FOUR WINDS YOGA
FOR BODY MIND SPIRIT
Drop-in Yoga
New!
Yoga plus Fitness with Donna
Includes breathwork, weight-training, non-impact aerobic movement to music, core-strengthening as well as yoga & relaxation, for a well-rounded practice designed to keep you feeling fit and well! For all levels.
Tuesdays 11:30am-1:00pm
New!
Early Morning Yoga
Thursdays 6:30-8:00am
with Jennifer Mixed level
www.fourwindsyoga.org
484-6100 3575 Donald St

YOGA WEST
3635 Hilyard
The Power of Kundalini Yoga
NEW FALL SCHEDULE
Starts September 22, 2004
On-Going Drop-In Classes Open to All Levels
Weekdays: Tu 7am; W Th 8:45am
Weekday eves: M Tu W Th 5:30pm; M 7pm
Weekends: Sat 8:30am; Sun 5pm
KUNDALINI BASICS: M & W 5:30pm
KUNDALINI MEDITATION: Mon 7pm
WOMEN'S CLASS: Sat. 10:30am-12noon
PRE-NATAL YOGA: T 7pm, Sat 12:30pm
VIDEO SERIES: 4th Fridays 7:30-9pm
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

EW CLASSIFIEDS LINE AD FORM

MAIL: 1251 Lincoln St., Eugene, OR 97401

PHONE: (541) 484-0519 • FAX: (541) 484-4044 • E-MAIL: classy@eugeneweekly.com

DEADLINE: LINE ADS - MONDAY, 5PM. BOX ADS - FRIDAY, 5PM.

Name

Address

City, Zip

Phone

Category

To accurately quote your ad, please write your ad copy in the spaces below.

The first two words will be **ALL CAPS**. 30 char/line. Punctuation and spaces count.

RATE: $2/LINE, 4 LINE MINIMUM.

AD COPY:

TOTAL COST: _____ **RUN DATES:** _____

Form of Payment:

☐ Cash ☐ Check/Money Order ☐ MasterCard ☐ VISA

NO REFUNDS.

Card # _____ Exp. Date _____