

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

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

GUARANTEED PAIN reduction with an Eclectic Intuitive Massage designed for your needs. Sharon, 686-4644.

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

\$35 GETS you 45 min experienced massage therapy! Prices good through Oct 30. Cindy Muntwyler, LMT #1617, 345-4123.

FRIDAY MASSAGE SPECIAL

\$35 for one hour
\$50 for 1 1/2 hours
Swedish, Deep Tissue
Relaxation
Jesse, 687-4879.
Center for Integrative
Massage
LMT # 10398

MOBILE MASSAGE therapy, providing table or chair massage in your home or office. Deep Tissue, PNF, Swedish, relaxation, pain relief. Jamal Sankari, LMT #6711. 912-0857, References available.

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

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

Yoga

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



Homes

BY OWNER, immaculate 2-bdrm, 1.5-ba condo in S Hills. New carpet, wood laminate, tile, paint. Near Ridgeline and Butte hike. Serene wildlife setting. \$120,000. 554-1722.

SOUTHWEST HILLS home. 1495 Hionda. 4-bdrm, 2-ba, 1,400 sq. ft. on 9,999 sq. ft. lot. Quiet neighborhood, off Lorane Hwy. Vaulted ceiling, Pergo wood floor, tiled countertops, fully fenced yard. Beautiful sunny garden view off wooden deck, looking up at fig, apple, pear trees. Grape arbors, raspberries, blueberries, shrubs and roses along with two raised garden beds. Greenhouse. \$219,500. Mariene and Richard, 344-1550. Realtors welcomed.

Real Estate

ALTERNATIVE REALTOR.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)

PUBLISHER'S NOTICE: All real estate advertising in this newspaper is subject to the Fair Housing Act which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention, to make any such preference, limitation or discrimination." Familial status includes children under the age of 18 living with parents or legal custodians, pregnant women and people securing custody of children under 18. This newspaper will not knowingly accept any advertising for real estate which is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination call HUD toll-free at 1-800-669-9777. The toll-free telephone number for the hearing impaired is 1-800-927-9275.



Commercial Rentals

GARAGE, SHOP for rent. Behind 240 E. 31st. Alley access. Available for storage or shop. VIP 345-1641. \$150/mo.

Apts. for Rent

1-BDRM APT, \$450/mo + deposit, utilities. Near bus and shopping. Shared laundry facilities. NS. No dogs, cat neg. Call 461-2717 eves and weekends.

1-BDRM, SKYLIGHT. Quiet mixed-use building. NS, W/D, AC, cat OK with deposit. South Eugene. \$490/mo + deposit. 2833 Willamette. 344-5414.

PEOPLE WHO care. Large 1-bdrm furnished suite. \$500/mo includes cable, utilities, laundry, and telephone. 2490 Tandy Turn. Ferry St. Bridge. NP. NS. 686-1771 or 913-6460.

LIGHT STUDIO apt, upstairs of house. Near river, bike path, and rose garden. Private entrance, storage, large yard. No pets, no smoking. Avail now. \$390/mo. 689-1738.

SUNNY 1-BDRM in 1890s multiplex. \$465/mo. 531 Monroe. 338-2190. Pets OK with fee.

STUDIO APARTMENT for rent in Leaburg. 420 sq. ft. Vaulted ceilings, oak and tile, very clean, McKenzie River view. 15-20 miles out. NS, ND, NP? \$375/mo incl. all utilities. 896-0572.

STUDIO APARTMENT in private home. Separate entrance, private patio, kitchen facilities and bath. Southeast Eugene on bus lines, convenient to UO and LCC. NS, NP. \$400/mo. Avail now with first, last and deposit. 342-7515.

BRIGHT STUDIO. Private entrance, laundry, share bath with prof. female owner. No storage. \$350/mo, utils incl. 684-8025.

PEOPLE WHO care. Large studio, \$460/mo includes utilities, laundry, cable. NS, NP. 2490 Tandy Turn. 232-3530.

Homes for Rent

AVAILABLE NOW. SE 2-bdrm duplex near 30th and Ferry. Wood floors, W/D hookups, front yard garden beds. No dogs, no smoking. \$600/mo. 689-1738.

2+ BDRM COTTAGE, close-in Eugene, 1400 sq. ft. Large fenced yard on 48 acres. \$800/mo. NS. Pets OK with deposit. 484-7336.

460 E 31ST St. Very clean 2 bdrm +, wood floors, fenced yard, deck, hook ups, bus line, NS, Pets? Lease. \$800/mo. 334-5120.

CHARMING 3-BDRM house in SE Eugene. Wood floors, laundry hookups, gas stove, and large backyard. Hoping for a gardener to love it. Avail early Nov. No dogs, no smoking. \$900/mo. 689-1738. **COZY MCKENZIE** Bridge home. Furnished, 2 acres on creek. Pond, wood stove. Must like ducks. \$800/mo + dep. 342-2439.

Classes • Consultations

Living Earth Herbs
Organic Health & Body Care
Eugene Planning Mill District
383 W. 3rd
345-7744
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Culinary & Medicinal Herbs

Oils • Supplements • Herbs-by-the-ounce

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NATIONALLY CERTIFIED COLON HYDROTHERAPY
Offering colonics, supportive fasting and education.
FDA-registered equipment. Disposables for your safety and comfort in our clean, relaxed setting.
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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

PHYSICAL THERAPIST
FT (30-40 hours) out-patient position for an energetic manual therapist. Flexible hours, positive, supportive work environment, with medical/dental and 401K matching benefit programs. Must be excited to work with clients dealing with complex painful conditions. Experience in myofascial release preferred.
Send resume by fax to 541-343-9499

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 yrs 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**

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"All healing is essentially the release from fear."
Patricia Robinett
Clinical Hypnotherapist
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Body / Mind / Spirit
Anger / Grief
Anxiety / Trauma

BIKRAM'S YOGA
COLLEGE OF INDIA
INTRODUCTORY PACKAGE
2 weeks for \$20

	M	T	W	TH	F	SA	SU
6:45am		•		•			
9:00am	•	•	•	•	•	•	•
4:00pm	•	•	•	•	•	•	•
6:00pm	•	•	•	•	•	•	•

349-YOGA

THE FOUNDATION FOR SHAMANIC STUDIES
PRESENTS
THE WAY OF THE SHAMAN
THE SHAMANIC JOURNEY FOR HEALING & POWER: EXPERIENTIAL AND LIFE CHANGING!
Nov. 13 & 14, 2004
Call Alida Birch, 686-2023
www.AlidaBirch.com

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CranioSacral Visceral
Listening for calm in the heart of every cell
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Ashland Institute of Massage
650-hour Professional Massage Program
A small school with a big vision . . . educating hands, heart and head for holistic integration of Self and skills.
6 MONTH INTENSIVE PROGRAM Begins January 4, 2005 APPLY NOW!
Classes begin September & January
541-482-5134 or www.aimashland.com
AIM for Awareness, Integrity, Mastery

Fall Workshops at Tamarack WELLNESS CENTER
Tue. Oct. 26
The Mythical Destiny of the U.S.
Isha Lerner 7:00-8:30pm \$10/adv. \$12/door
Sat. Oct. 30
Guts & Grace Janet Hollander
9:30-11:30am \$10/adv. \$12/door
Tue. Nov. 2
The Elemental Breath
Kassy Daggett 7-8:30pm \$10/adv. \$12/door
Sat. Nov. 6
Creating an Altar
Tom Clark 10:00-11:30am \$10/adv. \$12/door
www.tamarackwellness.com **683-7506**

FOUR WINDS YOGA
FOR BODY MIND SPIRIT
Restorative Yoga Workshop
with "J" Phillips, RYT

Thurs. Oct. 28, Dec. 2, 3:00-4:30pm
You may attend either or both sessions
Uses the support of props to relax deeply from the stresses of life
Allows the body & mind to release tension
Restores the balance & harmony to our lives
For all levels, even people who have never done yoga before!
Cost: \$10/session (Yoga class card may be used)
Preregistration required

Extra Gentle Yoga
with **Stephanie Denby-Spencer**
Fridays, 11:15am-12:45pm Drop-in
For seniors and people with chronic pain, or those with conditions that may require an extra-gentle approach. Special attention is given to finding adaptations of poses that will work for the individual.

New! Drop-in
Early Morning Yoga
Thursdays 6:30-8:00am
with **Jennifer** Mixed level
Visit our website for a complete schedule
www.fourwindsyoga.org
484-6100 3575 Donald St

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Recover happiness, health, love...
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YOGA WEST
3635 Hilyard
The Power of Kundalini Yoga
Especially For Women
Saturdays 10:30-12 noon
Pre-Natal Yoga Classes
Tue 7pm & Sat 12:30pm

On-Going Drop-In Classes Open to All Levels
Weekdays: Tu 7am; W Th 8:45am
Weekday eves: M Tu W Th 5:30pm; W 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