

Language

PRONTO SPANISH. Native-experienced instructors. All levels. 7-8:30 p.m. 6-week course \$55. 485-6647.

Professional Services

OVERWHELMED WITH clutter? Tired of looking for things? Simplify your life and feel the freedom of an organized home, office, garage space! Freedom by Design, organization and interior design service. 510-2946.

Pet Care

PET SITTING. For loving reliable care for your pets in your home while you're away, call Michelle, 607-5843.

Photography

UNIQUE PORTRAITS. Affordable wedding, children, and pet photography. See portfolio: oregonvolpe.fotki.com Call Craig, 343-6793 or email cvolpe@gmail.com



Appearance & Beauty

SOUTH HILLS HOLIDAY OPEN house. European company with research based treatment for wrinkle reduction and acne. 345 W 39th. Sat, Sun, 1-4. Aromatherapy, bath products, skin systems. Chemical and cruelty free. 344-4771.

Astrology

EMBRACE THE UNIVERSE, guided by Gael Johnson. Specializing in inspiration, empowerment, working with Mercury, Saturn, Sun cycles, Mid Life transits and transformation. 541-937-8597 or earthstars3@juno.com

Bodywork

DHARMA MESSAGE Center. 343-2745, M-F. Morning discount, 1-1/2 hours, \$50, 34th and University, Ms. Nishan VanAtta, LIC#3430.

Classes

BEGINNING MEDITATION class. The starting point of spiritual transformation. Learn to turn your mind inward. Saturday, November 20, 6-7:30 pm. For information, call 344-5538.

Counseling

HEAL RELATIONSHIPS and old wounds. Find the strength of your true self. Effective, compassionate therapy. Brian Sorrells LMFT, CADCI. Call 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)

NEED SOY CURLS? I've got more than I can eat. Soy curls are made from whole soybeans, 100% natural, no additives or preservatives. 1/2 lb bag \$3 with instructions. Toby, 683-3206.

Wellness

END ADDICTIONS. Many of us have had addiction to alcohol, cigarettes, uppers, downers, even heroin, and have been able to quit for a time. After quitting, we've all been hit by that desire again and again to use. The African herb Voacanga swiftly stops your desire for these dangerous addictions. To be in charge, you must have this herb to succeed. 60 Capsules, \$30. Call 541-520-0517 between 9 and 5.

Hypnotherapy

INTUITIVE HYPNOTHERAPY for WOMEN. Consider how you'll feel with more peace, wellness, happiness in your life. Call Jan Berman, BA, CHT, at 744-1097.

Massage

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.

PAIN, STRESS reduced with 30 years bodywork designed for your needs. Sharon, LMT#5219, 686-4644.

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

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

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

YOUR TURN to shed some stress. Deep massage, mellow rates. LMT #1617 since 1982. Cindy Muntwyler, 345-4123.

PROVIDING SOOTHING, relaxing therapeutic massage with warm herbal oils, hot rocks, hot towel application, sea salt scrub and body rub. Herbal waters. One of the better treatments of the Northwest. Shanty, LMT#7488 541-870-2774.

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

\$45 FOR one hour, \$60 for 1 1/2 hour. Massage therapy or traditional Thai bodywork. Alia, LMT#11074, 343-1625.

Pregnancy Support

"BORN IN THE USA" movie night. Film/discussion with local doulas. All expectant parents welcome! Thursday, Nov. 11, 6:30 pm. Call Birth Companion Network for more info 284-5948.

MASSAGE IS a great way to relieve pain and alleviate stress during pregnancy. Get a relaxing massage on a specially designed prenatal table. Call Elena Rudy, LMT at 554-2589. #10072.

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

NW CENTER for Reiki Training and Healing Arts offering Reiki III Masters Seminar. Includes masters manual, syllabus, symbols, attunements, certification and mentorship. Advance registration \$75. For free brochure, 915-5723, www.reiki.org



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Shamanic Healing addresses the spiritual aspects of physical, mental and emotional illness. Possible symptoms calling for Shamanic Intervention are:

- not feeling whole
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- chronic illness, depression or fatigue
- addictions
- feelings of possession, darkness, or alienation

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Nancy Mac
counseling

- changing old patterns to allow new choices
- creating healthy relationships

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sliding scale 485-4559

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Saturday, November 13
8pm
a CD Release Celebration
This weekend!
Tickets: \$10/adv. \$12/door

Fall Workshops!
Tue. Nov. 16
Bodies Feeling Better
Rachael Carnes 7-8:30pm \$10/adv. \$12/door

Tue. Nov. 16
Work of Byron Katie
Sue Sherman 7-8:30pm Free (Donations welcome)

Sat. Nov. 20
The Role of Fear in Childbirth
Bess Day & Shea Hardy
9:30-11:00am \$10/adv. \$12/door

Tue. Nov. 23
Breema: Art of Being Present
Avishai Pearlson 7-9pm \$15/adv. \$17/door
www.tamarackwellness.com 683-7506

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FOR BODY MIND SPIRIT

Missed our Fall Series?
Don't wait til January!
Start Beginning Yoga NOW,
with any of these
Drop-in Classes:

Mon. 9:15am Beginning/Cont. with Lynne
Mon. 5:30pm Beginning/Cont. with Vandana
Tue 9:15am Gentle Beginning for Women w/ Donna
Tue. 3:30pm Beginning Yoga with Glen
Wed. 9:15am Beginning/Cont. with Donna
Wed. 7:15pm Beginning/Cont. with Michele
Thu 9:15am Gentle Beginning for Women w/ Donna
Thu. 5:45pm Gentle Beginning with Lynne
Fri. 11:15am Extra Gentle Yoga w/ Stephanie
Fri. 5:30pm Beginning/Cont. with Vandana

Visit our website for complete schedule
www.fourwindsyoga.org
484-6100 3575 Donald St