

NO EXIT

© **Andy Singer**



Counseling

EXPERIENCED COUNSELOR. Receive support and learn skills to increase your resourcefulness. Enhance your inner and outer life. Richard Grimaldi, MPW, 344-7604.
YOUR FUTURE is laid out for you in Free Will Astrology. I used to dread the unknown week ahead, but thanks to Rob Brezney, I know what to expect. Check him out every week in Eugene Weekly. You've already thanked me for it, it's in the stars.

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)
NO ANIMALS were harmed in the making of this newspaper. Ask us about our vegan paper and ink, 484-0519.

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

MASSAGE when you want it: Open 10 am to 10 pm, 7 days a week. Swedish, Deep Tissue and Couple's Massages, Natural Facials, Body Wraps, Waxing and Nails. Nice personalized Gift Certificates. Rejuvenation, W. 11th at Charnelton, Downtown Eugene. Call 349-0540 or book online at www.rejuv.org

KNEADING MASSAGE therapy. Enjoy a massage in a nice studio near fairgrounds. Hot stones. 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.

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.

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

TRY SOMETHING different. Thai bodywork, also known as lazy's Yoga. Buy three massages and save. Alia, 343-1625, LMT #11074.

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

LICENSED MASSAGE THERAPIST
GEORGE DAVISON
(541) 731-HEAL
4 3 2 5
OR Lic#8073
SWEDISH, MEDICAL, AND SPORTS MASSAGE
REFLEXOLOGY TRIGGER POINT THERAPY
MYOFASCIAL RELEASE LYMPHATIC DRAINAGE
RELAXATION STATION
329 W. 13TH AVE. SUITE E EUGENE 97401

HAPPY THANKSGIVING!
PSYCHIC READINGS
IN NOVEMBER, TWO READINGS FOR THE PRICE OF ONE!
1-888-613-7226
WWW.ASKSHERRY.COM

BIKRAM'S YOGA
COLLEGE OF INDIA
INTRODUCTORY PACKAGE
2 weeks for \$20
For details, call
349-YOGA

Ker Cleary, M.A.
Contemplative Psychotherapy
Cultivating unconditional friendliness towards ourselves and others is a radical step toward happiness
349-0595 • Free consultation

Sandra Norris Wheeler
24 years Extensive Professional Experience
"A highly perceptive and sensitive practitioner"
Restorative Healing Therapies
Advanced Craniosacral Therapy and Myofascial Release
STRUCTURAL REALIGNMENT
ENERGETIC REBALANCING
TRAUMA, INJURY INTEGRATION
DEEPENING & ACCELERATING THE HEALING JOURNEY
♦ Nationally Recognized Practitioner ♦
Welcoming New Clients
343-4415
Integrity • Wisdom • Skill

Monarch Massage
PREGNANCY THROUGH POST-PARTUM
MEAGAN ORION, LMT • 683-8289
"facilitated a deep connection between my body and my baby."
"an important part of my pregnancy, birth and post-partum health & happiness."

DAVID LANG
Urban Shamanism
683.3756
Learn to dream the true dreams of your life and live them!
www.urbanshamanism.com

Luminous Healing Arts
Holistic Massage & Bodywork
Gentle • Deep • Effective
Now at Crest Massage Center
420 Crest Dr.
Hot tub • Gift Certificates
Brandy Pfeiffer LMT #1165
221-1272 Insurance Billing

Healing Massage
Deep Tissue • Swedish • Trigger Point
Myofascial Release • Essential Oils
Lucia McKelvey, LMT • Nationally Certified
Days, Evenings, Weekends
541-683-3286

Fall Workshops at Tamarack Wellness Center
Tue. Nov. 30
Introduction to Massage
Jeannie Edwards 6:45-9:15pm \$20 / \$25
Sat. Dec. 4
Movement with Momentum
Lisa Oxman 9:30-11:00am \$10/adv. \$12/door
Tue. Dec. 7
Posture, Fitness & Your Chakra System
Norinne Powers 7-8:30pm \$10/adv. \$12/door
Sat. Dec. 11
Meet Sue Sherman
Sue's Vision on Tamarack 9:30-11:00am Free
3575 Donald St 683-7506
www.tamarackwellness.com

FOUR WINDS YOGA
FOR BODY MIND SPIRIT
Thanksgiving Weekend Yoga Schedule
Thursday, Nov. 25
9:00am Posture Flow with **Nancy**
Friday, Nov. 26
9:15am Continuing with **Donna**
5:30pm Beginning/Cont. w/ **Vandana**
Saturday, Nov. 27
10:00am Beginning/Cont. w/ **Vandana**
For this Holiday Season
Give the Gift of Yoga!
Four Winds Gift Certificate
for Yoga Class Cards, Clothing, Props, CDs & more!
www.fourwindsyoga.org
484-6100 3575 Donald St

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

Massage by Margaret Pratt
LMT #2144, B.S. (Educ)
Voted 3rd Best
* 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 (exp 12/31)
"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

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

RAVEN MASSAGE
Deep - Flowing - Thorough - Healing
Swedish & Deep Tissue Massage
Hot Jasmine Oil • Aromatherapy Steam
\$30/hr for first session
PETER LeSUEUR 461-8052 • MINUTES FROM DOWNTOWN

"All healing is essentially the release from fear...Healing is always certain."
Patricia Robinett, CHT
686-LOVE
Body/Mind/Spirit
Anger/Grief
Anxiety/Trauma
Men's issues

AIM
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