

ew Classifieds

GIFT CERT. Special price massage for new clients. Diane Whiffin, LMT #9736. Flex. hrs. 1660 River Rd., 461-5950, 513-9747.

FREE ACUPRESSURE session with purchase of a one hour deep tissue, Swedish massage. Offer good thru 12/31/04. Downtown location. 729-2590, Maria VG Hannibal. LMT #11491.

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.

HAVE TABLE will travel for holiday gift giving. 30yr. healer, 10 yr. LMT #5219. 2 hrs., \$80-\$120 + gas. 686-4644.

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.karengordon.com

FIRST DEGREE Reiki class, December 27-30. 9am to 12pm. The Reiki Room, Karen Gordon, 683-3448. www.karengordon.com

Tarot

CARD READINGS by phone. Great promo offer of only \$25 this month. Call 1-888-613-7226 for info and appointment.



Real Estate

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.



EQUAL HOUSING OPPORTUNITY

Commercial Rentals

MASSAGE ROOM to share avail Wed, Fri, Sat, Sun. \$225/mo, utils incl. 358 W 8th, 485-7222, please leave message.

Apts. for Rent

GREAT LANDLADY offers quiet 2-bdrm condo overlooking Amazon canal, 10 min downtown. Deck, large garage, W/D. NS. \$650/mo. 741-3020, Jane.

QUIET STUDIO apt. in separate dwelling, close in off River Rd., near river bike path. Backyard garden and space for solitude. \$550/mo. includes utilities, NP, NS. 688-9988. Available Jan. 1st.

4-BDRM APT. \$1,200/mo includes utilities. Large kitchen, 2-ba, close to downtown, 13 blocks to UO, large front porch, lawn area, parking, vintage charm. Drive by 455 West 12th. Call 870-2460. No pets, no smoking.

NEW DUPLEX, 3 bdrm +, 2 ba. DW, W/D, fridge, mini blinds, oak cabinets, carpet. NS, NP 1270 W. 8th, \$1,075/mo, 915-8414.

2-BDRM NEWLY refurbished. Spacious, quiet, clean, large covered patio. Extra storage, laundry facility, parking. No pets. Bus stop. \$575/mo + dep. 577 W. 10th. 954-3289.

\$600/MO, 1505 Orchard St. Large 2-bdrm apt 3 blocks east of UO campus. Available January 1. Well lit. Good carpet. 1 block from grocery store and bus lines. Free parking! Water and trash included. Laundry in building. Friendly management. Great neighbors! 541-344-4619.

1639 JEFFERSON. 2-bdrm second story flat. Good light and view. Electric heat. Clawfoot tub and shower. W/D access. Shared fenced yard with downstairs tenants. Right pets OK. Gardening opportunities. \$600/mo. Available Jan 1. 520-5776.

LARGE, FENCED yard, pets welcome. Cheap utils, friendly neighbors. \$475/mo. 684-0833. Ask for Ryan.

SWEET TWO-BDRM apartment, daylight basement of duplex near river, bike path, and rose garden. Small fenced backyard, garage storage. No pets, no smoking. Avail. end of Dec. \$450/mo, 689-1738.

TWO 2-BDRMS, 851 W 5th. \$475/mo, \$485/mo. Quiet, clean, deck, patio. \$450 dep and application fees. \$50 off first three months' rent. 729-5827.

2-BDRM, 1-BA (shower), \$600/mo. Close to downtown, 13 blocks to UO, downstairs, lots of windows, free parking, lawn area. Drive by 455 1/2 West 12th. Call 870-2460. No pets, no smoking.

NEW DUPLEX, 2 bdrm, 1 ba. DW, W/D, fridge, mini blinds, oak cabinets, carpet, beautiful. NS, NP 1268 W. 8th. \$725/mo, 915-8414.

Homes for Rent

SE 2-BDRM duplex near 30th and Ferry. Wood floors, W/D hookups, front yard garden beds. Avail. Jan. 1. No dogs, no smoking. \$625/mo. 689-1738.

JAN 1 05. 3-bdrm, 1 1/4-ba, large yard, laundry, garage, West Eugene, Acron Park area. Pet? \$700/mo. + \$200 dep. 434-9391.

COZY 3 BDRM near river, bike path. Newly remodeled w/ some wood floors, lots of storage, gas stove, sunny kitchen and patio, front porch, W/D hookups, garden beds. No dogs, no smoking. \$875/mo. Avail now. 689-1738.

5285 DONALD, SE Eugene, 3-bdrm, 2-ba house in quiet neighborhood. 2-car garage. \$1,025/mo. 484-0493.

290 POLK St. 3-bdrm, 1-ba. Wood floors, full basement with laundry. Central heat. \$900/mo + dep. 345-7684.

AVAILABLE JANUARY 1: Beautiful two-story Tudor farmhouse at the edge of town in Santa Clara. Recently restored with hardwood flooring and cabinetry. Two bedroom, one bath with spacious living room and sitting room. Well appointed kitchen with newer appliances. Large lot with mature trees and space for garden. Laundry facilities, close to shopping and public trans. Pets welcome! No tobacco please. Looking for responsible tenants. \$900/mo + first, last and \$500 deposit. Email pscottvfx@earthlink.net or call 310-399-5997.

Nancy Mac counseling

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

Individuals / Couples
sliding scale **485-4559**

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Pain is inevitable
Suffering is optional

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HOLIDAY SPECIAL
1 hour massage. \$45
4 1 hour massages. \$160
GIFT CERTIFICATES AVAILABLE
968-1572 or 684-3965

FOUR WINDS YOGA
FOR BODY MIND SPIRIT

Register Now for the New Year!
10-week Beginning Yoga Series
Mon. 7:15pm Jan. 10-Mar. 14 w/Justine
Tue. 7:30pm Jan. 11-Mar. 15 w/Jean
Thu. 5:30pm Jan. 6-Mar. 10 w/Michele
Tue. 11:30am Jan. 13-Mar. 17 w/Donna
Cost: \$75 per series
Preregistration required - Call now!

Free Introductory Classes
• Tue. Jan. 4 11:30am Yoga Plus
• Tue. Jan. 4 7:15pm 7 Spiritual Laws of Yoga
• Thur. Jan. 6 1:00pm Hatha Yoga
• Mon. Jan. 31 11am Senior Yoga (for 70's+)
• Sun. Feb. 6 11am Yoga & Healing for Women

More Series Classes!
• 7 Spiritual Laws of Yoga with Lynne \$75
Level 2 - Tue. 5:30pm Jan. 11-Mar. 15 (10 weeks)
Level 1 - Tue. 7:15pm Jan. 11-Mar. 15 (10 weeks)
• Yoga Plus (Weights and Core) - 10 weeks \$75
Tue. 11:30am-1pm Jan. 11-Mar. 15 w/Donna
• Mama & Baby Yoga (8 weeks) \$54
Wed. 1:00pm Jan. 12 - Mar. 2 with Nancy
• Yoga for Teens (8 weeks) \$48
Wed. 3:45pm Jan. 12 - Mar. 2 with Sylvie
• Kid & Family Yoga 3:45pm (4 wks) \$38
• Toddler Yoga 3:00pm (4 wks) \$25
Wed. Jan. 19 - Feb. 9 with Nancy
Preregistration required - Call now!

Give the Gift of Yoga!
Four Winds Gift Certificate 10% Off thru 12/23/04
for Class Cards, Clothing, Props, CDs & more!

There will be no classes Dec. 24 - Jan. 2.
Winter classes begin Monday, Jan. 3rd

www.fourwindsyoga.org
484-6100 3575 Donald St

Qigong
Improve Health and Harmony

- Mondays 5:30-6:30 p.m., ongoing.
- Thursdays 5:30-6:30 p.m., ongoing.
- Cost: \$8/class by the month; \$10 drop in.

Ann Christensen (541) 485-3422
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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

PLAY KICKBALL!
Looking for fans of old school playground games for weekend rounds of kickball.

eugenekickball@yahoo.com

"facilitated a deep connection between my body and my baby."
"an important part of my pregnancy, birth and post-partum health & happiness."

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24 years Extensive Professional Experience

"I feel the freedom to blossom and move forward in my life."

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