



Realize Self-Healing

with Hypnotherapy

Did you know that hypnosis is the most effective way to control weight?

Call me
(NBC Dateline, 2003)

Joe Casey JD, CHT • 484-0608
www.WellnessCoaching.net

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ONGOING ENROLLMENT

Sifu David Leung
Sifu Jason Leung

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"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*

ew Classifieds



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Getaways

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Building/ Remodel

NOTICE: OREGON Construction Law (ORS 701) requires all businesses advertising remodeling, repair, home improvement, new construction be licensed with Construction Contractors Board. A license means contractor has bond & insurance. Verify contractor's license, complaint history at www.ccb.state.or.us, 503-378-4621 (ccb staff), 503-378-4610 (24-hour automated contractor inquiry).

Cleaning

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FAERIE CLEAN HOUSE. Liberate yourself, get a cleaning faerie! Accustomed to families and individuals. Honest, reliable, and eco-integrated. Relieved references available. 344-0201.

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Landscape

LOW MAINTENANCE gardens! Patios, retaining walls, and water gardens. Natural and native. Local references. Free estimates. 895-4281. CCB#138972.

Painting

SPRUCING UP or leaving for the holidays? Let ArtTrek Custom Quality House Painting make your home look like new, and feed the cat and water the plants! Interior, exterior, restoration, faux finish. Sterling and Ruth. www.arttrek-inc.com 683-0626. ccb#62677.

Yard & Garden

ODD JOBS! Hauling, moving help, yard work, gardens, cleanup, indoor jobs, general labor, etc. Please call Jeff, 345-3415.

DANDILYON FALL gardening. Consultation, design, weeding, mulching, bed preparation, regular maintenance, mowing, hauling. Always organic. Barb or Jill, 683-4464.

Home Services

GREG'S HOLIDAY LIGHTING SERVICE and Christmas tree delivery 729-8961



Adult Care

CAREGIVER, HOUSEKEEPER needed for retired woman. Wage based on experience, 10 to 12 hours per week, flexible. Must tolerate heavy smoking, big dogs. Need own car. 543-1816.

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Film/Video

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Astrology

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THE HAND BEHIND THE WORD: new Handwriting Analysis book includes Astrology. Eugene author reads your handwriting \$50. You read his book, \$16.95. www.HandBehindTheWord.com 541-343-1202

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541-548-1593

Bodywork

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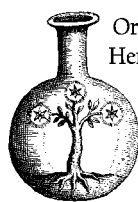
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Weekday eves: M Tu W Th 5:30pm; W 7pm
KUNDALINI BASICS: M & W 5:30pm
KUNDALINI MEDITATION: Mon 7pm
Sat Nam Rasayan Practice Group Th 7pm
Resuming on/after January 2nd
SUNDAY EVENING CLASS: 5-6pm
PRE-NATAL YOGA: T 7pm, SAT 12:30pm
SATURDAY WAKE UP CALL: 8:30-10am
WOMEN'S CLASS: Sat 10:30am-12noon

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