

Classes

PAINTING CLASSES, oil or acrylic with award winning artist, teacher with 25 years teaching experience Pamela Benda at a community center near you in Jan. Learn to paint portraits, figures and still life. Exciting and extremely affordable. For information call 707-834-1316.

BE BOLD THIS WINTER. Improvisation and personal theater classes for women, girls and kids. Start up in mid January. Call Lola, 689-8119.

Counseling

WOMEN'S SUPPORT groups, counselor facilitated, starting now. Ages 18 up. Sliding scale, 10-12 week groups. Relationships and life transitions. For information call 868-4083.

EXPERIENCED COUNSELOR. Receive support and learn skills to increase your resourcefulness. Enhance your inner and outer life. Richard Grimaldi, MPW. 344-7604.

Groups

WOMEN'S CIRCLE beginning Jan '05 meeting weekly. For information, call Patricia at 517-9655.

Health & Nutrition

VIAGRA \$2.40 per dose. CIALIS available lowest prices guaranteed! Call PBG we can help! Non Profit Organization toll free 1-866-579-8545. (ANN CAN)

Wellness

KINESIOLOGY FOR Improved health and emotional wellbeing. 3 hour mind, body makeover \$180. Gift Certificates available. Rita Anne Hartmann, 729-7343.

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.

Intuitive Arts

MIND MESSAGE: "Plethora of information." References for health, relationship, and career. Level 3 Alchemical Healer, Medical Intuitive. 686-4644.

Martial Arts

AIKIDO TRAINING. Learn self-respect, confidence and calmness. Children, 6-11 years, 4 week intro. Jan. 10-Feb. 2, \$35. M&W classes. Call Oregon Ki Society, 683-5089 to register.

Massage

SPA GIFT CERTIFICATES at The Health Spa now open right downtown on the corner of 11th and Charnelton. Offering massage, facials, hair, nails, gift certificates. 9am to 10pm 7 days. Phone 302-8101.

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

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

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.

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

Tarot

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

FROM COAST to peaks, Lane County has it all. Find destinations and vacation rentals in Eugene Weekly Classifieds every week. Beginning in January, look for our travel page with even more destinations, travel news and more.



Homes

ARTIST'S SANCTUARY in historic chapel. Studio, gallery, home for sale on main highway 99E in Shedd, 30 mi north of Eugene. Beautiful Gothic style, restored wood interior in quaint town. Great for artist or craftsman. Plus English cottage home. \$239,000, 503-317-6455. perkinsrealty@comcast.net

Real Estate

FREE EMAIL listings! Kathy Ging, M.A., G.R.I., Socially responsible Realtor, 19 years of ethical practice, networks local self-reliance! Milestone Realty; local 729-1444; 800-944-0130. kathy@kathyging.com

DON'T SEE anything here that suits you? Place a Rental Wanted ad and customize your living experience! Call 484-0519 for details.

ICE HOUSE LOFTS. "Living in Tucson Just Got Cooler!" Authentic loft conversion of 1920s Ice House. Come join our hip, new urban community. 18' ceilings, exposed brick, concrete and wood timbers. 1 to 3-bdms. @249, 000k-\$480,000k. Pre-construction contracts now being taken. 520-623-LOFT. www.icehouselofts.com Metro Realty Advisors LLC. (AAN CAN)

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- creating healthy relationships

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with Shoshannah Thielle LMT

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4 1 hour massages, \$160
GIFT CERTIFICATES AVAILABLE
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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 Galtion
Shamanic Practitioner for over 10 years in Eugene
Certified Rebirther with 20 yrs exp. • Reiki Master
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BIKRAM'S YOGA
COLLEGE OF INDIA

INTRODUCTORY PACKAGE
2 weeks for \$20

This is a 90 minute total body workout in a room heated to 104 degrees.

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

First class show up 15 minutes early. Wear comfortable clothes. Bring a bath-size towel and water bottle. Come with an empty stomach, and open mind and be prepared to sweat.

820 Charnelton • 349-YOGA

Kamala Quale, MSOM, LAC
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- Acupressure
- Chinese Herbs
- Hakomi Counseling
- Qigong

345-2220
1902 Jefferson, Eugene

reduce conflicts
manage behaviors
increase cooperation
improve communication

AT-HOME Family Support
Leigh Files, M.A.,
Licensed Professional Counselor
683-8883

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
Thu. 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

Classes • Consultations

Living Earth Herbs

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Dance as a metaphor for life
Using Nia's mix of dance arts, martial arts & healing arts

Wed., Dec. 29, 6:30-7:30pm
Tamarack Wellness Center - 3575 Donald (\$10 Drop-in)

Tues., Jan. 4, 9:00-10:00am
Using the Music of Lara St. John, re: Bach
at Body Now - 453 River Ave.

CONTACT JANET HOLLANDER: 729-2894
janet@movingtowardhealth.com