

ew Classifieds

Computer

COMPTIA A+ Certified professional PC tech. Support, trouble shooting, disk and file recovery. Virus repair. \$25/hr at your door. John Waters, 653-1248.

Film/Video

VIDEO PRODUCTION Classes! Community Television now offering comprehensive courses in studio, field, analog, digital editing. Call 341-4671. CTV-CH29.

Financial

\$\$ A CASH NOW OFFER \$\$ Turn future money from lawsuit settlements, lottery awards, and annuity payments into cash now. Free Quotes, 1-800-815-3503. www.ppicash.com (AAN CAN)

\$\$CASH\$\$ Cash now for structured settlements, annuities and insurance payouts. 800-794-7310. J.G. Wentworth. J.G. Wentworth means cash now for structured settlements. (AAN CAN)

Language

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

FRENCH LESSONS. Pour l'amour de le dire French, all levels. Unique way to use common French. Native experienced teacher. Intro free. 349-8942.



Astrology

SUSAN DEARBORN JACKSON ASTROLOGER
In Eugene to do readings Jan 6, 7, and 8
Call to schedule your reading!
541-548-1593

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

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

ECLECTIC INTUITIVE Massage. Body maps to release stress via pain reduction. "Great treatment." Sharon, 686-4644.

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

Classes

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

Counseling

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

Fitness Groups

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

Health & Nutrition

VIAGRA, \$2.40/DOSE. Cialis available. Lowest price refills guaranteed! Call PBG we can help! Non Profit Organization Toll free: 1-866-579-8545. (AAN CAN)

Wellness

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

IS LOVE in yor forecast in 2005? Find out with Keen's New Year's special, 10 minute Psychic Reading for only \$1.99 and an exclusive gift. Credit card required. 18+ required. Call 800-833-KEEN. (ANN CAN)

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

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.

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.

LESS STRESS in 2005! Allow yourself more massage treatments. Deep, therapeutic, renewing. Cindy M. LMT# 1617, 345-4123.

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.

HEALTHY IS HAPPY, so Eugene Weekly readers must have facial strains from so much smiling. To tap into this pleasant potential, call 484-0519 today.

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

Meditation

"TIBETAN BUDDHISM: An introduction" will be a six week course combining study and meditation practice. The course will take place at the Milarepa Dharma Center on Monday evenings starting Jan 10. For more info, call 485-1711.

FIND PEACE, power and purpose through meditation. 5 session series. 343-5252. Course is priceless, therefore, free.

NEW MOON MEDITATION group. A starting point for spiritual transformation. Learn to turn your mind inward. Monday, January 10, 2005, 7pm-8:30pm. For information, call 344-5538.

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

REIKI MASTERS 3 seminars see www.reiki.com Call 915-5723 for free brochure and manual.

Tarot

CARD READINGS for your soul. Phone readings are taped, sent with a blessing card. 1-888-613-7226 for info, appointment.

FOUR WINDS YOGA

FOR BODY MIND SPIRIT

Your New Year Starts Here!

Classes resume Monday, Jan. 3

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

• **January Events & Workshops** •
Family Fun Yoga
Sun. Jan. 15 1-2:30pm Nancy \$10/Adult+child
Restorative Yoga
Fri. Jan. 28 3-5pm Donna & Lynne \$15
Wild Grace Kirtan Heather & Benji
Sat. Jan. 29 3-5pm, 8-10pm \$10/Adv.

WINTER CLASS SCHEDULE

All classes are drop-in, except the series classes noted with **Series** that require prepayment. Please preregister early.

MONDAY
9:00am Ashtanga - *Intermediate*
9:15am Beginning/Continuing Yoga
11:00am **New!** Senior Yoga **Series** (60 min. 6 weeks)
Feb. 7- Mar. 14 \$36
5:30pm Beginning/Continuing Yoga
5:45pm **New time!** Vinyasa - *Intermediate*
7:15pm Beginning Yoga **Series** 10 weeks
Jan. 10- Mar. 14 \$75

TUESDAY
9:00am Posture Flow - *Intermediate*
♥ 9:15am Gentle Yoga for Women
11:30am Yoga Plus (Weights & Core) **Series**
Jan. 11- Mar. 15 10 weeks \$75
3:30pm Beginning Level Yoga
5:30pm Seven Spiritual Laws of Yoga II **Series** 10 weeks *Continuing level*
Jan. 11- Mar. 15 \$75
5:45pm Therapeutic Yoga (*Continuing+*)
7:15pm Seven Spiritual Laws of Yoga I **Series** 10 weeks *Beginning Level*
Jan. 11- Mar. 15 \$75
7:30pm Beginning Yoga **Series** 10 weeks
Jan. 11- Mar. 15 \$75

WEDNESDAY
9:15am Beginning/Continuing Yoga
1:00 pm Mama & Baby Yoga (60 min. 8 weeks)
Series Jan. 12- Mar. 2 \$54
3:00pm **New!** Toddler Yoga (30 min. 4 weeks)
Series Jan. 19- Feb. 9 \$25
3:45pm Kid & Family Yoga (75 min. 4 weeks)
Series Jan. 19- Feb. 9 \$38
3:45pm Yoga for Teens (75 min. 8 weeks)
Series Jan. 12- Mar. 2 \$48
5:30pm Prenatal Yoga
5:45pm Ashtanga-*Intermed./Adv.*
7:15pm Beginning/Continuing Yoga

THURSDAY
9:00am Vinyasa - *Intermediate*
♥ 9:15am Gentle Yoga for Women
11:30am Beginning Yoga **Series** 10 weeks
Jan. 13- Mar. 17 \$75
5:30pm Beginning Yoga **Series** 10 weeks
Jan. 6- Mar. 10 \$75
5:45pm Gentle Yoga
7:15pm Continuing Level Yoga

FRIDAY
9:15am Continuing Level Yoga
5:30pm Beginning/Continuing Yoga
5:45pm Intermediate/Adv. Yoga

SATURDAY
8:00am Intermediate Level Yoga
10:00am Beginning/Continuing Yoga
SUNDAY
9:00am **New!** Continuing Level Yoga
11:00am Yoga & Healing for Women **Series**
Feb. 13- Mar. 20 6 weeks \$75

Those with cancer or long-term chronic pain may qualify for a full or partial scholarship. Please inquire.

www.fourwindsyoga.org
484-6100 3575 Donald St

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THAT CALM THE HOLIDAYS

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FOR INFO & APPOINTMENT

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
- ★ Gift Certificates Available
- ★ Multi-Pure Water Filters

*"A massage you won't regret, will **never** forget, and will repeat as often as able."*

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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
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♥ Jen Murray, Journey to Wellness ♥

Treat yourself to a massage and save \$10 on a gift certificates for family and friends with this ad.

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Listening for calm in the heart of every cell.

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CERTIFIED ROLF MOVEMENT PRACTITIONER
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- creating healthy relationships

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A mindful approach to

- Anxiety, stress & depression
- Relationship issues
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1 hour massage, \$45
4 1 hour massages, \$160

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968-1572 or 684-3965

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