

NO EXIT

© Andy Singer

ARE YOU **HOMELESS?** OR A **RENTER?**
AND WISH YOU OWNED A HOUSE??
WE'LL WISH NO MORE! NOW YOU CAN
MAKE YOUR OWN HOUSE!

① USING A PHOTOCOPIER, ENLARGE THIS CARTOON 9600% ONTO HEAVY CARD-STOCK.

② CUT ALONG THE DOTTED LINES AND FOLD ALONG THE BIG SOLID LINES

③ TAPE OR GLUE, IN ORDER FLAPS #1-5 AND **POOF!** ... HOUSE.

A. SINGER → FLAP #5- FOLD + GLUE.



Astrology

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 earth-stars3@juno.com

Bodywork

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

DIVORCE AND separation support group begins Feb 2 with Dr. Anita Browning, 8 Tuesdays, 7-9 pm. Sliding scale. 343-2339.

ECLECTIC INTUITIVE MESSAGE: Body Mapping, Fascia integration, stress relief. 686-4644. Rev. Sharon Shaffer BS, LMT #5219.

Classes

BE BOLD THIS WINTER. Improvisation and personal theater classes for women, girls and kids. Start up in mid January. Call Lola, 686-8119.

Counseling

WOMEN'S SUPPORT groups, counselor facilitated, forming until Jan. 31st. 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.

Energy Work

HEALING SESSIONS Release, Remove, Restore, Revive! Intuitive, Shamanic and Reiki and Polarity. Sliding scale. Victoria 343-3332.

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 to overcome self sabotage patterns in health, love, and success. Rita Anne Hartmann, 729-7343.

Massage

INNER HARMONY MASSAGE. 937-8284. Convenient downtown location. Swedish, deep tissue, relaxation, therapeutic massage. Talicia LMT#8193, 937-8284.

PROFESSIONAL THERAPEUTIC message benefiting Tsunami victims. Hot stones, scented hot towels, heated oils, Swedish, Hawaiian, Japanese, modalities offered through Om Shanti Massage. 870-2774. #7488.

KNEADING MESSAGE therapy to relax or recover? Nice studio near fairgrounds. Intro discount. 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.

WELCOMING NEW clients! Improve body, mind, spirit w/ Hawaiian Hot Stone, Deep Tissue, Gentle Relaxation, Reiki. Meghan Quinn, LMT#10801. Flexible hours, sliding scale, gift. cert. 431-7317.

SPECIAL INTRO price massage for new clients. Gift certs. Diane, LMT#9736. Flex. hrs. 1660 River Rd., 461-5950, 513-9747.

\$50/HR. \$60 1 1/2 hr. Massage and stretching to fit your needs. Indigo Rhythm Therapy. 343-1625, Alia. LMT#11074.

Meditation

NATURAL GREAT PEACE - Meditation course for inner peace. Based on the teachings of Sogyal Rinpoche, author of The Tibetan Book of Living and Dying. The emphasis in this instruction is on naturalness and on allowing our minds simply to be, unaltered and without changing anything at all. Course combines meditation, groups, practice and discussion. Into Eve. 7pm Wed. Jan. 26 at EWEB Training Rm. 10 wk. course begins Wed. Feb. 2, 2005. Call for info, 345-1970. Space Limited.

Jay Beeman

Listening for calm in the heart of every cell.

Laughter is the best medicine.



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- TAMARACK WELLNESS CTR. - W: 6:30pm
- WILLAMALANE ADULT CTR. - T, Th: 5:30pm

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

**FOUR WINDS
YOGA**
FOR BODY MIND SPIRIT

10-week Beginning Yoga Series
Still some space - Call Now!

Mon. 7:15pm Jan. 10-Mar. 14 w/Justine
Tue. 7:30pm Jan. 11-Mar. 15 w/Jean
Thu. 11:30am Jan. 13-Mar. 17 w/Donna
Cost: \$75 per series

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!

• **January Special Event** •
★ **Family Fun Yoga** ★
★ **Saturday Jan. 15** 1-2:30pm ★
★ w/Nancy \$10/Adult+1 child

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**LEARN TO USE
THE "KI" IN AIKIDO**

6 Week Introductory Class
Starts Mon., Jan. 24th

Call Diana Robson
513-2675 or 683-5089



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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.

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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							
11:00am							
4:00pm							
6:00pm							
8:00pm							

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



"facilitated a deep connection between
my body and my baby."

"an important part of my pregnancy,
birth and post-partum health
& happiness."

Monarch Massage

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