

A WOOLY FLOOZY IN A JACUZZI



ECLECTIC INTUITIVE MESSAGE #5219. More than a generic spa massage. "Best I have had," client's quote. 686-4644.

Classes

OREGON RIVER Sports Rafts Guide School. Come spend 12 full days and 5 evenings with us learning the skills of a raft guide and earning your Wilderness First Aid, CPR and Rescue 3 Inter. WW Rescue Tech Certifications. We will set up a solid foundation of safety and boating skills, the certs. you will earn are known and respected nationwide. They will aide you in acquiring an exciting summer job. Visit oregonriversports.com for complete info or call 541-334-0696.

OIL PAINTING class with award winning artist, teacher Pamela Benda. 25 yrs experience. View the artist's work, pambenda.tripod.com Sat 1-4, beginning March 5th. in Eugene. Call 707-834-1316, 343-5711.

Counseling

HEAL YOUR emotional wounds with Kinesiology. Rita Anne Hartmann, 729-7343.

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

Dance

DANCE NOW, Argentine Tango. Experienced instructor. Beginning and intermediate classes. 6 week series, \$60. 485-6647.

Groups

NINA CHERRY. Core level counseling sessions. 20 years experience. Women's Therapy and Support Group starts Feb. 28th, Mondays 6-8pm. 345-0025.

FIND YOUR LIFE PARTNER in 2005. 8 week women's group with Nina Cherry, counselor. Weds. 7-8:30pm. \$15/each. Starts Feb. 23rd, 345-0025.

Health & Nutrition

NO ANIMALS were harmed in the making of this newspaper. Ask us about our vegan paper and ink, 484-0519.

VIAGRA, \$2.40/DOSE. Cialis available. Lowest price refills guaranteed! Call PB6 we can help! Non Profit Organization Toll free: 1-866-579-8545. (AAN CAN)

Massage

MAKE VALENTINE'S SPECIAL Couple's massage together by candlelight and soothing music. The Health Spa 165 W. 11th 302-8101.

PROFESSIONAL MASSAGE THERAPY

Easy Access Downtown
at Soterion, A Place of Healing
1661 High Street
Insurance Accepted
Cindy Muntwyler LMT #1617
683-7000 office, 345-4123 home

SPECIAL PRICE - Valentine singles & new clients. Deep or sensuous massage. On call 12/7, gift certs. Diane, #9736. 461-5950.

LOOKING FOR AN EXCELLENT MASSAGE? Looking for somebody who does not only know how to melt your aches and pains away, but also understands your need to be pampered? RELAX, RENEW, INVIGORATE. First visit, 10% off, referral reward system. Advanced Therapeutic Care, 541-431-1220. LMT#7488.

EARTHLITE ADJUSTABLE massage table. Excellent condition, \$250. 510-7949.

FEEL GOOD with a gentle massage, or work it out with Deep Tissue. Nice studio. Intro discount. Kristy, LMT#7598. 345-7724.

Pregnancy Support

FULL MOON MIDWIFERY Pregnancy, birth and newborn, family centered care. Sliding scale. Georganne Clark, DEM 242-3601.

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

Wellness Evening

Sat. Feb 19 7:30-9:30pm

at the
Stewart Aquatic Center
Where Warm Water Enhances Quality of Life



- Art Gallery Tour • Labyrinth Walk
- Candle-lit Soak in the Pool & Spa
- Body Work (with extra fee & preregistration)

Pre-registration \$15 At the Door \$17
Please call 683-7506 to pre-register

in the **Tamarack Wellness Center**
3575 Donald St. Eugene

**CHECK OUT OUR
WEBSITE**
www.eugeneweekly.com

Winter
Workshops
at
**Tamarack
WELLNESS CENTER**

Sat. Feb. 12 9:30-Noon
Igniting the Loving Self Within
Empowering Workshop for Women
Jeannie Edwards, LMT \$17/adv.
& Elle Hatheway, CHT \$22/door
Learn ways to create inner harmony that allow our deepest, most loving self to emerge.

Tuesdays Feb. 15 or 22 6:45-8:45pm
Principles of Ai Chi \$15/adv.
Patty Henry-Schneider \$18/door
Warm water exercise/relaxation program adaptable for people of varied physical fitness levels. Land & pool instruction.

Tue. Feb. 15 7:00-8:30pm
For the Love of Dogs!
Carla Person \$15/adv. \$18/door
Hear magical healing stories of dogs' love for us, and our love for them!

Wed. Feb. 16 7:00-8:30pm
Chakra Balancing with Yoga & Aromatherapy
Sandi Thompson \$15/adv. \$18/door
& Lynne Mahan \$18/door
Experience a delightful integration of breath-body-scent work that aligns Soul with the Mind/Body connection.

Sat. Feb. 19 9:30-11:00am
Intro to Wu Style Tai Chi
Oliver Wilson \$10/adv. \$13/door
Explore how the flowing movements of Wu Style physically open the body, calm the mind and relieve stress.

Tue. Feb. 22 7:00-8:30pm
Sacred Labyrinth
Anne Gordon \$10/adv. \$13/door
Journey through time & around the world describing a calming & centering tool that has been used for 5,000 years.

www.tamarackwellness.com
3575 Donald St Eugene 683-7506

**FOUR WINDS
YOGA**
FOR BODY MIND SPIRIT

**Yoga & Healing
for Women** w/Shoshanah
Sundays, Feb. 13- Mar. 20
11:00am-1:00pm \$60 6 weeks
Preregistration required - Call now!

♥ **Valentine's Day
Partner Yoga**
with Michele
Sun. Feb. 13 2-4pm \$15/each
Bring your honey or a friend and
celebrate Valentine's Day in yogic harmony!
Preregistration required
Visit our website for drop-in class schedule
www.fourwindsyoga.org
484-6100 3575 Donald St

Massage Special

\$40 per hour

OPEN EVENINGS
& WEEKENDS

Shoshanah Thielle, L.M.T.

968-1572 or 684-3965

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EUGENE WELLNESS CENTER
Attitude Adjustments

Reiki, Reconnective Healing™
Chakra Balancing with Therapeutic
Essential Oils & Sound Therapy

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available for clients

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SERVICE MARKS OF THE ROLF INSTITUTE

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Pain & stress relief, relaxation & renewal, MRT™ - repetitive
use injury therapy, Reiki & Reconnective Healings™

Linda Sattler, LMT #6563 **683-9658**

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towards ourselves and others is
a radical step toward happiness

349-0595 • Free consultation

Massage by Margaret Pratt

LMT #2144, B.S. (Educ)

Voted 3rd Best

- * Gentle, DEEP-TISSUE massage
- * First session - \$40/hr.
- * 19 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."

485-4221

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

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RAVEN MASSAGE
Deep - Flowing - Thorough - Healing
GIFT CERTIFICATES AVAILABLE
Swedish & Deep Tissue Massage
Hot Jasmine Oil • Aromatherapy Steam
\$30/hr for first session
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hunger relief programs. Scan today!
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541.343.2822

Tango Milongas
Friday & Saturday
February 11, 12
8pm Lessons:
Introduction to Tango,
with Ev Marcel
Simultaneous Intermediate Class,
with Robert Hauk
9pm-1am Milonga
(Tango social dance)
\$5 at the door. No partner necessary. All ages.
If you're new to Tango, please come at 8pm.
The Tango Center 194 West Broadway
A non-profit community center dedicated to the
music & dance of Argentine Tango.
www.tangocenter.org

smile
Time once again for our annual
Mazzi Valentine's Story Contest
Tell us your Mazzi's love story
and you could win a dinner
a month for a year.
Mazzi's. Amazon at Hilyard
or at Mazzis.com

Energy Medicine Workshop
Energy Anatomy and its connection to
the body's physiology
Learn to feel Energy & work with it
Readings & Healing Demonstrations
Saturday Feb 19th 6-9pm \$25
Spirit Awaken!
Energy Healing Center
541-607-9792
Kelly Windhaven,
Energy Healer & Medical Intuitive

DAVID LANG
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Shamanism**
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healing from your ancestors
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