

NO EXIT

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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 See listing under Massage.

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.



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

Commercial Rentals

TRILLIUM BUILDING 3000 Willamette Street office space, double door privacy feature, good natural light. Available now, \$410/mo. Call 484-4733.

30' X 48' SHOP in Veneta, 10 minutes to the Beltline. \$375/mo. 935-0260, leave message.

LUXURY ROOMS all utilities and amenities. Sgl., Dbl. and King size rooms starting at \$290/mo + retainer, fees. 541-988-1167.

Apts. for Rent

STUDIO APARTMENT for rent in Leaburg. 420 sq. ft. Vaulted ceilings, oak and tile, very clean, McKenzie River view. 15-20 miles out. NS, ND, NP? \$375/mo incl. all utilities. 896-0572.

Luminous Healing Arts
Holistic Massage & Bodywork
Gentle • Deep • Effective
Now at Crest Massage Center
Insurance Accepted
Hot tub • Gift Certificates
Brandy Pfeiffer, LMT 11165
221-1272



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Shamanism opens the vaults of
your inner wisdom

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

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

Monarch Massage

PREGNANCY THROUGH POST-PARTUM
MEAGAN ORION, LMT • 683-8289

Winter Workshops at Tamarack WELLNESS CENTER

Sat. Feb. 26 9:30-5:30pm
The Body Talks \$95/adv \$115/dr
Louis & Ruthanne Carosio
Explore the essentials of Mind/Body
Therapy & Energy Psychology. Demos,
exercises, practice & content will make a rewarding day.

Tue. Mar. 1 7:00-9:00pm
Sound Medicine \$15/adv. \$18/dr
Shaman Laeh Maggie Garfield
Come prepared to heal using sound
revitalizers with the author of Sound
Medicine. A Shamanic practitioner for 32 years.

Fri - Sun. Mar. 4-6
The Work of Return \$250
Jinen Jason Shulman
A gentle, practical method to return us to
our true identity. Enrollment is limited.
www.kabbalah.org

Tue. Mar. 8 7:00-8:30pm
Spirituality & Emotions
Merrie Sennett \$15/adv. \$18/door
Tap into our inner wisdom as we journey
to wholeness and reconciliation.

To preregister please call 683-7506
For the complete schedule, visit
www.tamarackwellness.com

FOUR WINDS YOGA
FOR BODY MIND SPIRIT

Eugene's Premier Yoga Studio!

Aqua Yoga & Spa w/ Lynne
Sat. Feb. 26 4-6pm \$15
Heated water allows a freedom and a
challenge not found on land. Relax in
the spa after yoga, for a very special
treat. At Stewart Aquatic Center Pool.
Preregistration required

Restorative Yoga
Friday, March 4 3-5pm \$15
De-stress and renew from your week, with
passive yoga postures, relaxation & breathing!
Preregistration required

Wednesdays 5:45-7:15pm
Ashtanga Drop-in
Intermed./Adv. w/ Matt

Matt's class focuses on Ashtanga Primary series
as well as some advanced postures. Students
can work at her/his own level while benefiting
from practicing with others. A combination of
discipline & fun creates a sense of bonding after
a vigorous practice. **Create the Heat Within!**

484-6100 3575 Donald St
www.fourwindsyoga.org

Tango Milongas
Every Friday & Saturday

8pm Lesson
Introduction to Tango
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

Beyond the Bleep
Auras & Chakras!

**Explore the Quantum World of the
Seven Chakras & Six Subtle Bodies**

- Transmit & receive information energetically
- Increase your energy & improve your health
- Read & understand the energy of others
- Manifest your desires more effectively

Thurs. March 3-May 7 7-9pm \$75 for 6 weeks

Tamarack WELLNESS CENTER
3575 Donald St Eugene
Taught by Don Bucholtz
485-5864
<http://home.att.net/~spiritcircle>

Planned Parenthood
Health Services of Southwestern Oregon
FREE! Birth Control Supplies & Services Call to see if you qualify.
Three Locations: 1-800-230-PLAN(7526)
www.pphsso.org • www.wecandobetter.org

Ker Cleary, M.A.
Contemplative Psychotherapy
A Buddhist-based approach to
• Anxiety, stress & depression
• Relationship issues • Unhappiness
349-0595 • Free consultation

Alder Brooke Healing Arts
NATIONALLY CERTIFIED COLON HYDROTHERAPY
Offering colonics, supportive fasting
and education.
FDA-registered equipment. Disposable for your safety
and comfort in our clean, relaxed setting.
Call 513-7894
and visit www.alderbrooke.com

Massage by Margaret Pratt
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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."
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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 Gatton
Shamanic Practitioner for over 10 years in Eugene
Certified Rebirther with 20 yrs exp. • Reiki Master
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**The Power of
Kundalini Yoga**
YOGI BHAJAN
video course
Friday, Feb. 25th 7:30-9pm
On-Going Drop-In Classes Open to All Levels
Weekdays: Tu 7am; W Th 8:45am
Weekday eves: M Tu W Th 5:30pm; W 7pm
Weekends: Sat 8:30am; Sun 5pm
KUNDALINI BASICS: M & W 5:30pm
KUNDALINI MEDITATION: Mon 7pm
CHILDREN'S CLASS: Thursdays 4pm
WOMEN'S CLASS: Sat. 10:30am-12noon
PRE-NATAL: Tu 7pm & Sat 12:30pm
Sat Nam Rasayan Practice Group Th 7pm
FREE Morning Sadhana, 4pm daily
Drop-In Rate \$6; St/Sr \$5
Pre-pay 10 classes and save \$10
Call 686-0432 for recorded schedule
www.yogawesteugene.com
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