

NO EXIT

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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

HOUSE FOR sale: 1250 Hayes, between 13th and 12th. Serious buyers only. 345-2160.

Commercial Rentals

MASSAGE STUDIO open to share. Nice space near the fairgrounds. \$150/mo including EWEB. Call Kristy, 345-7724.

BEAUTIFUL OFFICE space. Join other counselors, massage therapists in a great atmosphere. Available 1, 2 or 3 days a week. Call 686-8060.

30' X 48' SHOP in Veneta, 10 minutes to the Beltline. \$400/mo. 935-0260, leave message.

Apts. for Rent

SMALL APT. beautiful country location 30 min. from Eugene, river etc. Rent of studio workshop space possible. References. \$350/mo. + first and last. 933-2568.

4-BDRM, 2-BA, \$1,200/mo includes utils. Large kitchen, laundry, yard. 13 blocks to UO. 455 W 12th Ave. 870-2460.

1-BDRM in sunny, renovated 6-plex. Patio, parking, NP, NS. \$425/mo. + first, last, deposit. 685-9517. 787 Van Buren.

CHARMING SMALL studio, loft, bed, skylight, W/D. Near downtown, campus. \$340/mo + \$25, most utilities + first, last and \$200 dep. + \$50 rug fee. NS, ND, NP. 342-6044.

SMALL COTTAGE, on shared lot. \$475/mo. Quiet, near UO. Long term. NS, no dogs, Section 8. Ref required. Avail. 4/2. 343-2884.

STUDIO WITH loft, skylight. Water and garbage paid. Quiet. \$450/mo. NS, no dogs. 20th and Emerald. 228-6777.

ONE-BDRM AVAIL April 1. Close to campus. Call Christopher Hirsch, 556-7080.

2 UPSTAIRS Studios in large, charming apt house. Each with kitchen, shared bathroom. 4 blocks to downtown. 455 W 12th. 870-2460.

2-BDRM, 1-BA, \$500/mo. 4 blocks to downtown. Free parking, yard area, laundry hookups. 455 1/2 W 12th. 870-2460.

BEAUTIFULLY RENOVATED 2-bdrm, 1-ba apt with bamboo flooring, tile kitchen and bathroom. Private patio. 800 sq ft. Laundry on site, off street parking, cats OK. \$715mo + dep. 540 Polk St. 343-3290.

LIGHT STUDIO apt, upstairs of house. Near river, bike path, and Rose Garden. Private entrance, storage, W/D hookups. No pets, no smoking. Avail soon. \$400/mo. 689-1738.

Homes for Rent

CHARMING 2-BDRM, in beautiful quiet River Rd location. Close to bus line, bike path. Great yards, fireplace. \$875/mo. 345-3575.

SWEET, LIGHT 3-bdrm near river, bike path. Newly remodeled with some wood floors, lots of storage, gas stove, sunny kitchen and patio, front porch, W/D hookups, garden beds. No dogs, no smoking. \$875/mo, avail now. 689-1738.

SOUTH EUGENE home, rare find, quiet natural setting, new floors, 2-bdrm, 2 car garage, 2 decks, all appliances, W/D. NS. \$950/mo. By apt. only. 334-6562.



The Power of Kundalini Yoga FOR OFFICE WORKERS TUESDAYS 7-8:15AM

On-Going Drop-In Classes Open to All Levels

Weekdays: Tu 7am; W 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
Yogi Bhajan Video, Fri 3/25, 7:30pm
FREE Morning Sadhana, 4am daily

Drop-In Rate \$6; St/Sr \$5
Pre-pay 10 classes and save \$10
Call 686-0432 for recorded schedule
www.yogawesteugene.com
CLIP THIS AD for FIRST CLASS FREE



Sat. March 12 10:00-11:30am
Creating an Altar
Tom Clark \$10/adv. \$13/door
Allow yourself to reconnect with your heart through the intention and creation of an altar.

Tue. March 15 7:00-9:00pm
Ordinary Mysteries
Tracking, De-coding & Shifting Energy Fields
Jan Meredith \$15/adv. \$18/door
Join this introductory class to become more fluent with your personal tracking systems to help expand your relationship to subtle energies & to yourself.

Wed. March 16 7:00-8:30pm
Intro to Deepak Chopra's Creating Health
Lynne Mahan \$10/adv. \$13/door
Open your awareness to your own sense of natural balance through Ayurveda.

Sat. March 19 9:30am-1:30pm
Moving Into Light
Continuum Movement
Bonnie Simoa \$50/adv. \$55/door
Ready yourself to meet & move forward into the promise of spring thru elegant breath, sound & movement.

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



Yoga Relief for Musicians Shannon Reeder
Sunday, March 13 3-5pm \$15
An intro to Hatha techniques to tune your primary instrument and help prevent injury from misalignment and over-practicing.
Preregistration required

New Spring Series!
• **Teen Yoga** (8 weeks) Sylvie/Jennifer
Wed. 3:45pm Apr.6 - May 25 \$48
• **Mama & Baby Yoga I** (8 weeks) Nancy
Wed. 12:45pm Apr.6 - May 25 \$54
• **Mama & Baby Yoga II** (8 weeks) Nancy
Wed. 2:00pm Apr.6 - May 25 \$54
• **Yoga & Healing for Women** (6 weeks) \$60
Sun. 11am Apr.10-May 15 Shoshanah
• **Yoga Plus** (Weights & Core - 8wk, 2-day/wk) \$120
Tue & Thu 11:30am Apr.5-May 24 Donna
• **Seniors Chair Yoga** (6 weeks) \$36
Mon. 11am Apr.11-May 16 Janet
Preregistration required - Call now!
484-6100 3575 Donald St
www.fourwindsyoga.org



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Robert Phaigh, LMT (Lic. #1670)
Reasonable rates 688-2423

Tango Milongas

Friday & Saturday
March 11, 12
8pm Introduction to Tango
9pm-1am Milonga (Tango social dance)
Saturday: live music with
Evan Griffiths' Tango Combo
\$5 at the door. All ages.
No partner necessary.
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



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