

Language

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

Pet Care

PET SITTING. For loving reliable care for your pets in your home while you're away, call Michelle, 607-5843.

Weddings

CREATIVE WEDDINGS. Ceremonial Ministers Registry. Civil, Interfaith, Ethnic. At your special location. Free planning brochure. 541-915-5723.



Astrology

ASTROLOGY WEDDINGS. Tarot with **STEPHANIE CHASE.** Licensed Minister, 5 years experience. Call 345-5027.

EMBRACE THE UNIVERSE, guided by Gail 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 MESSAGE #5219. More than a generic spa massage. "Best I have had," client's quote. 686-4644.

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

EW GOES with you. From helping to find your new home, to getting the perfect partner, to choosing the perfect anniversary restaurant, Eugene Weekly is there for you. And when you're sick of it all and need to burn down that old life, we're excellent kindling.

Classes

WHITE CLOUD Institute of Santa Fe is offering 3 classes in Eugene, April 21-29, at Dharmalaya. Chi Nei Tsang, Taoist Abdominal Massage, 101 and 102, and Energy Medicine; Evolved Healing. For more information, or to register, contact us at whitecloudnm@aol.com • 505-471-9330. Or visit www.whitecloudinstitute.com

Counseling

STRESSED OUT? In an emotional black hole? Mind Body Spirit balancing can help you. Hartmann Holistic Services, 729-7343.

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Health & Nutrition

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Intuitive Arts

MALE WITCH. Psychic readings and counseling. Casting and removal of spells. Contact with spirits. Call 24/7. Tom, 800-419-3346. Credit, Debit cards. Get back the one you love. (AAN CAN)

Massage

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

1611 HIGH STREET, experienced massage and back therapy. Cindy Muntwyler, LMT #1617, at Soterion, 683-7000. Insurance accepted.

DON'T LICK the newspaper. It's not classy, and it won't help your diet. Lick your friends instead, because salt is good for you.

MOMMY MESSAGE. In addition to Birth Doula Services, Birth Design now offers therapeutic and relaxing massage, focusing on the prenatal period and beyond. Please call Janene Becker, LMT, CD (DONA), lic#5222, at 284-5947 or visit www.birthdesign.com

TREAT YOURSELF. Soothing full body \$40, Deep work, \$50. Nice office, easy parking. Diane, #9736. On call 12/7, 461-5950.

FRIDAY MASSAGE SPECIAL

\$35 for one hour
\$50 for 1 1/2 hours
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Center for Integrative Massage

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Meditation

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

Pregnancy Support

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

BIRTH DESIGN Doula Services, see listing under Massage. Please call Janene Becker, LMT, CD (DONA), Lic. #5222 at 284-5947.

Reiki

WELCOME TO the world of total relaxation. Reiki. Thananotherapy. 1661 High Street. 683-7000, Diya Mulvey.

REIKI MASTER III seminar 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.



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Spring Workshops & Events at Tamarack WELLNESS CENTER

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Pianist Composer/Producer
\$12/advance \$15/door

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.

Tue. March 29 7:00-9:00pm
Breema® Art of Being Present
Avishai Pearlson \$15/adv. \$18/door
Learning simple bodywork profoundly benefits both receiver and practitioner, and unifies body, mind and feelings.

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

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Mon. 7:15pm Apr. 4 - Jun. 13 Justine
Thurs. 5:30pm Apr. 7 - Jun. 16 Michele
- **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!
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www.fourwindsyoga.org

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