

"All healing is essentially the release from fear...Healing is always certain."

Patricia Robinett, CHT
686-LOVE



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Anger/Grief
Anxiety/Trauma
Men's issues**

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- Release Trauma
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- 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
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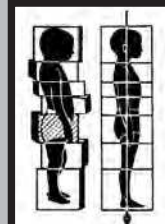
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• Prevent
• Explore**

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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

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Spring Workshops at Tamarack WELLNESS CENTER
3575 Donald St Eugene

Tue. April 12 7:00-9:00pm
Clearing Clutter Can Change Your Life
Ann-Marie Holmes \$15/adv. \$18/dr
Former Focalizer of Cleaning at Findhorn
Come experience the connection between sorting and clearing papers and stuff you don't need and the extra clarity that results. Learn techniques and strategies to transform your physical space and open up new opportunities for you and your family.

Fri.-Sun. April 15-17
Deepak Chopra's Creating Health
Lynne Mahan \$225/adv. \$250/door
This course helps balance mind, body & spirit through the combination of time-less Ayurvedic wisdom and common sense self care in five entertaining lessons.
• Friday 6:30-9:30pm • Saturday & Sunday 9:30-5pm

Tue. April 19 7:00-8:30pm
Ignite Your Courageous Spirit
\$10/adv. \$13/dr
Sally Sheklow of WYMPROV!
An introduction to fun improvisation techniques to uncover and tap your inner courage, release self-consciousness and build self-confidence. Develop your ability to play freely so you can have more fun at school, at work, and in every aspect of your life.

To preregister call 683-7506
www.tamarackwellness.com

Intuitive Arts

ANGEL READINGS, past lives, aura and chakra balancing, numerology and astrology charts, spiritual career counseling, medical mysteries: Rita Anne Hartmann, 729-7323.

GRANDMOTHER TREE. Evolutionary astrology, sound healing, bodywork. Sylvia Hawley, 541-741-5130. LMT#6388.

Massage

IMPROVE BODY, mind, spirit with Hawaiian Hot Stone, Deep Tissue, Gentle Relaxation, Reiki. Meghan Quinn, LMT#10801. Flex hours, sliding scale, gift. cert. 431-7317.

MOMMY MASSAGE. 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

HEAVENLY TOUCH. Deep work to light touch massage. Nice office, easy parking. Diane, #9736. On call 12/7, 461-5950.

Meditation

NEW MOON MEDITATION group. A starting point for spiritual transformation. Learn to turn your mind inward. Friday, April 8, 2005, 6pm-7:30pm. For information, call 344-5538.

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.

Spiritual

WONDERING ABOUT your spiritual life? Attend free workshop on past lives, dreams and soul travel. April 11, 18, 25 pm, Eugene Library. Info, 954-9032.

Tarot

PSYCHIC SPIRITUAL Readings offer insight, guidance, understanding. 25 years experience. Sliding Scale. Mitzi Linn, 345-3351.

Housing



Commercial Property

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- **Teen Yoga** (8 weeks) **Sylvie/Jennifer**
Wed. 3:45pm April 6 - May 25 \$48
- **Mama & Baby Yoga I** (8 weeks) **Nancy**
Wed. 12:45pm April 6 - May 25 \$54
- **Mama & Baby Yoga II** (8 weeks) **Nancy**
Wed. 2:00pm April 6 - May 25 \$54
- **Yoga & Healing for Women** (6 weeks) **\$60**
Sun. 11am Apr. 10 - May 15 Shoshanah
- **Yoga Plus** (Weights & Core - 8wks. 2-day/wk) **\$120**
Tue & Thu 11:30am April 5 - May 24 Donna
- **Seniors Chair Yoga** (6 weeks) **\$36**
Mon. 11am April 11 - May 16 Janet

Preregistration required - Call now!

New! Drop-in Yoga 7 days a week
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Sundays, 5:30pm
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