

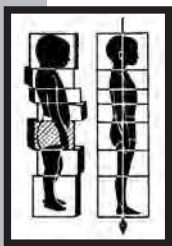
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Events & Workshops at Tamarack WELLNESS CENTER

3575 Donald St Eugene

A Poetry Concert

"Dance When You're Broken Open"

Sat. May 14
8:00pm
\$15/adv. \$18/door

Jami Sieber & Kim Rosen
Electric Cello, Vocals Spoken Poetry

Also A Poetry Dive Sun. May 15 1-5pm

Sat. April 30 9:30-11:30am
Come and Play!
Introduction to Interplay
Kristin Funk \$15/adv. \$18/door
Interplay helps adults to re-embody the spirit of play through movement, voice, stillness & story making. Both the self-consciously shy & the wildly-outgoing can have fun, be refreshed, & find a deeper connection to ourselves & each other.

Tue. May 3 7:00-8:30pm
Sacred Contracts,
Discovering Your Life's Purpose
Midge Murphy \$10/adv. \$13/door
Learning **Sacred Contracts** (based on the book by Caroline Myss, Ph.D.) can help you awaken your divine potential, harness your personal power, and heal & transform your life.

Tue. May 3, 10, 17 7:30-9:00pm
Watsu for Two \$45/all 3 classes adv. \$20/each drop-in
Anne Cole
at **Stewart Aquatic Center Pool**
Imagine being held & floated in warm water in a state of peace with another. Gentle stretches & flowing movements release tension & continuous support from the water & the practitioner invites trust. A gift both in the giving & receiving.

Sat. May 7 9:30-11:00am
Singing Crystal Bowls
Margaret Joyce \$15/adv. \$18/door
Love is the way. That's the message of the heart. Explore the opening of the heart through sound using the power of voice & crystal bowls.

Sun. May 8 1:30-5:30pm
Breathwork
in a Warm Water Pool
\$65/adv. by May 6
Kassy Daggett & Sue Sherman
Through the Breath we awaken to the joyful intergration of energy, which enhances our capacity to love & enjoy life more fully. Experience one of the most effective & efficient approaches to self-discovery & inner transformation.

Tue. May 10 7:00-9:00pm
The Mystical Meaning of Fairytales
Isha Lerner \$15/adv. \$18/door
This informative lecture includes a slide show & a comprehensive historical, mythological, & spiritual focus on the incredible symbolism offered through the lens of fables & fairy tales.

To preregister call 683-7506
www.tamarackwellness.com

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
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Kay Porter, Ph.D.

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 - Inner Child/A.C.O.A
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Tango Milongas

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April 29 & 30

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8pm • Introduction to Tango Lesson
• Simultaneous Intermediate lesson with Jaimes Friedgen
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
downtown Eugene
A non-profit community center dedicated to the music & dance of Argentine Tango.
www.tangocenter.org

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Sat. May 7
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