

Massage • Reiki • Yoga for Pain Relief & Relaxation

AVAILABLE EVENINGS & WEEKENDS
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Shoshannah Thielle, L.M.T.

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Holistic Massage & Bodywork
Gentle • Deep • Effective
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Events & Workshops



Tamarack
WELLNESS CENTER
3575 Donald St.

Sat. May 21 1:30-4:30pm A Pathwork Workshop



Led by **Sue Sherman** \$65/adv. \$80/door
In this experiential workshop we will explore the following questions through discussion, meditation, writing & sharing:
1. What areas in your life do you feel rich & where do you feel pain?
2. How do you try to get what you want from others or from God?

Tue. May 24 7:00-9:00pm Everyday Qigong



Oliver Wilson \$15/adv. \$18/door
Learn to use Qigong (energy development) alignment & awareness practices in everyday activities such as sitting, standing, talking & walking. The basics of the Qigong Standing & Dissolving meditation & the Tai Chi Spine Stretch will also be taught.



Sat. May 28 9:30-11:00am Spirits of the Seven Directions

Kathlynn Moonfire
\$10/adv. \$13/door
Enjoy this Ceremonial Shamanism Workshop as a renewing mini-retreat that will help you re-establish your soul's connection to the planet, while gently re-aligning yourself with healing and spiritual purpose.

To preregister call 683-7506
www.tamarackwellness.com

Also at the Tamarack

YOU LOVE ME

"Love is the energy generated when consciousness recognizes itself in another."

"The Art of the Couple" workshop uses humor, discussion, and theatre to give a better understanding of relationships and how they work. Learn how to improve the quality of your relationships and communicate more essentially. You do NOT have to be in a couple to participate; skills taught in this workshop are valuable for all ages. With **Karimu & Connie Kudura**
June 3-4, Fri 6-10p, Sat 10-6
\$125/\$180 for 2/Student discounts
484-4243 / prototype@ipns.com



Prenatal Water Exercise

instructed by **Carrie Davis**

Tue & Thu 5:30-6:30pm \$60/10 sessions

Stewart Aquatic Center

in the **Tamarack Wellness Center**

Also A Wellness Evening

Sat. May 21 7:30pm \$8-13 sliding scale

3575 Donald St. Eugene 686-9290

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

485-3881



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Shamanic Tiger QiGong Saturday & Sunday

June 4 & 5 • Begins 9:30am • \$135.00

No previous experience necessary.
please call Kamala Quale, LAc for more information

(541) 345-2220

FOUR WINDS YOGA

FOR BODY MIND SPIRIT



Registering Now!

Yoga Plus

(weights & core)

Tue & Thu 11:30am
June 7 - July 28

8 weeks with **Donna**
\$115 2 classes/week \$60 1 class/week



Beginning Yoga

Tuesdays 7:15pm
June 7 - July 26

with **Justine** 8 weeks \$60

Preregistration required - Call now!

Chair Yoga

with **Janet**

Mondays
11am - Noon

\$7 \$6 /senior



484-6100 3575 Donald St

Home Services

Yard & Garden

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GARDEN HELP? Knowledgeable, energetic student desires work helping you in your garden. Good ideas. Several years farm experience. Reasonable rates. Call Robin, 343-3297.

LIVING VIBRANT plant communities. Green forts and pie gardens for kids. Healing gardens and meditation spaces. Sliding scale. Classes, Michelle 541-345-8271.

GET IT DONE! Mowing, edging, pruning, weeding, blackberry, ivy removal, hauling. Call Janice at 344-1968.

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CHILDREN'S CLASSES Th 3-5pm
WOMEN'S CLASS: Sat 10:30am
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