

Greatly reduce your **STRESS** with Energy Healing.

Spirit Awaken!

Energy Healing Center
541-607-9792

Kelly Windhaven
www.spiritawaken.info



Nancy Mac
counseling

- changing old patterns to allow new choices
- creating healthy relationships

Individuals / Couples
sliding scale 485-4559

Holistic CONSULTING

Clearing of subconscious saboteurs re health, love, and success



Rita Anne Hartmann, LLB, CHT
729-7343

Couples Massage

Soothing music
candles

an hour of relaxing massage together.
Why wait?

Bosaj's
Healing Touch
Massage

Call 968-9278
and schedule your appointment

Mike Blackmore
LICENSED MASSAGE THERAPIST
Lic. 6637




PERSONAL COACHING
Individuals / Couples Counseling

Grief • Depression • PTSD • Anxiety
Weight Loss • Rapid Eye Therapy
Past Life Regression



Kay Porter, Ph.D.
342-6875

Luminous Healing Arts
Holistic Massage & Bodywork
Gentle • Deep • Effective
Now at Crest Massage Center
See me at the Oregon Country
Fair #760
Hot tub • Gift Certificates

Brandy Pfeiffer, LMT 11165
221-1272

Relieve Stress
Take Time Out
Give Your Body the Attention it Deserves

Massage

in a Quiet South Eugene Home.

Lucia McKelvey, LMT • Nationally Certified
Days, Evenings, Weekends
541-683-3286

LIC.#8250


Sunrise Colonics

Colon Hydrotherapy
By Appointment
(541)484-6224

LAURA TAYLOR
CERTIFIED COLON HYDROTHERAPIST



Hypnotherapy
Emotional Freedom
Technique



When nothing else has worked, call me. Allergies, fears, traumatic memories, pain, men's stuff.

Joe Casey JD, CHT • 484-0608
www.WellnessCoaching.net

Ker Cleary, M.A.
Contemplative Psychotherapy



Develop your Compassion,
Clarity and Confidence

349-0595
Free 1/2hr consultation

FOOD FOR LANE COUNTY'S
YOUTH FARM STAND
10am-2pm, Saturdays
June - October

Featured this week:
Salad greens,
snap peas
& strawberries



705 Flamingo Ave
(off Game Farm Rd., Spfd)



FOUR WINDS YOGA
FOR BODY • MIND • SPIRIT

• A Workshop with **Tom Clark** •

Collaboration & Celebration!
For Continuing/Intermediate Level

Sun. July 17
11am-1:30pm \$15

Exploring assisits and partner poses to delve deeper into your asana practice. Come celebrate Connection!

Preregistration required

KIRTAN
with **WILD HORSE**
Devotional music from
India, Tibet, China & Native America

Saturday, July 16 8pm \$10
Come sing & chant with Wildhorse & make a joyous noise unto the gods & goddesses!



www.fourwindsyoga.org
484-6100 3575 Donald St

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 Hedling 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



Inner Harmony Massage
by
Gwenn Bauldry

Licensed
Massage
Therapist

- Therapeutic Deep Tissue
- Relaxation
- Hot Stone Therapy
- Refreshing Foot Massage
- Soothing Foot Rituals

Available Evenings & Weekends
541.221.8689
541.885.7156 (voicemail)
at Downtown Bodyworks
152 East Broadway Suite #120
Achieve Inner Harmony

ew Classifieds

OPEN AUDITIONS: Female entertainers for wild variety act. Be prepared to perform. Drag Kings encouraged, but not exclusive. July 12, 5 pm. Contact 653-1933.

Band Members

ESTABLISHED 2 piece seeks bass and lead vocalist for indie rock group. Influences: Modest Mouse, June of '44, Radiohead. 913-9068.

GOOD DRUMMER and bass player needed. Rock, reggae. 541-849 3496.

Lessons

MUSIC INSTRUCTION. Lessons in voice, piano, flute. Professional musician, teacher. Your home or my studio. 686-2469.

TAKE VOICE lessons from Thomas Trent, DMA. Reasonable rates, free initial consultation. Call 688-7655.

Home Services
Building/Remodel

FINE ARCH Painting and Construction. Painting, tile, bath, kitchen, hardwood floor. Affordable prices. CCB#158081, 686-8782.

Would you like to take great care of yourself, ease your aches and pains, dissolve tension and rejuvenate through ancient healing methods? Treat yourself to an experience of wonderful healing and pampering.

Come for the Creative Touch-You can't go Wrong



OM Shanti Massage Therapy
Where Touch Brings Peace
Call (541) 870-2774
email: caringspa@yahoo.com
LMT#7488

TRANSFORM ANGER
July 11 & 18 • 6-8pm • \$45

- Self-help Acupressure
- Bodymind Awareness
- Chinese Herbal Tea

with **Kamala Quale**
LICENSED ACUPUNCTURIST
345-2220

MASSAGE

TRY A RELAXING, REJUVENATING
Facial Massage
USING YOUNG LIVING ESSENTIAL OILS

Shoshanah Thielle, L.M.T.
684-3965 or 968-1572

#3461

CREST MASSAGE CENTER
Come see us at the
Oregon Country Fair!
BOOTH #760, NEXT TO SHADY GROVE!
Outdoor Massage in our beautiful garden setting at CMC.
683-5018
420 Crest Dr.

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Cleaning

PEGGY'S HOUSEKEEPING. I will make your home sparkle. Rental clean-outs too. Thorough, experienced, dependable. 683-9407.

JOHN'S CARPET Cleaning. For a professional, deep cleaning of your carpet. We've been in business since 1986. We do a quality job with a powerful truck mount. Call for a free estimate. 337-1379.

MOTHER'S LITTLE HELPERS: You name it, we clean it. Homes, offices, autos, post-parties, windows. Dependable and affordable, references available. Call Ron or Cynde, 681-5501.

Maintenance/Repair

HOMEOWNER'S HELPER. I am an all phases landscaper and "fix it" guy with extensive experience at interior and landscape improvements, currently seeking an arrangement to upgrade home within a 6-12 month period in return for living space within the Eugene vicinity. Call Dean for free property analysis or specifics on qualifications. Nice portfolio, excellent references. Available for new assignment now. 337-8407.

Painting

INTERIOR AND EXTERIOR Painting at affordable prices. Fine Arch Painting and Construction. CCB#158081. Call 686-8782. Free est.

INT/EXT Painting. Deck refinishing. Spruce up your home for summer or sale! Bonded, Insured, CCB#142434. Pattie, 726-5737.

CUSTOM QUALITY HOUSE PAINTING by ArtTrek. Interior, Exterior. Restoration. Faux Finish. Sterling and Ruth. WWW.ARTTREK-INC.COM 683-0626. ccb#62677.

QUALITY PAINTING at reasonable prices. 25 years experience, free estimates. Excellent references. CCB#16763, 607-4260.

Yard & Garden

ALL YOUR garden needs. 25 years exp. Degreed landscape technologist. Old fashioned work ethic. Kathy, 606-5800.

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

ECO-FRIENDLY Land Maintenance. We use alternative fuels, electric, human power to maintain your yard. Affordable. Seniors, 10% discount. Estimate, 337-0303 or 543-6015.

DANDILYON GARDENING. Consultation, design, weeding, mulching, bed preparation, regular maintenance, mowing, hauling. Always organic. Katy or Jill, 683-4464.

RESPONSIBLE, SKILLED worker available to do yard work, weeding, clean up, general labor. \$10/hr. 4 hour min. 242-1408.

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100% soft cotton cloth.




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Train your mind, body and spirit.
Relieve stress. Gain confidence & focus.

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Shamanism



683.3756

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Inner Harmony Massage
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Licensed
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- Therapeutic Deep Tissue
- Relaxation
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