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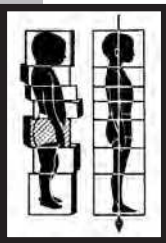
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Fall Workshops at **Tamarack WELLNESS CENTER**

**Tue. Oct. 18** 7:00-8:30pm \$10/adv. \$13/door  
**Wave Hands Like Clouds Qigong**

**Oliver Wilson**  
Learn one of the most complete and easy Qigong styles for personal health. It connects the whole body in relaxed and integrated movement.

**Sat. Oct. 22** 9:30am-1:30pm \$45/adv. \$50/door  
**Conscious Choice**

**Dianne Lobes**  
Learn to consciously create your heart's desire - You can do it with a little help from science, psychology and spirituality.

**Mon. Oct. 24** 7-8:00pm \*\* Free Intro  
**Intro to the Power of Sound**

**Tue. Oct. 25** 7:00-8:30pm \$15/adv. \$18/door  
**Singing Crystal Bowls**

**Margaret Joyce**  
Love is the way. We will explore the opening of the heart through sound using the power of voice and crystal bowls.

To preregister call 683-7506  
3575 Donald St Eugene  
www.tamarackwellness.com

**Grandmaster George Xu**  
President of World Chinese Internal Martial arts

will be teaching workshops on Hsing I, BaGau, Broadsword, and two person sparring in Eugene.

For more information, please contact David Leung 579 3612 or visit our website at www.leungsmartialarts.com

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counseling

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

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- Cranio Sacral • Visceral Manipulation

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Myofascial Release • Essential Oils

Lucia McKelvey, LMT • Nationally Certified  
Days, Evenings, Weekends  
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**Ayurvedic Seminars**



**Dr. Partap Chauhan, awarded "Best Ayurvedic Physician" in India**  
Oct 25th, Ayurveda for the Family, 7-9pm  
Oct 26th, Ayurvedic Psychology: Healing the Mind, 7-9 pm

Oct 27th, Ayurvedic Massage, 7-9pm  
Oct 28th, Rejuvenation & Longevity thru Ayurveda, 7-9 pm  
Oct 29th, Ayurveda for Women, Part I, 10:30am - 12:30 pm  
Oct 29th, Ayurveda for Women, Part II, 1:30 - 3:30 pm

Cost: \$25/lecture (Special \$125/six lectures)  
Location: Yoga West, 3635 Hilyard St.  
For consultations or details call Shivraj 344-4937 or email shivrajkhalsa@comcast.net  
CE units approved for ND's

**ew CLASSIFIEDS**

**Painting**

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**Sudoku**

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2	5		6		3
			1	8	6
	6	2			7
4	5			9	
	9				2
		3			7
5			7		6
		4	1	6	
1		5		3	9

Place numbers 1-9 so that each row, column and 3x3 square has each number only once. There is only one solution. Good Luck! Stumped? Visit www.sudokuplace.com for a puzzle solver.

**Film/Video**

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**Wellness**



**Bodywork**

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

**Classes**

**FIRST DEGREE** Reiki class, 684-3965. Thurs and Friday, Oct 20, 21. 6-10pm. Shoshanah Thielle, LMT, Reiki Master.

**RADIANT CHILD** yoga teacher training program in Eugene. For info contact Harinder Kaur at harinderh@comcast.net or 345-4952. Check www.childrencyoga.com

**Women & Money**

"How to be Debt Free & Wealthy"



All Day Conference with Barbara Bernadette and Nichole Carter  
Saturday, Oct 29th  
Lane Community College  
\$79 includes lunch

For More Information Call: 541-607-6569

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	M	T	W	TH	F	SA	SU
6:45am							
9:00am							
11:00am							
4:00pm							
6:00pm							
8:00pm							

First class show up 15 minutes early. Wear comfortable clothes. Bring a bath-size towel and water bottle. Come with an empty stomach, and open mind and be prepared to sweat.

820 Charnelton • 349-YOGA

**SATURDAY T'AI CHI**

with **KARIMU & CONNIE KUDURA**

9:15-10:30 a.m.  
At the Downtown Athletic Club

24 / 48 Forms  
Sword Form

Beginner/Intermediate Levels  
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- Self-help Acupressure
- Chinese Herbal Tea

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OCTOBER 17 & 24 ♥ 6-8PM ♥ \$45  
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