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since 1977 Lic. # 9092

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Deep - Flowing - Thorough - Healing
GIFT CERTIFICATES AVAILABLE

Quantum Massage - All things are connected

Hot Oil • Aromatherapy

\$30/hr for first session

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Sharon Steiner 541-514-0089

BODY WORK

11 years experience
New Client Special
Holiday Gift Certificates!

Massage Therapy

- Deep Tissue • Swedish • Onsen
- Myofascial and Functional Release
- Cranio Sacral • Visceral Manipulation

Highly effective, proven massage techniques to help you achieve relaxation or pain relief

Robert Phaigh, LMT (Lic. #1670)
Reasonable rates 688-2423

Benefit Concert

The Upward Spiral Kiirtan Tour

Jaya Lakshmi & The Soja Kiirtan Band

Saturday, December 10 • 7pm

Far Horizons Montessori School - 2490 Hilyard St.
Suggested Donation \$10

transformational music & chants
(for Amaretto Disaster Relief - www.amaretto.net)

Massage Gift Certificates for the Holidays

Shoshanah Thielle, L.M.T. 3461

968-1572 or 684-3965

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Colonics and supported fasting

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Susan Snowmountain, CHT

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New Students Only
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De-stress & Renew from your week & the holiday season with Passive yoga postures, relaxation & breathing!

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484-6100 3575 Donald St
www.fourwindsyoga.org

Winter Workshops at Tamarack WELLNESS CENTER

Sat. Dec. 10 9:30am-1:30pm \$65/adv. \$75/door

Natural Gifts for the Giving Season

Dawn Lianna & Margaret Joyce

Bring true joy to your Seasonal Giving with easy to make, home-made lotion, lip balm & flower essence sprays

* Supplies included *

Tue. Dec. 13 7:00-8:30pm \$10/adv. \$13/door

Core Awareness for Health

Lori Carroll Utilize your body's full potential by accessing the vital core area. Learn mini-programs which can be performed while brushing teeth, working on the computer, or while driving a car.

Sat. Dec. 17 9:30am-12:30pm \$30/adv. \$35/door

'Tis the Season

Don Bucholtz & Jennifer Gambin, MSW

Connect with what is most important to you at this special time of year & learn ways to sustain your energy through the holidays.

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

ew Classifieds

PRIVATE VOICE lessons at The Shedd Institute for the Arts. Accepting students of all ages and levels. Call 687-6526 for rates and more info.

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Building/Remodel

FINE ARCH Painting and Construction. Painting, tile, wood floor and remodel. CCB#158081, 686-8782. Excellent workmanship.

RYAN'S DESIGN. High quality remodeling at a reasonable price. Tile specialists. CCB #127616, 343-6792.

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EXPERIENCED HOUSEKEEPER will make your home spotless. \$12/hr call Nancy at 746-9539.

SIMPLY CLEAN. Green cleaning for your small business or home. Earth safe, health conscious, extremely thorough. 541-543-0290.

CLEANING FAIRIES cleaning service. Michelle, 345-8271. Eco friendly, aromatherapy. Weekend apts. in December. House elf help.

Painting

RUBIE'S BUNGALOW, Interior Painting. Spruce up your home for the New Year! Affordable and professional team. Single rooms to entire homes. CCB#142434, 726-5737.

Q.O.R. PAINTING Interior, exterior. Repairs, free estimates. Quality materials and work. 302-1639. CCB# 150956.

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

Roofs

ABOVE, BELOW and Beyond Services. Rain or shine, roof and gutters, moss extermination, yard maint., pressure washing, debris haul. CCB#164011, 285-0029.

Sudoku

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

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.

Yard & Garden

NO TIME to clean up those garden beds? Call me for all your gardening needs! \$12/hr. "Gardening by Rachel" 687-0142.

DANDYLION GARDENING. Fall clean-up, prepare for winter, plan for spring. Consultation, design, weeding, mulching, bed preparation, regular maintenance, mowing, hauling. Always organic. Katy or Mike, 683-4464.

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

Home Services

ABOVE, BELOW and Beyond. Installation and removal of Holiday Decorations. Safe, courteous and affordable, CCB#164011, 285-0029.

NOTICE: OREGON CONSTRUCTION Contractors Law (ORS 701) requires all businesses that advertise repair, remodeling, home improvement, new construction or home inspection services need to be licensed with the Construction Contractors Board. An active license means a contractor has a bond and insurance. Verify a contractor's license at www.ccb.state.or.us or 503-378-4621.

Pro. Services

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VIDEO PRODUCTION CLASSES! Community Television now offering comprehensive courses in studio, field, analog, digital editing. Call 341-4671. CTV-CH29.

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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Energy Healing Center

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www.spiritawaken.info

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