



DAVID LANG
Urban
Shamanism
683.3756

Discover your connection
with Spirit

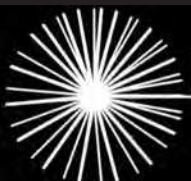
www.urbanshamanism.com

Healing Massage

Deep Tissue • Swedish • Trigger Point
Myofascial Release • Essential Oils

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

LIC.#8250



kinesphere

\$10 off first session
10% off packages with this ad

Charmaine Gaffrey
Certified GYROTONIC® Instructor

CARPÉ DIEM STUDIO
436 Charnelton • Eugene, OR 97401
541.684.0577
kinesphere@hotmail.com
kinesphrestudio.com



**Spring
Workshops**



Tamarack
WELLNESS CENTER

Tue. April 11 7:00-9:00pm **\$15/adv. \$18/door**

**Healing Journeys Through
Light & Color**

Laeh Maggie Garfield

Learn about light and color
in spiritual growth and as
healing energies.



Preregister **683-7506** 3575 Donald St.
Visit our website for a complete schedule
www.tamarackwellness.com

FOUR WINDS YOGA
FOR * BODY * MIND * SPIRIT

Upcoming Workshop

Restorative Yoga

Fri. April 14 3:15-5:15pm **Donna**

De-stress and renew from your week with
passive yoga postures, relaxation & breathing!
\$15 /Advance \$20 /Day of class

Upcoming Series

Chair Yoga

with **Janet**

Tuesdays 11am-Noon

April 18 - May 23

6 weeks \$36

Preregistration required

Call for other series classes



Drop-in Yoga
7 days a week

Discounts available for
Seniors & Students
4 or 8 class, 1-3 month cards

Visit our website for a complete schedule
* **www.fourwindsyoga.org** *

484-6100 3575 Donald St

Alder Brooke Healing Arts
EDUCATION CENTER

Colonics
and supported fasting
Call 513-7894

Tara Alder
Internal Cleansing and Health Specialist
www.alderbrooke.com



**Shoulder &
Neck Pain?**

**SANCTUARY
MASSAGE
& BODYWORK**

• Deep Tissue
• Hot Stone Therapy
• Myofascial Release

Available Weekends & Evenings • Auto Accident Insurance Accepted
TAMMY WISE - LMT# 11561 **RICHARD BAILEY - LMT# 10184**
Tammy - 343-0109 • Richard - 912-1400

HEALTH & WELL BEING
Kundalini Yoga

April 8th - June 10th • Sat. 3-4:30pm



**YOGA
WEST**

3635 Hilyard



Call **Harinder 345-4952** or **Shivraj 359-1202**

www.eugeneweekly.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 Galton
485-3881

BIKRAM'S YOGA
COLLEGE OF INDIA



INTRODUCTORY PACKAGE
\$29 for one month

This is a 90 minute total body workout in a room heated to 104 degrees.

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

New students, please arrive 20-30 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

ew CLASSIFIEDS

Home Services

Building/Remodel

AL KING General Contractor. All phases of
remodeling. See my display ad for more
details. 541-225-7899.

TIMMERMANN CONSTRUCTION. Kitchen,
bath remodels, painting, tilework. Quality
since 1981. CCB#121380. Mike, 729-8201.

Cleaning

HOUSECLEANING, PLUS windows, oven,
fridge. I do it all! Affordable rates.
Gauranteed. 726-8301.

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

HOUSEKEEPING, LANDSCAPE maintenance,
odd jobs, all around assistant. Experienced,
reliable, references. Lynn Jones, 653-0435.

Housesitting

HOUSE SITTER, Eugene area. Will care for
plants, yard, pets and mail while you're
away. Employed, local refs, car, phone. 285-
5886.

Painting

CUSTOM QUALITY HOUSE PAINTING by
ArtTrek. Interior, Exterior. Restoration. Faux
Finish. Sterling and Ruth.
www.arttrekinc.com 683-0626. ccb#62677.

Yard & Garden

HAULING AND yard work. Mowing, trim,
edge, complete cleanups, brush cutting,
blackberry removals, high grass and weeds.
Free bids. 345-5128.

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

DANDILYON GARDENING. Get ready for
spring. Consultation, design, weeding,
mulching, bed preparation, regular mainte-
nance, mowing, hauling. Always organic.
Katy, 683-4464.

LOWEST RATES lawnmowing. Reliable Jon's
Handiwork. Mowing, edging, spring prep,
organic gardening, planting, hauling, prun-
ing. All landscaping needs. Reasonable
rates, since 1996. 302-5758. Licensed,
Bonded, Insured.

PLANT SALE. Huge variety of unusual
perennial. 3000 Calla St., Irving to Calmia to
Calla. 689-4686. Open daily.

ECO-FRIENDLY organic yard and garden
services. Solomon's Yard and Garden.
Friendly and dependable. 206-7029.

Sudoku

©sudokuplace.com All rights reserved.

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

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.

CHRISTIE'S YARDCARE. Spring is here!
Lawns mowed, edged and hauled.
Perennials, hedges, weeding, mulching,
year-round maintenance. 543-4808.

Home Services

ABOVE, BELOW and Beyond Services. Roof
and gutter cleaning, safe moss removal,
landscaping, debris hauling, handyman,
pressure washing. Licensed and insured
CCB#164011. 541-285-0029.

INTERIOR, EXTERIOR painting. Clean, with
attention to detail. Low, off-season prices.
ccb#161831. Steve 556-0374.

DAY OR Night Cleaning Services. Indoor and
outdoor. Home or office. Limited slots avail-
able. For a brilliant clean, e-mail
imancj@gmail.com or call 870-0917.

**Pro.
Services**



Child Care

IMMEDIATE OPENING for your preschooler.
Daily circle time, art and activities. 18 years
experience. Great references. Building
Blocks, 344-1919.

Computer

ONSITE COMPUTER Solutions. Home or
business. Antivirus/spyware removal, net-
work setup, repairs, training. Fee based on
service, not hourly. 541-343-3721.

Film/Video

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

Financial

\$\$\$CASH\$\$ Immediate cash for structured
settlements, annuities, law suits, inheri-
tances, mortgage notes and cash flows. J.G.
Wentworth #1 1-800-794-7310. (AAN CAN)

AS SEEN ON TV. Advances for insurance,
lawsuit settlements, annuity payments and
lottery, casino winnings. Call Prosperity
Partners to cash in future payments.
<http://www.prosperitypartners.com> 1-800-
815-3503. (AAN CAN)

Language

PRONTO SPANISH. Native experienced
instructors. All levels. Emphasis on conver-
sation. 6-week course \$55, 7-8:30 pm. 485-
6647.

**YOGA
WEST**
3635 Hilyard
**The Power of
Kundalini Yoga**
CLASSES AVAILABLE 6 DAYS PER WEEK
Drop In Rate \$7; Students & Seniors \$6
FREE Morning Sadhana 4am Daily
For schedule of classes and special events
Access www.yogawesteugene.com or
Call 686-0432 for recorded information
CLIP THIS AD for FIRST CLASS FREE

Now Accepting Insurance
ODS, OEA, Blue Cross and Auto Accident
**Harmony
Massage**
Talicia Brown
232-6298
Swedish • Deep Tissue • Reiki
Hot Stone Massage • Gift Certificates

**miss geisha,
I challenge you to
a HAIKU duel!**

**challenge
accepted,
samurai man**

send your haiku entry to: 1251 Lincoln St., Eugene OR 97401