




DAVID LANG
Urban Shamanism
683.3756

Shamanism clears blocks
Recover happiness, health, love...
www.urbanshamanism.com

Alder Brooke Healing Arts
EDUCATION CENTER

Colonics
and supported fasting
Call 513-7894
Tara Alder
Internal Cleansing and Health Specialist
www.alderbrooke.com



Nancy Mac
counseling

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

Individuals / Couples
sliding scale 485-4559

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

www.eugeneweekly.com

Healing Massage

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

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

memory recall • past life regression • rebirthing • pain relief • release fears, phobias, anxiety • soul searching

begin from within

Woven Dreams

Spiritual Hypnosis & Healing
Susan Snowmountain, CHT
Eugene Wellness Center
541-343-0812

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.

EXPERIENCED HOUSEKEEPER will make your home spotless. Yard work and lawn maintenance also avail. \$15/hr call Nancy at 746-9539.

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

Yard & Garden
DANDILYON GARDENING. Get ready for spring. Consultation, design, weeding, mulching, bed preparation, regular maintenance, mowing, hauling. Always organic. Katy, 683-4464.

CUSTOM CARE of roses, lawns and trees. Spring cleanups. Free estimates given. ALCA certified. Mitch or Anthony. 606-9307.

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

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

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

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

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

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

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.

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.

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

Pro. Services
Computer

ONSITE COMPUTER Solutions. Home or business. Antivirus/spyware removal, network 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 editing. Call 341-4671. CTV-CH29.

Financial
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)

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

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

Professional Services
YOUR TIME is priceless. Earn some precious time back with your own confidential, multi-tasking, personal assistant. E-mail: imancj@gmail.com

MUSIC LESSONS for children ages 3+. Piano lessons for age 5 to adult. I have 10 years teaching experience with children and adults. Now scheduling for summer and beyond, very reasonable rates and monthly package discounts. Contact: Heather at 541-359-7687 for more info. Music is Life!

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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

Spring Workshops Tamarack WELLNESS CENTER

Tue. April 18 7:00-9:00pm \$15/adv. \$18/door
Loving Without Losing Yourself
Jo Chambers, M.A., L.P.C.
How to stop disappearing and start being yourself.

Sat. April 22 9:30am-12:00pm
Qigong for Computer Users
Oliver Wilson \$20/adv. \$25/door
Learn physical and energetic Qigong techniques to help you de-stress from computer work.

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

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
485-3881

YOGA WEST
3635 Hilyard
The Power of Kundalini Yoga

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Access www.yogawesteugene.com or
Call 686-0432 for recorded information
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inside: The battle for haiku supremacy continues!!!

miss geisha, I challenge you to a haiku duel!

challenge accepted, samurai man

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