

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.yogawest Eugene.com or
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Classes starting every month.
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Grand Opening - Sat., April 22
12-3pm • 15th & Pearl
343-6451 (leave a message)
girldefense@hotmail.com

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

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
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and supported fasting
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• creating healthy relationships
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sliding scale 485-4559

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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

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NON-CLASSICAL singing lessons for teens and adults. Voice training for professionals and non-singers. Come have fun! Linda Leanne, 344-8192.

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BANDS! 24-HOUR lockout rehearsal, production spaces avail soon. Rents negotiable. Call to reserve yours now. 541-206-3858 www.topsecretproductions.net

Home Services
Building/Remodel

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

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

Sudoku

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

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.

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

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

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