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- Native & Ornamental Gardens

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FREE Morning Sadhana 4am Daily
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Access www.yogawesteugene.com or
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CLIP THIS AD for FIRST CLASS FREE

SEDUCTION LESSONS

Learn your inner goddess
Grow & Accept Change • Heal Past Karma
Find power in accepting who you are



KARMA (CREATE GOOD, LEARN FROM BAD)
FIND OUT WHICH GODDESS YOU ARE
•ASTROLOGY READING •LOWERS TAROT
•FARIES •INTUITIVE TAROT
FIND ANSWERS TO YOUR HEART'S QUESTIONS
AND THE DESIRES OF YOUR SOUL'S DESTINY
Call Kelly for a consultation and appointment now
541-521-3977 • sockittooya@man.com

FOUR WINDS YOGA

FOR • BODY • MIND • SPIRIT

Special Offer!

Summer Passport to Yoga

Jun. 15 - Sep. 2 \$100
for Unlimited Yoga Classes
(series included)

Drop-in Yoga

New Class / New Time!

- **Beg./Continuing Mondays** *Joan* 5:30pm
- **Intermediate Tuesdays** *Sam* 9:00am
- **Continuing Sundays** *Jennifer* 8:00am
- **Yoga & Meditation (Beg./Cont.) Sundays** *Shoshanah* 9:00am
and Many More!

We will be closed on July 4th
Visit our website for a complete schedule
• www.fourwindsyoga.org •
484-6100 3575 Donald St

NW Herb Fest

July, 2006

Please visit
herbaltransitions.com
or 736-0164 - Eugene
for class information!

MIND-BODY COACHING

Individuals / Couples Counseling
Grief/Depression • PTSD/Anxiety
• Rapid Eye Therapy



Kay Porter, Ph.D.
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Mike Blackmore

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HEALING THE LUMINOUS BODY

Aligning body, mind, emotions, & spirit through an
integrative wealth of precise, powerful, respectful skills.
Physical and energetic restrictions are acknowledged
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Everybody deserves a good home

Hi, my name is **Beanie!** I am a 2 1/2-
year old white and brindle Pit Bull who is look-
ing for a loving home. I am a very happy boy
who loves playing fetch and going on car rides.
I am extremely friendly and I love to cuddle! I like
other dogs, but I am not wild about cats. My adop-
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Home Services

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

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UNUSUAL PERENNIALS. Huge variety of rare and cottage garden plants. \$1-\$3. 3000 Calla St. Santa Clara area. Open daily, all season. Bianca 689-4686.

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PET HOTEL. Short or long term care for your small or medium pet. Special needs pets are welcome. Special diets and medical care can be given. 25 years personal experience in providing love and care for pets, including those with special needs. Rates depend on needs. 541-521-0193.



MONDAY
7:00-8:00am
Beginning Yoga
w/ Jay
5:45-7:00pm
Yoga Flow w/
Anita
7:15-8:15pm
Meditation w/
Yochanan

SUMMER SCHEDULE TRY FAMILY YOGA

Call Jay about One-On-One Fitness Training Specials
Drop-in: \$7 (12 and Under \$3) • Ten Class Prepay: \$60 • One Month Unlimited: \$60

TUESDAY
8:15-9:00am
Meditation w/
Glen
9:00-10:30am
Intermediate
Yoga w/ Glen
5:45-7:00pm
Hatha Yoga
w/Anita

WEDNESDAY
7:00-8:00am
All Levels
Yoga w/ Jay
9:00-10:00am
Lifeforce Fit
Yoga w/ Jay
11:00-12:00pm
Teen Yoga
w/ Jay

THURSDAY
9:00-10:30am
All Levels
Yoga w/ Jay
5:45-7:00pm
Prenatal Yoga
w/ Nancy
7:15-8:30pm
Yoga/Pilates Flow
w/ Nancy

FRIDAY
8:00-9:00
Lifeforce Fit
Yoga w/ Jay
9:15-10:15
Family Yoga
w/ Jay
10:30-11:45
Mama Baby Yoga
w/ Anita
(Starts Aug.)

1615 Oak Street • 743-0778 • www.lifeforcefitnessproject.com



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Sudoku

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

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.

MONET GARDENING. Professional organic garden and yard maintenance. Let us help you keep your yard beautiful! Call 344-1161.



Pro. Services

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ASTROLOGER**
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