



DAVID LANG

Urban Shamanism

683.3756

Learn to dream the true dreams of your life and live them!

www.urbanshamanism.com

www.potalagate.com

TIBET

Gifts & Incense

Meditation Items
Prayer Flags Books CD Music
Natural Clothing

Potala Gate Store
1030 Willamette
Downtown Eugene 541-338-4611

Fall Workshops **Tamarack** WELLNESS CENTER

Sat. Sep. 23 9:30-11:30am \$17/adv \$20/dr
Happy Hips Mary Carter
Feldenkrais® Practitioner
Release tightness in your hips. Use Awareness Through Movement® lessons to offer your nervous system new choices.

Tue. Sep. 26 7-8:30pm \$12/adv \$15/dr
Stress Management & Pain Reduction
Tim Lowenstein, Ph.D.
Learn healthy ways to master pain, increase tolerance level and enter deep states of relaxation.

To preregister call **683-7506**
3575 Donald St Eugene
Visit our website for a complete schedule
www.tamarackwellness.com

FOUR WINDS YOGA
FOR * BODY * MIND * SPIRIT

Teen Yoga Sep 20-Oct 25
Wed 3:45pm Nancy

Intermed/Advanced Tom
Sep 22-Dec 1 Fri 5:45pm

Beginning Sep 25-Nov 27
Mon 7:30pm Holly

Preregistration required for above
See our website for more

Pranayama Focus
Wed. 5:45pm Matt Level 2-4

Breath & Relax All Levels
Fri. 5:00pm Rotating teachers

Postnatal Moms
Sat. 10:30am Nancy *Baby Welcome!*

Level 2-3 Sam
Tue & Thu 9:00am

Karen
Level 1-2 Tue. 5:30pm
Level 3 Tue. 7:15pm

* Drop-in Yoga 7 days a week *
www.fourwindsyoga.org
484-6100 3575 Donald St

Nudist Resort

Swim **NAKED**, Play **NAKED**
Karaoke **NAKED**, Live **NAKED**
The Willamettans
A Friendly Nudist Resort
Call (541) 933-2809 www.willamettans.org
Affiliated with American Association for Nude Recreation

Mike Blackmore
LICENSED MASSAGE THERAPIST
www.BlackmoreMassage.com
Massage for Performance in any sport.
Call 915-5263 for your appointment.

Nancy Mac
counseling
• changing old patterns to allow new choices
• creating healthy relationships
Individuals / Couples
sliding scale 485-4559

MIND-BODY COACHING
Individuals / Couples Counseling
Grief/Depression • PTSD/Anxiety
• Rapid Eye Therapy
Kay Porter, Ph.D.
342-6875
www.thementalathlete.com

Greenhill
* Pet of the Week *
Everybody deserves a good home

Lucy is a 1-year old grey kitty with golden eyes. She has always been a calm indoor cat who enjoys observing what is happening around her. If you approach her you will find she is very loving and friendly. Lucy will make a great companion for her new forever family. Come visit her at Greenhill today!

541-689-1503
www.green-hill.org
88530 Greenhill Rd
Hours: Fri-Tu 11am-6pm
Closed Wednesday & Thursday

Sponsored by:
Kim Hedding, CRS
www.goldensold.com
302-3880

NEW BEGINNINGS start with
"doing something different"

individual confidential counseling services for:

- Addiction Counseling
- Transition Coaching
- Adolescent Life Coaching

Lifestyle Changes
Learn to live life laughing!
510-2548
Sliding Fee Available

ew CLASSIFIEDS

FINGERPICKING GUITAR, frailing banjo, recorder, beg. mandolin, fiddle lessons. Patient, exp. teacher. Emily Fox, 345-5119.

LEARN GUITAR at River Rd Park. No "Factory" prices. John Powell teaches all styles, all ages. Beginners welcome. 729-9928.

LEARN TO play the bass, an instrument cap. able of money genres and a giant groove. Please call Jesse at 686-3078.

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

PIANO LESSONS. Classical and Jazz lessons. All ages and levels. Nancy Jones MA, 343-2582.

Home Services
Building/Remodel

FINE ARCH. Interior, exterior painting, tile, wood floor and remodel. CCB#158081, 686-8782 or 515-0877. Excellent workmanship.

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

General Services
SCHOOL NEEDS. Two teenager boys need to make money for school clothing. Call 683-3035

Hauling
I DO ANYTHING. Hauling, building, etc. Any odd jobs. Free estimates, senior discounts. 870-9183.

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

EXCELLENT WORKMANSHIP for Interior and Exterior Painting. Fine Arch. CCB#158081. Call 686-8782, 515-0877.

Sudoku

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

Roofs
RECYCLE YOUR ROOF 40 YRS. Installing & restoring wood roofing, siding, decking & fencing. Moss removal, expert leak repair. New installation too. CCB#171981. Office 541-746-0055. Gruwell Restorations 359-9619.

Yard & Garden
CHRISTIE'S YARDCARE. Lawn maintenance. Gardens, hedges, pruning, weeding, mulching, year-round maintenance. 543-4808.
GARDEN HELP? Knowledgeable, energetic student desires work helping you in your garden. Good ideas. Several years farm experience. Reasonable rates. Call Robin, 285-5972.
DANDILYON GARDENING. Consultation, design, weeding, mulching, bed preparation, regular maintenance, mowing, hauling. Always organic. Katy, 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 Services. Roof and gutter cleaning, safe moss removal, landscaping, debris hauling, handyman, pressure washing. Residential, commercial. Free estimates. Licensed and insured CCB#164011. 541-285-0029.

Pro. Services
Computer
FABIAN'S PC Repair and Assistance. Drop off and at home. Reasonable rates. 541-302-1373.

Divorce Mediation
DIVORCE MEDIATION provides a low cost, confidential and informal alternative to adversarial litigation. First consultation free. Dan Stein, MS. 344-7068. www.dansteinmediation.com

Relieve Stress
Take Time Out
Give Your Body the Attention it Deserves
Massage
in a Quiet South Eugene Home.
Lucia McKelvey, LMT • Nationally Certified
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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

EUGENE SCHOOL OF YOGA 1840 Willamette • 485-8716

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
7:00-9:30 AM Mysore	7:00-9:30 AM Mysore	7:00-9:30 AM Mysore	7:00-9:30 AM Mysore	7:00-8:45 AM Mysore		8:00-9:45 AM Mysore
						10:00-11:30 AM
5:30-7:00 PM	5:30-7:00 PM	5:30-7:00 PM	5:30-7:00 PM	5:30-7:00 PM		

All classes are Ashtanga Vinyasa as taught by Sri K. Pattabhi Jois
Single Class: \$10
Monthly Tuition \$100

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