

**NO EXIT** © Andy Singer

**POLITICAL LAWN SIGN HOMELESS SHELTERS**

CORRUGATED PLASTIC SIGNS ARE VERY WATER RESISTANT

HELD TOGETHER WITH DUCT TAPE AND WIRE STANDS

NICE BOLD COLORS!

**WE MIGHT AS WELL GET SOMETHING USEFUL OUT OF THESE CAMPAIGNS!**

**Language**

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

**Professional Services**

**FOREST WOOD WORKS.** Need a local general contractor for small remodels, interior finish work, home repair, etc. CCB#170991. For quality work big or small. Forestwoodworks@gmail.com, Forest 285-8109.

**Pet Care**

**ADRIENNE'S PET** Sitting, specializing in overnight, at your location pet sitting. Please call me, 541-514-2024. Refs avail.

**PEACE OF MIND:** Pet, house sitting. Experienced, professional, vet-tech. A better choice for your pet. Call Ellen, 344-8426.

**Photography**

**NO SITTING FEE.** On location. Prints start at \$5. WeddingsByLorin.com 744-8786.



**Wellness Astrology**

**SUSAN DEARBORN JACKSON**  
ASTROLOGER  
In Eugene to do readings  
October 5, 6 and 7  
Call to schedule your reading!  
541-548-1593  
Gift Certificates Available

**Bodywork**

**DHARMA MASSAGE** Center. 343-2745, M-F. Morning discount, 1-1/2 hours, \$50, 34th and University, Ms. Nishan VanAtta, #3430.

**Alternative Medicine**

**MEDICAL MARIJUANA** Clinic coming to Eugene. Marijuana is legal for the treatment of chronic pain, and other conditions. Find out if you qualify to attend the clinic and receive a medical marijuana card. Space is limited call now 541-890-0100 or 503-224-3051. www.voterpower.org

**Classes**

**SUSAN KLEIN** design studio. Exciting, affordable, escapists, fall art fun, Sundays, Sept./Oct. 513-5314 www.susan-klein.design.com

**RECOVERY YOGA.** Whether you are recovering from surgery, cancer, or combating some disability, yoga renews and provides physical and mental strength. Postures, relaxation, breathing exercises and nutrition for a happier, healthier life. Day: Thursdays. Dates: 9/28 to 12/7. Time: 6:30-8pm. Cost: \$69. No class 11/23, Thanksgiving Day. Instructor: Petrina York, MS, 26 years experience. 343-2099.

**Tai Chi for Health & Healing:**  
a workshop with  
**Master David Leung**  
September 23, 2006  
12:30-4:30 pm  
Lane Community College  
1275 River Road  
Cottage Grove, OR  
For more info., contact Bev Reed @ 541 729-4913

**EFT**  
(Emotional Freedom Technique)  
**Clinical Hypnosis**  
When nothing else has worked  
Pre-Surgery, Traumatic Memories, Fears, Pain, Sleep Issues, Stress.

**Joe Casey JD, CHT • 484-0608**  
www.WellnessCoaching.net

**Energy Healing, Energy Massage, and Spiritual Counseling**

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*Kelly Windhaven* EH, LMT #12289

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YOUR INSURANCE WILL PAY  
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**Stacy Sellers**  
Licensed Massage Therapist  
Stacy's Intuitive Massage Space  
Call for an appointment (541) 465-1830  
License #7935

**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. Yoga Wear and massage available.

**820 Charnelton • 349-YOGA**

Sharon Steiner 541-514-0089  
**BODY WORK**  
11 years experience  
New Client Special  
Custom Massage

**Ker Cleary, M.A.**  
Contemplative Psychotherapy  
A Buddhist approach to  
Anxiety, stress & depression  
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**Massage by Margaret Pratt**  
LMT #2144, B.S. (Educ)  
\* Gentle, DEEP-TISSUE massage  
\* 1st session - \$40/first hour  
20 years exp / gift certs.  
\* Multi-Pure Water Filters  
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**SANCTUARY MASSAGE & BODYWORK**  
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• Hot Stone Therapy  
• Myofascial Release

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Tammy - 343-0109 • Richard - 912-1400

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from your life

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- Enjoy the out of doors
- Improve the quality of life

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Licensed Acupuncturist  
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Home of Kundalini Yoga

**Open House**  
Sept. 23rd

**FREE CLASSES ALL DAY!**

**Corner of 36th & Hilyard**  
across from Tugman Park LTD Stop

FOR SCHEDULE:  
www.yogawesteugene.com  
FOR MORE INFO: 686-0432

**LIFEFORCE FITNESS PROJECT**

**FREE CLASS! JOIN JAY ON MONDAY 9/25 • 9AM**  
Call Jay about One-On-One Fitness Training Specials  
Drop-in: \$8 (12 and Under \$4) • Ten Class Prepay: \$60 • One Month Unlimited: \$60

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00-10:15am All Levels Yoga w/ Jay	9:00-10:30am Intermediate Hatha Yoga w/ Glen	9:00-10:15am All Levels Yoga w/ Jay	9:00-10:30am All Levels Yoga w/ Glen	8:00-9:00 Lifeforce Fit Yoga* w/ Jay	9:00-10:15 Hatha Yoga w/ Anita (Starts 9/16)
10:30-11:30am Lifeforce Fit w/ Debbie	5:45-7:00pm Gentle Hatha Flow Yoga w/ Anita	10:30-11:45am Mama/Baby Yoga** w/ Anita	5:45-7:00pm All Levels Yoga w/ Jay	9:15-10:30 All Levels Yoga w/ Jay	
5:45-7:00pm Lifeforce Fit Yoga* w/ Jay		5:45-7:00pm All Levels Yoga w/ Jay	7:00-8:30pm Beginning Yoga SERIES w/ Nancy*** (Starts 9/14)		

\*Lifeforce Fit Yoga - Yoga instruction that incorporates resistance training and creative core work.

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