



DAVID LANG

Urban
Shamanism

683.3756

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joy, health, passion, magic...

www.urbanshamanism.com

www.eugeneweekly.com

Qigong

Free Class Oct. 12
Thursdays
12:00-1:00pm
6 week series \$48

Oliver Wilson * Tamarack (3575 Donald)
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Fall Workshops



Sat. Oct. 7 9:30am-2pm \$25/adv \$30/dr
Awakening the Radiant Heart
A Spiritual Journey for Men & Women
Group presentation by **Cathy Jonas**:
Heart of Presence, **Bev Forster**: Healing
the Heart thru Sound, **Matt Sieradski**:
Taoist Movement/Healing Presence,
David Thompson: Creative Shamanism
Brown bag lunch

Tue. Oct. 10 7:00-9pm \$17/adv \$20/dr
Teenstuff for Teens
Janai Lowenstein

Find keys to help manage the
stress, pressure, anxiety and
emotional upheaval that ac-
companies the teen experience.



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Wed. 5:45pm Level 2-4 Matt

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Wed. 5:30pm Sat. 11:45am Nancy

Mama & Baby
Saturdays 10:30am Nancy



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Sudoku

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5						1	2
4		7					
2			7	3			4
				7		9	
		1	3		9	6	
		6		8			
	9			1	5		8
						4	2
4	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
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						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		
		8:00 PM				

All classes are Ashtanga Vinyasa
as taught by Sri K. Pattabhi Jois

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Monthly Tuition \$100