



## Return to Health

Holistic healing  
Non-invasive, immediate and durable results

Free 1/2 hour consultation

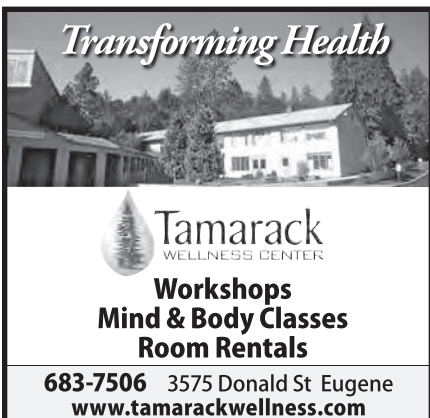
Luminara Serdar, BS, MBA, NMT  
653-0446



begin from within

### Women's Dreams

Spiritual Hypnosis & Healing  
Susan Snowmountain, CHT  
Eugene Wellness Center  
541-343-0812



## Transforming Health

Workshops  
Mind & Body Classes  
Room Rentals

683-7506 3575 Donald St Eugene  
www.tamarackwellness.com



## Tamarack's Stewart Aquatic Center

Where Warm Water... Enhances Quality of Life

Winter is here... and We've got 92°F Pool!

Family Swim  
Baby Swim  
Swim Lessons  
Pool Rental  
Therapeutic Classes

**A Perfect Family Activity!**  
Pool will be closed 12/24, 25, 31 & New Year's Day  
686-9290 www.stewartaquatic.org

## Tamarack's FOUR WINDS YOGA

Four Winds will be closed  
Mon. Dec 25- Mon. Jan. 1  
Drop-in classes resume **Tue. Jan. 2**

**New 10-week Series!**

**Mondays: Jan. 8 - Mar. 12**  
\* **Beginning** w/ *Holly* 7:30-9:00pm


**Tuesdays: Jan. 9 - Mar. 13**  
\* **Yoga Plus** w/ *Donna* 11:30am-1pm  
\* **Teen Yoga** w/ *Heather* 4:15-5:30pm  
\* **Beginning** w/ *Lynne* 5:45-7:15pm

**Thursdays: Jan. 11 - Mar. 15**  
\* **Yoga Plus** w/ *Donna* 11:30am-1pm  
\* **Beginnig** w/ *Michele* 5:30-7pm (for Active Beginners)  
\* **Yoga & Ayurveda** **New!** w/ *Noah & Shanti* 5:45-7:15pm

**Fridays: Jan. 12 - Mar. 16**  
\* **Advanced** w/ *Tom* 5:45-7:15pm  
Cost: \$75/series, \$75(1x) \$145(2x) for **Yoga Plus**

Visit our website for a complete schedule  
\* **www.fourwindsyoga.org** \*  
**484-6100 3575 Donald St**

## MIND-BODY COUNSELING/COACHING



### Kay Porter, Ph.D.

- Life Skills/Direction
- Rapid Eye Therapy
- Weight Loss
- Past Life Regression

**342-6875**

## Therapeutic Massage with Jen Washburn

- Pregnancy & Relaxation
- Chinese Massage cupping
- Injury management

4J EMPLOYEE DISCOUNTS  
www.jen-washburn.com  
**335-1434**  
\* Auto Accident Insurance Accepted LMT#11976

## Ker Cleary, M.A.

### Contemplative Psychotherapy

Don't believe everything you think.

349-0595 @ free 1/2 hr consultation  
www.contemplativepsychotherapy.com



## Kung Fu Tai Chi Qi Gong

### David Leung

541-579 3612  
www.leungsmartialarts.com

## Relationship Counseling



**Rich Pomper, MA**  
Relationship Coach, Marriage & Family Counselor  
FREE 1/2 HOUR CONSULTATION  
**Call 520-1535**  
synergyinlove.com

## KELLY WINDHAVEN

Specializing in your energy health

- Energy Healing
- Energy Massage
- Spiritual Counseling

541-685-5006  
www.spiritawaken.info  
1524 Willamette St. Suite 101 LMT#12289

## Tango Milongas

Every Saturday Night

8pm Lesson: Introduction to Tango  
9pm-1am Milonga (Tango social dance)

\$5 at the door. No partner necessary. All ages. If you're new to Tango, please come at 8pm.

The Tango Center  
194 West Broadway downtown Eugene

A non-profit community center dedicated to the music & dance of Argentine Tango.  
www.tangocenter.org

# ew Classifieds

## Business Opportunities

**SIBU NEW OP** 4 Health and Wealth. Have Health and Wealth! Join Sibu: "The Seabuckthorn Company". We are a new company with great potential. Just imagine being one of the first distributors for Noni Juice, Avon, or Tupperware! Now, you have the opportunity! As a Sibu Distributor, discover financial freedom and the Seabuckthorn Berry, nature's answer to whole food. Sibu only uses the best source of Seabuckthorn on earth grown in the "Himalayas Mountains of Tibet". The Seabuckthorn in Sibu Balance contains over 190 nutrients, including omega oils -3,-6,-7, and -9. It is rich in antioxidants, vitamins A, B1, B2, B6, B12, C, E, Folic acid, 20 minerals, elements, flavonoids, carotenoids and much more. Sibu Balance is endorsed by World Renown Marcus Elliott M.D. Dr. Elliott is a Harvard trained physician specializing in performance enhancement and the care of elite athletes. Since 1998 his primary focus has been on peak performance and injury prevention in U.S. professional sports including football, baseball, and soccer. Visit our web site to view names of professional athletes who have counted on Dr. Elliott. This is a new opportunity to have better health and earn extra income with your own home based business. You decide what works best for you! You can be a preferred customer or a business builder. Either way you will have better nutrition drinking Sibu Balance. To learn more about Sibu Balance, our current "SibuFriends" specials, and this great opportunity call 405-308-SIBU, email sibufrinds@cox.net or visit our web site www.mysibu.com/4you. To join our team as a distributor or preferred customer go to our web site and sign up. Not sure? Do the research yourself at www.pubmed.com and search Seabuckthorn.

**FREE INFO!** Work at home Moms. Not like the rest! FREE start up! CALL NOW. 1-800-693-6897 Then watch FREE movie! www.mysws.com; beachorse

**POST OFFICE** jobs available! Avg. starting pay \$20/hr. Avg. \$57k annually, including benefits and OT. Paid training, vacations. PT/FT. 1-800-584-1775. USWA Ref. #P4401. (AAN CAN)

**\$5000 WEEKLY** Guaranteed! Extremely easy work from home! Weekly paychecks! No experience necessary! Start earning today. Register now! www.GreatMoneyJobs.com (AAN CAN)

**PERFECT HOME** Business. Working our unique system, people are earning \$200 to \$500 weekly. No selling! Call today, 800-378-1169. Promo. code 0206mp. \$1,995 start up.

**POST OFFICE** now hiring. Avg. pay \$20/hour or \$57k annually including federal benefits and OT. Paid training, vacations. PT/FT. 1-800-584-1775. USWA Ref#P6100.

**\$20,000 MONTHLY!** Working from home! Start earning immediately! Guaranteed income. PT/FT positions available today! Register online now! www.bigpayjobs.com (AAN CAN)

**MAKE \$150/HOUR.** Get Paid Cash for Your Opinion! Earn \$5 to \$75 to fill our simple surveys online. Start NOW! www.paid-choice.com (AAN CAN)

**\$700-\$800,000** FREE CASH GRANTS-2006! Personal bills, School, Business, Housing. Approx. \$49 billion unclaimed 2005! Almost everyone qualifies! Live operators. Listings, 1-800-592-0362, ext. 235 (AAN CAN)

**\$700-\$800,000+.** FREE CASH GRANTS! 2006! Never Repay! Personal/Medical Bills, School, New Business/Home etc., Live Operators! Avoid deadlines! Listings, call 1-800-270-1213 ext. 232. (AAN CAN)

**HELP WANTED.** Earn extra income assembling CD cases from home. No experience necessary. Start immediately. 1-800-405-7619 ext. 150. www.easywork-greatpay.com (AAN CAN)

**BARTENDERS: MANY** great opportunities. Part time and full time shifts available. Make \$200-\$300/shift. No experience is required, training provided. Call 877-966-9266 ext. 1000. (AAN CAN)

**MOVIE EXTRAS.** Actors, Models! Make \$100-\$300/day. No Exp. Req. FT/PT. All looks needed! 1-800-799-6215. (AAN CAN)



## For Sale Clothing

**AT OREGONSHIRTSANDGIFTS.COM,** not only do we have original & classic designs for Beavers & Ducks, but, Funny, Popular, Political & Patriotic, Nature, R-Rated. Not just T-shirts, check out our gifts, Coffee Mugs, Buttons, Stickers, Cards, Tiles, Calendars, Magnets & much More! Even a Teddy Bear. Also enjoy phone support until midnight, FREE shipping & an ironclad 30 day money back guarantee! http://www.OregonShirtsAndGifts.com



## Feng Shui

Consults - Classes - Retreats  
Gift Certificates Available

### GALE SALVADOR

Certified Feng Shui Teacher & Consultant  
**541-937-1832**

## Crack Your Code!

Break Through Old Barriers and Habits!  
See Results Now! Have More Success!  
Coaching, Changework, Seminars...

Call 484-5599 for Your **FREE 30 Minute Consultation**

World Tree Training  
www.WorldTreeTraining.com

## LIFEFORCE FITNESS PROJECT

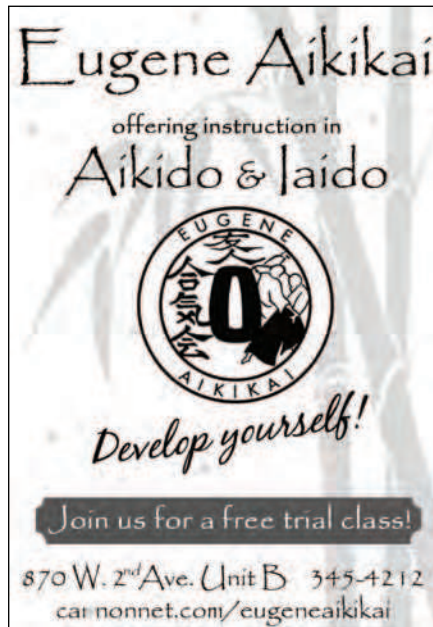


 <b>Prenatal Yoga</b> Enjoy safe stretching, breathing & strengthening for a healthy pregnancy & childbirth Sundays 10am	<b>Mom &amp; Baby Yoga</b> Get back into shape while bonding with your new baby & other new moms Wednesdays 10:30am	<b>4 weeks \$28</b> Starts January 3rd RYT200 Teacher Anita Luna Glantz
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1615 Oak Street • 743-0778 • www.lifeforcefitnessproject.com

## Eugene Aikikai

offering instruction in  
Aikido & Iaido



Develop yourself!

Join us for a free trial class!

870 W. 2nd Ave. Unit B 345-4212  
cannonnet.com/eugeneaikikai



## the pilates center

465-1680

New Group Mat and Group Reformer Classes Starting January 2  
Registration Deadline December 29

Sign Up Now, Limited Space Available



## NEW YEAR SPECIAL

- Self Defense & Self Control and Improvement -
- FREE Private Lesson & Membership
- FREE Uniform (\$50 value)

**Grand Master LEE will help you and your family's health and happiness!**

- 9th Degree Black Belt • Over 40 years experience in Martial Arts
- Honorable U.S. Army Lieutenant Colonel

344-2715 • 771 Willamette St. • Downtown Eugene  
**U.S. TAEKWONDO COLLEGE**