

Relieve Stress Take Time Out Give Your Body the Attention it Deserves Massage

in a Quiet South Eugene Home.

Lucia McKelvey, LMT • Nationally Certified
Days, Evenings, Weekends
541-683-3286

LIC.#8250

Tai Chi & Qigong

• Sample a Free Class
Jan. 15th – 25th

• 8-week Series Grounding

Better Health Improved Energy

Oliver Wilson
(541) 338-2170 WuWeiArts.com

Tamarack Wellness Center Winter Workshops

Sat. Jan. 13 9:30-11:30am
Safe on the Street:
Redirecting Aggression in Dogs
Nadya Hase
Walkers, runners, & bicyclists:
empower yourself to diffuse
aggression in other peoples' dogs.
Humans only please. \$17/adv \$20/door

Tue. Jan. 16 7:00-8:30pm
Women: Taking
Care of Ourselves
Jo Chambers, M.A., LPC
Commit to nurture of yourself
physically, emotionally, socially,
intellectually, financially & spiritually this year.
\$12/adv \$15/door

683-7506 www.tamarackwellness.com

Aquatic Program

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

686-9290 www.stewartaquatic.org

YOGA PROGRAM

Start your New Year with Yoga!

Yoga & Ayurveda
Thursdays 7:30pm
Noah & Shanti **New series!**

Jan. 11-Mar. 23 Daily self-care for
deepening your yoga experience! **\$75**

Drop-in Yoga 7 days a week

Postnatal Yoga
Tuesdays 1:30pm **Irène** **New time!**
(Babies Welcome)

Gentle Yoga
Mondays 7:30pm **Lynne** **Just added!**
(Also Thursdays 5:45pm)

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

Therapeutic Massage with Jen Washburn

- Pregnancy & Relaxation
- Chinese Massage cupping
- Injury management

4J EMPLOYEE DISCOUNTS

335-1434
* Auto Accident Insurance Accepted *

Ker Cleary, M.A.
Contemplative Psychotherapy

May you be happy
and free from suffering.

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
Call 520-1535
synergyinlove.com

Sandra Norris Wheeler

25 years Extensive
Professional Experience

"We trust her and the place of beauty
and respect she offers us"

Aligning body, mind, emotions, spirit

ADVANCED BIODYNAMIC
CRANIOSACRAL THERAPY,
MYOFASCIAL RELEASE AND UNWINDING
HEALING THE LUMINOUS BODY

Aligning body, mind, emotions, & spirit through an
integrative wealth of precise, powerful, respectful skills.
Physical and energetic restrictions are acknowledged
and released to allow radiant health to arise and flow.

♦ **Nationally Recognized Practitioner** ♦
Welcoming New Clients
343-4415
Integrity • Wisdom • Skill

Developing Your
Authentic Private Practice:
Strategies for a Thriving Healing Arts Business

A Class with Ker Cleary, M.A.

If you are a therapist, bodyworker,
acupuncturist, chiropractor, naturopath,
etc., and ready to design your
practice so that it meets your needs
as well as the needs of your clients, this
class is for you! Includes envisioning,
supporting, marketing and maintaining
your business, and nourishing
yourself throughout the process.

TUESDAYS, NOON-2PM
JANUARY 16 - APRIL 10 (NO CLASS 3/13)
CALL KER FOR INFO AND REGISTRATION:
349-0595

ew Classifieds

STORE FIXTURE LIQUIDATION! Open to the public. 100's of items: Display Tables, Showcases, Garment Racks, Gondola Shelving, Storage Shelving, Checkout Counters, Pallet Rack, Cardboard Baler, MORE! CHEAP! Make offers, everything GOES! Visit/call this ShopKo location only, it's business as usual at all other locations! EUGENE: 955 Bailey Hill Rd. Call Cell 360-597-8963. www.nrel.com 800-613-6865. 10% Buyers Premium.

Pet/Supplies

BIG OL' American Pitt Bull. Born 12/2/06. Red nose, many colors. Serious only call 541-913-2640. \$300+.

ENGLISH BULLDOG Puppy. 13 weeks old, first shots, wormed, vet checked. Spayed, house broken, excellent temperament, Good with children. Asking price \$500. Call 773-366-8740 or Email: rene_rivera101@yahoo.com

Music

Music Wanted

GIGLEADER.COM. Band Bookings. GigLeader is the easiest way to hire live entertainment for your private party, wedding, or big event. If you're a band, you can sign up for free to be listed on our site. 877-569-6118.

Band Members

OR.BANDMIX.COM. Meet Local Musicians. Classifieds: Browse thousands of local listings of musicians and bands by going here: OR.BANDMIX.COM . Free Profile, Audio, Pics.

For Hire

NEW INSTRUMENT? John Sharkey teaches guitar, piano, bass lessons. 342-9543. Learn your favorites. All ages, levels, styles.

Lessons

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

GUITAR AND BASS lessons with patient, skilled teacher. richglauber@yahoo.com 242-1001.

NANCY HARRIS Piano Studio. Classical and Jazz. 343-2582.

Recording Studios

800 SQ. FT. Recording studio for rent. Two soundproofed rooms in rural SW Eugene. \$500/mo. incl. utils. 343-7334.

Home Services

Building/Remodel

RIVER RAIN Construction. Remodels, additions, siding, decks, flooring, tile and finish. 964-3348. CCB#120161.

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

LANE COUNTY KITCHENS: Phone 344-1183 Personalized Kitchen Packages. Solid wood Granite Countertop. CCB# 165993

Cleaning

PROFESSIONAL HOUSECLEANING. Honest, meticulous, 15 years experience, references. Specializing in presales and rentals. Cathy, 687-8254.

LIBERATE YOURSELF, GET HELP! 7 years experience, excellent references, honest, reliable. 541-485-0798.

Painting

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

Q.O.R. PAINTING Interior, exterior. Repairs, free estimates. Quality materials and work. 302-1639. CCB# 150956.

Roofs

RAIN OR SHINE roof and gutter cleaning, safe roof moss removal. Pressure washing. Landscape clean up. Above, Below and Beyond Services. CCB#164011, 285-0029.

Yard & Garden

DANDILYON GARDENING. Maintenance, consultation, design. Always organic. 683-4464.

WINTER CLEANUP/PREP. Gutters, pruning, yard maintenance, fire safety and consultations. Eco friendly services and products. Call for free estimate. Riverwood Landscape, 556-3592. Est 1978, Lic#20-4569849.

Home Services

ATTENDANT/CAREGIVER for 70+ diabetic male. Temporary, for train trip. All expenses paid and wage. 2-4 hours/day, Feb-Mar. 684-3810, Bob.

Pro. Services

Tutoring

TUTORING ALL SUBJECTS. Tutoring Tree is committed to helping students become productive learners and provides tutoring for K-12th grades. For your free consultation contact us at 302-4374 or visit www.MyTutoringTree.com

Computer

COMPUTER PROBLEMS? Can't make it work? We can help solve your computer problems! OregonTechSupport.com 968-2218.

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

Financial

\$700-\$800,000 FREE CASH GRANTS, 2007! Never repay! Personal, medical bills, school, new business, home, etc. Live operators! Avoid deadlines! Listing, call 1-800-270-1213, ext. 232. (AAN CAN)

Language

SPANISH FOR EVERYONE! Classes, tutoring and conversation groups. Beginning classes Jan. 8th! Pattie, 343-2058. info@saludos-spanishforeveryone.com

Pet Care

PEACE OF MIND: Pet, house sitting. Experienced, professional, vet-tech. A better choice for your pet. Call Ellen, 344-8426 or 513-7237.

DOGGIE RESOLUTIONS! New Year's "get fit" dog walk and poop-scooper specials now! Call Ramblin' Rumps 654-0591.

DOG MASSAGE Therapy for active dogs, pups, senior dogs. Reduces pain, restores movement. Sarah Crow, 541-513-2707...

LAW OF ATTRACTION EMPOWERMENT CLASS

Create the life you want using the principles of the Law of Attraction and Creative Thought. Participants improve their thinking and manifest more prosperity, peace, love and health as well as work with their blockages.

8 weeks, sliding scale, one scholarship, \$120-\$180.00
Wed., 7-9pm, Downtown Eugene, starting 1/17/07.

Contact **Peggy Thompson**
long time spiritual practitioner and counselor
342-1802 / 968-1159

DAVID LANG

Urban Shamanism

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Shamanism opens the vaults of
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Sharon Steiner 541-514-0089

BODY WORK

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New Client Special
Gift Certificates Available

Return to Health

Holistic healing
Non-invasive, immediate and
durable results

Free 1/2 hour consultation

Luminara Serdar, BS, MBA, NMT
653-0446

EUGENE SCHOOL OF YOGA

8th & Monroe • 485-8716
1 block South of Sweet Life

Sun	Mon	Tues	Wed	Thur	Fri	Sat
8:00-9:45 am Led	7:00-10:15 am Mysore	7:00-10:15 am Mysore	7:00-10:15 am Mysore	7:00-10:15 am Mysore	7:00-8:45 am Led	
	4:15-5:15 pm Chanting/Philosophy	4:00-5:00 pm Ayurveda			9:00-10:45 am Led	
4:30-6:15 PM Led	5:30-7:00 pm Led	5:00-7:15 pm Mysore	5:30-7:00 pm Led	5:00-7:15 pm Mysore	4:15-5:15 pm Chanting/Philosophy	
All classes are Ashtanga Vinyasa			Enrollment required 2 WEEK INTRODUCTORY ENROLLMENT \$35			5:30-7:15 pm Led
Mysore: No experience necessary. Individual instruction is given as students learn and practice the full or partial Primary Series at their own pace. Questions may be asked and physical assistance is provided. New students* receive direct, individual instruction. IT IS NOT NECESSARY TO HAVE COMMITTED THE SEQUENCE TO MEMORY to attend Mysore class. Students arrive and depart within the allotted time, as fits personal schedule. IT IS NOT NECESSARY TO STAY THE FULL CLASS TIME. Beginner practice is approximately 1 hour. Continuing students practice for approximately 1-1/2 hours.						