

# ew Classifieds

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## Weddings

**CREATIVE WEDDINGS**, Ceremonial Ministers Registry. ceremonial consultation. civil, interfaith, ethnic ceremonies performed at your special location. Planning brochure: 541-337-4001 or 345-2750.



## Astrology

**ASTROLOGICAL READINGS** & Report. Reach for the stars! Craig Huber 541-343-9908

## Bodywork

**ECLECTIC INTUITIVE** Massage #5219. More than a spa massage: no rocks, privacy, deep tissue myofascial release. 686-4644.

**DHARMA MASSAGE CENTER**, 343-2745, 34th and University, Morning Discount, 1/2 hours \$50. Nishan Vanatta, LMT#3430.

## Alternative Medicine

**MEDICAL MARIJUANA** Clinic in 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

**CHILD BIRTH PREPARATION** with Patricia held at Acupuncture for the People, 2833 Willamette St. Suite B Eugene, Oregon. Each 3 class series cost \$75 per pregnant woman, her partner and or support are included in the cost. I try to keep my classes small. No more than 4 pregnant women and their support per series. Classes focus on the application of pain coping and relaxation techniques for labor and life. Through art work, games, and experimental exercises, mothers and birth companions will come to better understand their own beliefs about birth and parenting. Coping techniques include guided imagery, visualization and breath awareness. Learn through interactive participation. Explore processes that help you discover and validate your own knowledge. Give creative expression to secret hopes and fears. Explore personal and cultural beliefs about labor pains. Learn to trust birth. Develop a calm and receptive state of mind. Learn to be present and strong during birth. Prepare for birth as a Rite of Passage. Birth com-

panions gain faith and confidence in themselves and the birthing mother. Learn to embrace to unknowable path of birth. These unique classes are great for first time parents as well as parents who have previously given birth. I have been teaching Childbirth Education since early 2003. Hundreds of people have enjoyed these truly rewarding classes. 541-56-8415. www.PattyCakeBirthingServices.com

## Counseling

**I SPECIALIZE** in grief and age-related issues. All ages. 10 years experience. Maureen Fitzgerald, M.S. 686-6500.

## Health & Nutrition

**ENJOY BETTER** health! Sunrider Foods! Organic, enzyme rich, whole food concentrates. Properly combined to regenerate & balance our body! Hippocrates said, "Let your food be your medicine, and your medicine be your food!" Call Shirley 541-582-0946. Independent Dist.

## Wellness

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## Massage

**HEAVENLY TOUCH** Massage. Deep to light touch. On call 10-9, 7 days. 1 to 2 hr. notice. Office or outcalls. Diane, 461-5950. LMT #9736.

**MEGAN'S HEALING HANDS**. At About Faces Skin and Body Care. Therapeutic massage. 15% Holiday Discount. Most medical insurance accepted. Call 541-302-2600 for appt.

**NECK, HEAD**, and shoulders. Pain and tension? Call 343-1625 for effective relief. \$50/hr special. LMT #11074.

**WELLSPRING MASSAGE**. Relaxation, injuries outcalls. New client, \$50/hr or \$75 for 1-1/2 hrs. Lisa Haber LMT# 5066. 541-968-2521.

## Yoga

**YOGA BY DESIGN** offers a 10 week active beginners series. Starts Jan. 24th, near UO. We'll cover the basics from a therapeutic approach. weds. 5:30-7:00 p.m. Call Verna Reidy at 343-3198 or email vreydi@bigfoot.com for consult. or registration.

**YOGA BY DESIGN** offers an 8 week active senior series. Begins Jan. 24th, near REI. We will cover the basics from a therapeutic approach. Weds. 1:30-2:45 p.m. Cost \$65.00 Includes study guide. Call Verna Reidy at 343-3198 or email vreydi@bigfoot.com for consult. or registration.



## Real Estate

**A SOCIALLY RESPONSIBLE** Realtor. Kathy Ging, M.A., G.R.I., 21 years of ethical practice, networks local self-reliance! Pilot Realty, LLC. 1293 Lincoln St.; 729-1444, 1-800-944-0130; kathy@kathyging.com.

**ALTERNATIVE REALTOR.COM** Eugene's Alternative Realtors. Free email listings. Toll free, 866-706-3283 or local, 521-DAVE.

**BANK FORECLOSURES!** Homes from \$10,000! 1-3 bedroom available! HUD, Reps, REO's, etc. These homes must sell! For listing call 1-800-425-1620, ext H107. (AAN CAN)

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**GWEN GAYLIN**, associate broker at Eric Sprado Realty. Protecting your interests in real estate. Residential, investment, relocation. 541-510-4438.

**LANDLORDS**. Tired of tenant destruction and late rent excuses? Visit our website at www.section8bible.com Book includes eviction information, investor lending and exact banks we used. (AAN CAN)

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|         | 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

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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:

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