

Healing Massage

Deep Tissue • Swedish • Trigger Point
Myofascial Release • Essential Oils

Lucia McKelvey, LMT • Nationally Certified
Days, Evenings, Weekends
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Tamarack Wellness Center Winter Workshops

Sat. Jan. 20 9:30-11:30am
Romance Angels:
Intro to Healthy Relationships
Sharon Edwards
Discover how to talk to your angels to bring a more joyous relationship into your life. \$17/adv \$20/door

Tue. Jan. 23 7-8:30pm \$12/adv \$15/door
BodyTalk® Access is Healthcare for Everyone
Karen Hewett & Susan Martin
Key benefits of BodyTalk in a simplified form. Designed for anyone to use.
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 **New series!**
Noah & Shanti Call to register

Thorough Mar. 23 Daily self-care for deepening your yoga experience!

Drop-in Yoga 7 days a week

Postnatal Yoga
Tuesdays 1:30pm **Irene** **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
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1524 Willamette St. Suite 101 LMT#12289

Sharon Steiner 541-514-0089

BODY WORK

11 years experience
New Client Special
Couples or Tandem Massage Available

Tango

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

TO PLACE A CLASSIFIED AD CALL 484.0519

Home Services

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

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

KAT'S CLEANING Service. Not enough time to clean? Just don't want to? Call me, I am experienced, honest and dependable. Plus, I offer excellent rates! References available. Katrina, 686-8718.

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Housesitting
CAROL CARES: Housesitter. All pets and farm animals. Reliable, references, own transportation! 744-5546.

Painting
RUBIE'S BUNGALOW. Interior painting, wood siding and deck refinishing. Custom colors our specialty! CCB #142434, 913-6465.

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

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
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.

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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

Divorce Mediation
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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
SATURDAY SPANISH Beginning Conversation second term. 10:30-12:30. Call Ginny 221-3557. Leave a mess. Incl. your email address.

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

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

Professional Services
LOW CONSUMPTION delivery. Bicycle powered. Central Eugene. Groceries, errands. \$10/hr. Sat-Wed. 8 am to 2 p.m. 541-683-3816.

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

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

ADRIENNE'S PET Sitting, specializing in overnight, at your location pet sitting. Please call me, 541-514-2024. Refs avail. adrienne@2iuiestudios.com

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.

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- Hot Stone Therapy
- Myofascial Release

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Get coached. Become a coach

Free Coaching Seminar
April 20th, 6:00-9:00p

Intro to Coaching
April 21st, 10:00-5:00p

Events held at Tamarack Wellness Center, Eugene
www.barakainstitute.com

Call for your free consultation or to reserve your spot

Coaches make a Difference

1-888-660-5588

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	
<p>Led: A full-flowing, verbally-led Ashtanga Yoga Primary Series class (full or partial). Led class emphasizes breath and steady continuous movement called Vinyasa. Stamina, strength, flexibility, balance and coordination will be challenged. Quick questions may be addressed.</p> <p>*New students with some yoga experience may begin with either Mysore or Led class. New students with no youga experience should begin with Mysore class where individual instruction is available to bring the new student "up to speed" with Led class.</p>						

FORMERLY MIDTOWN PIPE AND TOBACCO

MIDTOWN DIRECT

RACING TEAM