

# 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

**Parent Coach, LLC**  
*Your partner in family harmony*



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PROBLEM-SOLVING • CRISIS INTERVENTION • BEHAVIOR MANAGEMENT • BONDING • COMMUNICATION • EDUCATION • ADVOCACY • REFERRAL TO COMMUNITY RESOURCES • PAIN MANAGEMENT • TIME MANAGEMENT

**Tamarack Wellness Center Winter Workshops**

**Sat. Jan. 27 9:30-11:30am \$17/adv \$20/dr**  
**Chocolate, Love & Passion:**  
An Early Valentine's Gift for Yourself **Koka Filipovic**  
Learn to create all your relationships from the joyful perspective of the Sacred Feminine.



**Sun. Jan. 28 Noon-2:00pm**  
**Breema® Intro**  
The Art of Being Present  
**JoAnn Wonders**

Experience a taste of Breema Bodywork, Self-Breema and the Nine Principles of Harmony. Feel nourished and energized.  
**\$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

**4-week Aqua Yoga**  
**Thursdays 6:30-7:30pm**  
**Feb. 1-22 w/ Donna \$30**



**686-9290 www.stewartaquatic.org**

**YOGA PROGRAM**  
**Drop-in Yoga 7 days a week**

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



**Postnatal Yoga**  
**Tuesdays 1:30pm**  
(Babies Welcome)  
**Irene**



**New Time!**

**Pranayama Yoga**  
**Wednesdays 5:45pm**  
Focuses on the breath to deepen your practice **Matt**



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

[www.jen-washburn.com](http://www.jen-washburn.com)

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\* Auto Accident Insurance Accepted \* LMT#11976



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suffering is optional.

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& Family Counselor  
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Sharon Steiner 541-514-0089

**BODY WORK**



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New Client Special**  
Couples or Tandom Massage Available

LMT #1139

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ALL-LEVELS CLASSES**  
MONDAY, TUESDAY, WEDNESDAY,  
THURSDAY & SUNDAY  
(Sundays Start at 5:00pm)

*Kundalini Yoga as taught by Yogi Bhajan*

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recorded schedule: 686-0432  
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## ew Classifieds

TO PLACE A CLASSIFIED AD CALL 484.0519

### Musical

**UPRIGHT PIANO.** \$250, you move. 912-9521.

### Pet/Supplies

**AKC REGISTERED** female English bulldog and female Yorkie, Poodle and Pug. Home raised adorable dogs with good temperament, well socialized. Dogs are well trained and about 5 weeks old and all papers are ready. Email me [tolozolo500@gmail.com](mailto:tolozolo500@gmail.com)

### Sports Equip.

**PRO-FORM 485E** Elliptical Exerciser 6 mode computer \$125. 513-6018

**Music**



**For Sale**

**1-1/2 FABRIC WRAPPED** sound panels. 3 soft fabric colors to choose from: soft orange, scarlet red, purple/blue. Awesome stereo imaging, excellent sound barrier. Ken, 914-8355.

**SONOR FORCE 3005** Jungle 4pc. set, inc. 16" bass with Sonor pedal, 12" Sonor snare, 13" F-tom, 15" Sabian h-hat, 20" Ride cymb on stand, cow b and tamb on stand, stix and brushes with case. As is for \$800. 607-1680.

### Lessons

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

**Home Services**



**Building/Remodel**

**CALL SUSAN'S MOBILE TOOL BOX** for your fee estimate for remodels, painting, fencing, decking, doors, floors, and much much more. 520-1415, 344-7014. CCB#153580.

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

### Cleaning

**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.

**LANDLORD'S DREAM!** Mother/Son team will get your property rental ready. Clean, paint, yard work, hauling. Honest, capable, reasonable rates, references. Cathy, 687-8254.

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### Painting

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**CUSTOM QUALITY HOUSE PAINTING** by ArtTrek. Interior, Exterior. Restoration. Faux Finish. Sterling and Ruth. [www.arttrekinc.com](http://www.arttrekinc.com) 683-0626. ccb#62677. Lead Safe.

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### 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

**HAULING AND YARD WORK.** Leaves. Mowing, trim, edge, complete cleanups, brush cutting, blackberry removals. Free bids. 345-5128.

**FINEST HOMES** lawn and yard care. 344-4882. Clean up and mulch now so your spring/summer care is a breeze. Reliable service.

**VILLA VERDE GARDEN DESIGN.** Professional hand drawn plans for planting and garden design. 541-338-8354.

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

**GET IT DONE!** Mowing, edging and hedging, pruning, weeding, blackberry, ivy removal, hauling. Call Janice at 344-1968.

## 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](http://www.MyTutoringTree.com)

### Computer

**MAC, PC,** and Web services. Local consultant with over 19 years exp. Affordable in-home services and a warm and friendly interaction. Tutoring on Mac or Windows, Adobe Photoshop, iPhoto, iMovie, database design, hardware installation, and more. Flexible hours. e-mail [consulting@our-madzik.com](mailto:consulting@our-madzik.com)

**COMPUTER PROBLEMS?** Can't make it work? We can help solve your computer problems! Oregon Tech Support.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](http://www.dansteinmediation.com)

### Language

**SATURDAY SPANISH** Conversation lesson. Call Ginny 221-3557. Leave a mess. Incl. your email address.

**SPANISH FOR EVERYONE!** Classes, tutoring and conversation lessons. Pattie 343-2058. [info@saludos-spanishforeveryone.com](mailto:info@saludos-spanishforeveryone.com)

### Professional Services

**QUALITY INSURANCE.** Security and affordability are finally in one place! Call 513-1587 for a quote. Specify which coverage you'd like.

**POSITIVELY ORGANIZED.** An organizational service helps your company, business and/or home office, simplify and maintain order. 461-2695.

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25 years Extensive Professional Experience



*"I feel the freedom to blossom & move forward in life"*

**Aligning body, mind, emotions, spirit**

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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.

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LMT #1610

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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:

- not feeling whole • "part of me left" or "I haven't been the same since"
- chronic illness, depression or fatigue
- addictions • feelings of possession, darkness, or alienation

A one time Healing Empowerment Ceremony can address the issues & restore the integrity of the soul force. There is also a monthly drumming & journey circle to support your ongoing process

**Karuna Gatton**  
**485-3881**

**DAVID LANG**



**Urban Shamanism**

**683.3756**

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