

EFT
(Emotional Freedom Technique)
Clinical Hypnosis

Feel better ...
When nothing else has worked

Pre-Surgery, Traumatic Memories,
Fears, Pain, Sleep Issues, Stress.

Joe Casey JD, CHT • 484-0608
www.WellnessCoaching.net

Design Your Life
SUCCESS GROUP

What Do You Want In 2007?
• Career change? • Start a business?
• Healthier living? • Better relationships? • More fun?

STARTS MARCH 15 • \$295 • FOR DIFFERENT RESULTS IN 2007:

484-6785 • ExceptionalLivingCoach.com
Lisa Anderson, MA Certified Career & Life Coach

 **MASSAGE THERAPY**

• Pain Relief • Pregnancy, Post-Partum
• Relaxation • Stress Reduction

Shoshanah Thielle, L.M.T. #3461
insurance accepted

968-1572 or 684-3965

Kung Fu
Tai Chi
Qi Gong

David Leung
579 3612
www.leungsmartialarts.com

MAGICAL DREAMTIME



A FUN PLACE TO SHOP!
Alex Grey Clothing • Books • Gifts
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1041 Willamette Street
344-0351

 **YOGA WEST**
3635 Hilyard

OUR SOUL'S PURPOSE
A Yoga and Meditation Intensive with
Tarn Taran Singh
International Teacher / Trainer

SATURDAY, MARCH 31
12:30-6:00PM

\$40 Pre-registered by 3/30; \$50 at the door
Contact Joan: 344-8332
ACADEMIC STUDENT DISCOUNT

Kundalini Yoga as taught by Yogi Bhajan
www.yogawesteugene.com
recorded schedule: 686-0432
Corner of 36th & Hilyard

*PRE-NATAL CLASS will meet
10:30-Noon on 3/31 ONLY*

Massage by Margaret Pratt
LMT #2144, B.S. (Educ)

• Gentle, DEEP-TISSUE massage
• 1st session - \$40/first hour
• 21 years exp / gift certs.
• Warm, peaceful setting
• "Worth every penny!" — Client

• Multi-Pure Water Filters
• Superior quality/economical

"Thorough, strong, intuitive, graceful, magical hands discover and dissolve knots with lasting effects."

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Intuitive Bodywork

Combination Lomi Lomi & Swedish Massage
Jin Shin Do Acupressure • Energy Balancing
Hot Stones • Allergy Assessment
Spirit Guide Connection

email: fivephases@rio.com
541-729-6611

LMT #5400

Relationship Counseling

 **Rich Pomper, MA**
Relationship Coach, Marriage
& Family Counselor

FREE 1/2 HOUR CONSULTATION
Call 520-1535
synergyinlove.com

Sharon Steiner 541-514-0089

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11 years experience
New Client Special

Couples or Tandom Massage Available

LMT #1188

 **Tamarack WELLNESS CENTER**

683-7506 3575 Donald St. Eugene

WORKSHOPS

For upcoming workshops, go to
www.tamarackwellness.com

Room Rentals
for your own events

AQUATICS

Where Warm Water... Enhances Quality of Life

• Bathing Friendly •

Saltwater generated 92°F Pool

Special Spring Break Rates!
March 26-31
\$4/person \$7 for 2 people
\$10 for 3-5 people

686-9290 www.stewartaquatic.org

YOGA

Spring Schedule starts April 2!
(Current classes thru Apr. 1)

New 10-wk Series!

Mondays: Apr. 2 - June 11
• **Beginning** 7:15-8:45pm **Noah**

Tuesdays: Apr. 3 - June 5
• **Yoga Plus** 11:30am-1pm **Donna**
• **Beginning** 5:45-7:15pm **Lynne**

Thursdays: Apr. 5 - June 7
• **Yoga Plus** 11:30am-1pm **Donna**
• **Beginnig** 5:30-7pm **Michele**
(for Active Beginners)

*** Preregister now! \$75/10 wk ***

Drop-in Yoga 7 days a week
New drop-in classes coming in April!

484-6100 www.fourwindsyoga.org

ew Classifieds

TO PLACE A CLASSIFIED AD CALL 484.0519

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.

Auditions

AUDITION FOR Springfield's SATB jazz chorus. Rehearsals 7-9pm, Mondays. Call Jan, 744-1097 for complete information.

Band Members

DRUMMER AVAILABLE. 25 yrs performing live. All styles and genre's. Country, Rock, Jazz, Swing, Blues. Last minute notice OK. Can travel. Have gear and great attitude. CHEAP! I also play guitar and sing as well. 541-689-5297, James.

FEMALE BASSIST wanted for Funk, Metal, Groove Band. Shane or Alysa, 541-401-9048.

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.

Events

JENAGURU AT Safe Inc. Jenaguru, an African Marimba band, will be playing March 16, 2007 at 228 Main Street, Springfield. \$2.00 for non OHP recipients, free for OHP recipients. Please call 762-4900 for more info.

PEDDLER JONES Live! Peddler Jones live at the following locations: Mar 8, 2007 10pm Macs At The Vets, Eugene. Mar 12 2007 8pm Cosmic Pizza, Eugene. Mar 14 2007 8pm Mulligans Irish Pub, Eugene. Mar 15 2007 8pm O'Connors Irish Pub, Eugene. Mar 20 2007 10pm Diablo's Downtown Lounge, Eugene. Mar 26 2007 8:30pm Cosmic Pizza, Eugene. Mar 27 2007 10pm Diablo's Downtown Lounge Eugene. Mar 29 2007 10pm Macs at The Vets.

Lessons

CELLO LESSONS. Pacific Winds Music Studios. 747-7247.

DRUM SET Lessons. Professional drummer/teacher offering lessons. \$15/45 min. Call Scott 684-4971.

Recording Studios

SHORT DRIVE. Long Savings. Bro2 Studios in Albany: Recording, Mixing and Mastering. Mobile Recording Unit, Karaoke, Demo Recording. Live sound equipment and engineer. Transferring and editing family video to DVD Audio Restoration and Transfer from: Vinyl (33, 45 and 78), Cassette (standard and micro), Reel to Reel (1/4" and 1/2"), DAT, Mini Disk, VHS, 8-Track. 543-7369.

 **Home Services**

Building/Remodel

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

TIMMERMANN CONSTRUCTION. Kitchen, bath remodels, painting, tilework. Quality since 1981. CCB#121380. Mike, 729-8201.

FINE ARCH painting, tile, wood floor, refinishing and renovation work. CCB# 158081. 686-8782, 515-0877 excellent workmanship.

Cleaning

HONEST SHINE. Professional house cleaning. Detailed, dependable, 15 years exp. Great references. One-time, or regular time slots avail. Cathy, 687-8254.

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.

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.

Yard & Garden

LOWEST RATES lawnmowing. Reliable Jon's Handiwork. Mowing, edging, spring prep, organic gardening, planting, hauling, pruning. All landscaping needs. Reasonable rates, since 1996. 302-5758.

POSITIVE YARD, GARDEN, HAULING. 100% biodiesel. No gas! Electric tools, honest labor. Mowing, trim, cleanups. Call 686-3274.

RIVERWOOD LANDSCAPE. Spring cleaning! Maintenance, troubleshooting and repair. Irrigation, walkways, beds etc.; consultations, weeding/control. Eco-friendly products and services. Free local estimates. 556-3592. Established 1978. LIC 20-1569849.

FINE HOMES Lawn and Yard Care. 344-4882. Clean up and mulch now so your spring/summer care is a breeze. Organic practices.

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

Home Services

ABOVE, BELOW and Beyond services. Roofing, gutter cleaning, pressure washing, eco. safe moss treatment and yard cleanup. 285-0029.

Pro. Services



Bookkeeping

SMALL BUSINESS Payroll. Payroll Services includes preparation of pay stubs or laser printed paychecks, quarterly payroll taxes, and year-end W-2's. Weekly, bi-monthly, or monthly service. \$20/hr 2 hr min. Call 541-870-9702.

Computer

COMPUTER PROBLEMS? Can't make it work? We can help solve your computer problems! Affordable and professional computer troubleshooting and support for homes and business. Member, Better Business Bureau. www.OregonTechSupport.com. (541) 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

Film/Video

VIDEO PRODUCTION CLASSES! Community Television now offering comprehensive courses in studio, field, analog, digital editing. Call 341-4671 or 683-1634. CTV-CH29. Free program guide by email: info@ctv29.org

Financial

AFFORDABLE INSURANCE. Protect your family. Buy health insurance, auto insurance, life insurance, mortgage insurance, etc. Visit www.FreeQuotes444.com

\$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)

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Language

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SPANISH FOR EVERYONE! Classes, tutoring and conversation lessons. Pattie 343-2058 (C) 206-1109 or learning.Spanish.in.Eugene@gmail.com.

LEARNER VI norsk? Norwegian! Beginner. Advanced classes avail. 361-5298.

Mediation

PARENTS, need help discussing curfews, chores, responsibilities with your Teen? Call: Community Mediation Services 344-5366.

Professional Services

WEDDING PHOTOGRAPHY services. CJS Photography provides you with high quality modern photojournalistic, and contemporary styles of wedding photography. Please visit <http://www.cjsphoto.net> to view packages and portfolio. Or contact at cjs@djspphoto.net, 541-954-7655 to arrange a meeting to discuss your wedding photography needs.

ENVIRONMENTAL PHOTO SHOOT. Looking for several models to use for active environmental photo-shoot. (541)954-7655.

Pet Care

DOG MASSAGE is for puppies, too. Young dogs do get injured during play and need help with their recovery. Sarah Crow 513-2707.

Visual Arts

CUSTOM ART and airbrushing. Beautiful works of art on guitars, cars, motorcycles. 686-6299. www.bikers-art.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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