



Find upward bliss with
downward dog.



SATURDAY, JANUARY 24, 2009

IT'S FREE!

8:00 - 9:00am Kundalini Yoga w/ Susan
10:00-11:15am Hatha Yoga w/ Christine
1:00-2:30pm Hatha Yoga w/ Christine
3:00-3:45pm Family Yoga w/ Leah

Hatha Yoga: Explores breath work, stretching, balance, postures, and focused relaxation to increase flexibility and strength.

Kundalini Yoga: Revitalize, relax, stretch and strengthen in this class, designed to balance body, mind and soul.

Space is limited -first come, first serve. Please bring your own sticky mat.

Eugene Family YMCA

2055 Patterson
686.9622

www.eugeneymca.org
yogadayusa.org

Manola's

Thai Cuisine

GOURMET THAI FOOD

OUR WINTER DISHES;
THOM KAA COCONUT SOUP
THOM YUM RICE NOODLE
TOFU SEAWEED SOUP
SWEET PUMPKIN CURRY
TOFU TEMPEH & BROWN RICE

BEER WINE & COCKTAILS
NO MSG OR DAIRY

WE DELIVER TO MOST OF EUGENE
652 E. BROADWAY
342-6666 MANOLASTHAI.COM

McKENZIE ANNUAL WINTER SALE

...the sale you've been waiting for!

ENTIRE STORE AT LEAST 10% OFF

Thurs. Jan. 22	Fri. Jan. 23	Sat. Jan. 24	Sun. Jan. 25	Mon. Jan. 26
10-8	10-8	10-6	10-5	10-6

OUTERWEAR • SOFTSHELLS • FLEECE

Columbia MOUNTAIN HARD WEAR, THE NORTH FACE, ARCTERYX, Marmot

Selected Items 50% OFF

SHOES

UP TO 50% OFF

VASQUE, Chaco, KEEN, GARMONT, montrail, crocs, Teva

Clearance Items at Least 50% OFF!

MEN'S & WOMEN'S SPORTSWEAR

LOLE, MOUNTAIN HARD WEAR, EXOFFICIO, THE NORTH FACE, Columbia

UP TO 50% OFF

UNDERWEAR

Smart Wool • Ice Breaker

25% OFF

All Hats, Gloves & Scarfs 30% OFF!

Great Deals on Wigwam Socks

Camping, Climbing, Outdoor Gear

Selected Items 25% OFF

Includes Atlas Snowshoes

McKENZIE OUTFITTERS Inc.

566 Olive St., Eugene
343-2300

Limited to stock. Winter Sale discounts cannot be combined with other discounts or offers.

EUGENE WALKING & BIKING SUMMIT

convenient bike parking available

free coffee, bagels and snacks for participants

Saturday January 31, 2009
8:30 a.m. - 3 p.m.
South Eugene High School Cafeteria

9 - 11 a.m. Plenary and Town Hall Meeting
Rails to Trails Conservancy's 2010 Campaign for Active Transportation could transform our community's walking and biking network with an infusion of \$50 million in Federal funds. We need your participation!

11 - 12:30 p.m. Entertainment and Fun Bike Fashion Show

1 - 3 p.m. Workshops
Commute by Bike, Basic Bike Repair, Eugene's Pedestrian and Bicycle Strategic Plan Update, Car-free Recreation with William Sullivan, Accessibility Issues, and Safe Routes to School.

Prevent Theft! Free Bicycle Registration starting at 11 a.m.

For more information, call 682-5378 or see www.eugene-or.gov/bicycles

EUGENE
rails to trails
COMMUNITY SOLUTIONS
GEARS
SafeRoutes