



EUGENE WALDORF SCHOOL
SERVING INFANTS THROUGH 8TH GRADE

Exploring Beeswax Modeling for Preschool and Kindergarten • Saturday, October 3, 10 - 11 am
541-683-6951 • 1350 McLean Blvd. • www.eugenewaldorf.org

Ignite a love of learning.



Tim Verkler
Full Service Real Estate Broker

- Historically low mortgage interest rates
- \$8000 tax credit for 1st time home buyers (ends 11/30/09)
- Median sales prices down 6.5% from July 2008
- Most sellers are agreeing to do repairs
- **It adds up to being a great time to buy a house!**

485-1613

timverkler@remax.net • www.eugeneproperties4u.com

RE/MAX Integriety

Body Pyramid Qi Gong

Taught By Grand Master Hong Liu

Free Lectures, Workshop & Consultations

FEEL RESULTS IMMEDIATELY

Lose Weight

"I lost 10 lbs after just one month of practicing!"
(63 retired school teacher & small business owner)

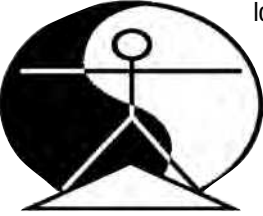
"I lost 50 lbs after 3 months!"
(57 year old furniture factory owner)

Balance Your Inner Organs

"I finally found something that helps my back, neck, and shoulder pain from working long hours!"
(Financial advisor, 39 years old female)

"My menopausal symptoms went away, and my hormone levels are great."
(Real Estate agent, 53 years old)

Increase Sexual Energy



Body Pyramid Qi Gong dramatically transforms the way your body looks, feels and functions. It builds strength from the inside out, balancing the energy of internal organs and building the deep muscle layers of the body. It teaches body awareness, good posture and powerful, effective movement. Top athletes use it for strength, flexibility, and injury prevention. Hollywood celebrities and supermodels use it to maintain beautiful physiques and balance the health effects of their busy life.

Body Pyramid™ Qi Gong will help you look and feel your very best ... no matter your age or condition.

Developed by Grandmaster Hong Liu, Body Pyramid Qi Gong is a safe, powerful exercise system using a Body Pyramid (platform), that will help you look and feel your very best. No matter your age or condition, you will FEEL results immediately.

ALL TESTIMONIALS HAVE BEEN SUPPORTED BY MEDICAL TESTS AND RESULTS.

Free Lectures: Thursday, Oct 8, 6-8pm, at Eugene City Library
Friday, Oct 9, 6-8pm, at Tamarack Wellness Center

Workshop: Saturday, Oct 10, 10am- 5pm at Tamarack Wellness Center

Workshop cost: \$175 | 10% off when 2 or more sign up together

Private Health Consultations Available: Friday & Sunday

To reserve your seat or a consultation:
call 425-306-2948/541-225-7480 or email msvninja@msn.com
Visit: www.Qimaster.com for more information about Master Hong Liu



Shipwrecked!
continues Friday through Sunday at Lord Leebrick Theatre

Table, 454 Willamette, 345-9106. FREE.

Free Health Care for All Oregon & Archimedes Movement Meeting, agenda: latest congressional developments, march & rally, 6:30-8pm, EWEB, 500 E. 4th Ave. FREE.

Compassionate Friends Support Group, for families experiencing death of child, 7pm, Mary Catholic Church, 1062 Charnelton St., 689-1626. FREE.

Lane County for Healthy Active Youth/Upstream Meeting, topic: health effects of land-use & transportation policies, 3-5pm, Downtown Library, RSVP to 682-4306. FREE.

KIDS/FAMILIES Family Night w/Bryan & the Rockin' Amigos, music, food, beer, 6pm, Cozmic Pizza. FREE.

LECTURES WorldVitalRecords.com Using in

Genealogy Research, 10am & 6:30pm, Oregon Genealogy Society, 955 Oak Alley, reg. at 345-0399. FREE.

"What is the Role of the Senate on a Unionized Campus?" w/ SUNY's Ezra Zubrow, 4-5:20pm, Knight Library Browsing Room, 1501 Kincaid. FREE.

Photography Workshop, equipment, lighting, composition & 10 rules of photography, ages 18 and up, 6:30-8pm, Community Recreation Center, 250 S. 32nd St., 736-4544. \$12.

Building in Bhutan w/Rudy Berg, 7pm, BRING, 4446 Franklin Blvd. FREE.

LITERARY ARTS Love to Read Weekly Book Club, discuss story lines, authors, next book to read, 10-11:30am, Campbell Community Center, 155 High St., 682-5318. 25 cents.

Spiritual Memoir Writing Workshop: Mapping the

Landmarks of Spiritual Journeys, 6pm, Downtown Library, pre-reg at 682-5450. FREE.

MUSIC Warpaint, Ascetic Junkies, indie rock, 9pm, Sam Bond's. FREE.

Ray Argyle, singer/songwriter, 9pm, Cozmic Pizza. \$3.

OUTDOORS/RECREATION Bike Riding for Fun & Fitness, weekly seniors in-town bike ride, helmets required, 9:30am, Campbell Community Center, 155 High St., 682-5318. FREE.

Special Presentation: "Miles from Nowhere (And How to Get There), how to prepare for a long-distance bike adventure, 7pm, REI, 306 Lawrence St. FREE.

SPIRITUAL Open Heart Meditation, 5:30pm, location & info at 914-0431. FREE.

Alchemical Healing Monthly Circle, shamanic energetic healing, 6:30-8:30pm, RSVP & location at 484-1099, www.shamanic-

Fri Oct 9th 5pm-11pm \$5

VIP Weekend Ticket \$12 includes collectible festival beer glass

Sat Oct 10th 11am-11pm \$8

At the Florence Events Center, 715 Quince Street, Florence

chowder, Blues & Brews



outdoor Beer Garden

LIVE MUSIC

Fri KUSH
Locust Street Taxi

Sat Tracer and Paradigm
Sassparilla Jug Band
Ty Curtis Band 8:30pm

Sat 1pm Chowder Tasting

For more information, contact the Florence Area Chamber of Commerce: www.florencechamber.com • (541) 997-3128