

How to Be Happy

by Shannon Wheeler



"I'm thinking of repealing my 'don't-ask-don't-tell' policy on hating Obama."

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WWW.TVM.COM

WELLNESS

Astrology

SUSAN DEARBORN JACKSON MS., Depth Astrology 541-771-3088

Bodywork

CHRONIC PAIN? Try Rolfing. Jeffrey Burch LMT #9092, 541-689-1515 jeffreyburch.com

Classes

EMBRACE THREE ARTS A chance to sample three complementary arts: aikido, tai chi and zen. All three teach us to flow with life. Lead by Jerry Glassman, Machiko Shirai, and Gary McNabb. January 23, 1-3 pm, 2489 Portland Street, 541-514-6583

STRENGTH TRAINING & BODY SCULPTING Feb. 3 thru March 31. Mon & Thurs. 8:30-9:30am. Celebration Studio 1840 Willamette St. \$10 drop in, \$120 for all 17 classes. Alia 541-343-1625

Hypnotherapy

HYPNOSIS is a powerful tool for change. Stress? Health issues? Smoking? Weight loss? Anxiety? Phobias? Pregnancy? Nancy Mac, CHT 541-485-4559 www.NancyMac.net

LIFE WORKS School of Hypnosis. New class starts soon. Register now. Lifeworks-or.com, 541-744-6655. Visa/MC/Discover/AMEX accepted.

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Spiritual

URBAN SHAMANISM Awaken your personal power & magic. Find your path to health, happiness, & who you are meant to be. David Lang 683-3756 www.urbanshamanism.com

Yoga

EUGENE YOGA A sanctuary for Body, Mind & Spirit. 28 classes, 17 instructors. See our website: www.eugeneyoga.us Zumba Nia & Pilates classes starting now.

FREE YOGA & MEDITATION CLASSES. Relax body, mind, spirit. Thurs 7-8pm. 1st United Methodist, 1376 Olive. 541-686-0506

FREEDOM YOGA IMMERSION TRAINING Anusara 100 hour training begins February 11th

YOGA WEST Kundalini Yoga in Eugene as taught by Yogi Bhajan. First two classes for the price of one. 3635 Hilyard, 541-686-0432 yogawesteugene.com

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32 FT TRAILER Near new, furnace, A/C, NS. 2-bdrm, 1-ba, appliances, beds, Wifi, cable incl. Pet less than 15 lbs neg. Near UO, EMX. \$650/mo, 541-636-3420.

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