

EVENTS CALENDAR



BE HERE NOW
Meditation to Be Present to Life
Mondays, Oct 7-28, 7-8:30 pm
"If your presence doesn't work, nothing works."
Yogi Bhajan
\$24 Series, \$8 drop-in, passes
Jai Kartar/ Joan 541-344-8332

3635 Hilyard | yogawesteugene.com

Massage Therapy
• Deep Tissue • Swedish • Onsen
• Myofascial and Functional Release
• Cranio Sacral • Visceral Manipulation
Highly effective, proven massage techniques
to help you achieve relaxation or pain relief
Robert Phaigh, LMT (Lic. #1670)
Reasonable rates **541-688-2423**

THE SPIRAL SCHOOL
Upcoming Events
10/10 Therapeutic Touch Intro
w/Cordy Anderson
10/16-11/6 Psychic Class
w/Ker Cleary
10/18 Therapeutic Aromatherapy
w/Debra Fant
541-349-0595 www.TheSpiralSchool.com

Closing The Gap Between Where You Are & Where You Want To Be

Invite your friends & colleagues to join
you in this 8 week group.

*Together we will each assess our priorities,
develop extreme self-care, and construct a
foundation to adopt simpler, easier,
less stressful lives.*

THURSDAY EVENINGS:
OCT. 17TH - DEC. 12TH

Registration Required: This group will fill quickly.
Register by calling Karen at 541-914-5930

Karen Howell, MA, Board Certified Coach

Nancy Mac, CHT
counseling
hypnotherapy
• changing old patterns to allow new choices
• creating healthy relationships
Individuals/Couples
485-4559 • www.nancymac.net
sliding scale

electrolysis by tami
Tami Kanning, L.E.
Permanent Hair Removal
www.electrolysisbytami.com • 541-762-1325

Eliel Luma Fionn
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Energy Balancing
Reiki Instruction
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"You are the miracle, let yourself happen."

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Rolfer® Movement Education,
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RELIEVE CHRONIC PAIN
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Give Your Body
The Attention it Deserves
Lucia McKelvey, LMT
541.683.3286 Days, Evenings, Weekends
Nationally Certified LIC. # 8250

**EUGENE WEEKLY'S
BEST
OF EUGENE**
VOTE
NOW
VOTE
NOW

EVENTS

LEARN HOW TO TEACH KIDS YOGA Saturday
Oct 5th 2pm-4pm at Hard Core Yoga Studio,
\$49 per person. Imagination Yoga will be
teaching adults how to bring yoga, love and
light into the lives of children. To learn more
or to register for class please visit www.imaginationyoga.com

WISDOM OF THE HORSE/WISDOM OF THE BODY
*An Introduction to Somatic Movement &
Equine-Assisted Learning* SAT 10/12/13
1-4 pm NO RIDING Cost: \$45-sliding scale
avail. Info-<http://horsewisdom.eventbrite.com>
or email mo@horsetails.org

FOR SALE

Clothing

SAVONA'S BITCHIN' BOHEMIAN BOUTIQUE
RIGHTEDOUS RAGS FOR BIG & SMALL.
New & resale. E. 13th & High

Edibles

SEA STAR ENTERPRISE F/V OCEAN LADY "M"
PORT DOCK 5, Newport, OR **FRESH**
ALBACORE TUNA, CHINOOK SALMON & other
species of fish. Order in advance to reserve
your fish. Accept cash, check, credit cards.
Murielle 541-961-1246 seastarentz@gmail.com

Lawn & Garden

BIANCA'S FALL PLANT SALE
GALLON PERENNIALS \$2/EACH.
341-689-4686, 3000 Calla St.

Misc.

AFRICAN BASKETS! Fair Trade from Ghana.
Variety of colors, sizes \$15-\$60 505-699-
0348

BULLETIN BOARD

Announcements

GLASSROOTS SALE 20% OFF GLASS WITH
CURRENT STUDENT ID! EugeneGlassRoots.
com

HELPING HOMELESS FAMILIES ShelterCare
has provided Eugene/Springfield housing &
recovery programs since 1970. This month,
help the organization raise \$75,000 for 250
families in need 541-686-1262.

Classes

EUGENE FENCERS CLUB Modern Olympic
Fencing. Foil, Epee & Saber. USFA/USFCA
Certified Coaches. Roosevelt Middle School,
Tuesday & Thursday, 6-8:30pm, 541-688-
6574, eugenefencersclub.org

Pets

GREENHILL HUMANE SOCIETY Everybody
Deserves a Good Home. Fri-Tues 11am-
6pm, Closed Weds & Thurs. 88530 Greenhill
Rd, 541-689-1503 green-hill.org Look for our
Pet of the Week!

DOG ADOPTION EVENT! Wiggly Tails Dog
Rescue will be at PetSmart, 2847 Chad Dr.
Sat. 10/05 from Noon-4pm. Come meet
your new best friend!

SHELTER ANIMAL RESOURCE ALLIANCE
S.A.R.A.'s Treasures Gift & Thrift Shop.
Volunteer, Donate, Shop, **ADOPT!**
871 River Road, Open Daily 10am-6pm. 541-
607-8892 saratreasures.org **LOOK FOR**
THIS WEEK'S RESCUED CAT.

Adoption/Family Services

**ADOPTION: ART CLASSES TO ZOO TRIPS &
EVERYTHING IN BETWEEN, 1ST BABY WILL BE
OUR KING/QUEEN. EXPENSES PAID. 1-800-
598-4594 SHIRA & JUSTIN**

Workshops

VOICE OVER WORKSHOP Get behind a micro-
phone & learn skills to become a profes-
sional voice talent! Taught by Bill Barrett,
Pro Voice Talent and Radio Personality &
Don Ross, Don Ross Productions Recording
Studio. Sunday, October 13. eugenevocclasses@gmail.com or 541-343-2692.

Medium

**RECONNECTING LOVED ONES SEEKING
CLOSURE & VALIDATION - OFFERING ONE ON
ONE SESSIONS & GROUP READINGS JOHN**
541-653-1314

HELP WANTED

EUGENE WEEKLY is seeking substitute driv-
ers for our Thursday morning newspaper
delivery routes. Must have valid Oregon
driver's license and insurance. A large vehi-
cle is helpful, but a smaller car can some-
times get the job done. You and your vehicle
must be reliable. Email resume to circulation@eugeneweekly.com

SAFE HOUSE RELIEF WORKER Womenspace
is seeking an addition to our Safe House
team. Please see our website for details:
womenspaceinc.org

SHEET METAL INSTALLER APPRENTICESHIP
Applications for future employment oppor-
tunities in Lane and Douglas Counties.
Minimum qualification are 18 yrs old, High
School grad or GED and 1 yr High School
Algebra with C or placement test equivalent.
Pick up applications October 7-18, 2013
9am-4pm at Comfort Flow Heating 915
Shelley St. Springfield. Directions or Info at
541-279-1543.

SDANCERS\$ Tired of your current club!
SWEET ILLUSIONS has day & night shifts
available. No experience, can train.
Excellent tips! 541-852-8625 or 541-517-
7196 **THE HOTTEST CLUB IN LANE COUNTY!**

SEEKING EMPLOYMENT

LOST YOUR JOB? Place a free line ad here
(up to 4 lines, 160 characters) for 2 weeks.
Briefly list your skills/experience & contact
info. Email to: office@eugeneweekly.com or
call 541-484-0519

TATTOO ART SCHOOL—one spot open.
Art focused. Under \$10,000. For more
info: www.gardenofinktattoo.com

WELLNESS

Acupuncture

TEN DOLLAR TUESDAYS now in effect at
Balance Beauty and Health. Dana LaVoie,
LAc with 10 years' experience is offering
acupuncture treatments for just \$10 (new
& returning patients) balancebeautyand-health.com Tues-Sat 10-5, 1293 Lincoln St,
541-393-6637, see our ad pg 52 for info

Bodywork

GUTHRIE CHIROPRACTIC & MASSAGE 2677
Willakenzie Rd #6, Eugene. Back Pain, Jaw
Pain, you name it, we can help! Free
Consultation! 541-683-9069 mydocwade.com

MASSAGE THERAPY Car accidents, whip lash,
chronic pain, relaxation. Insurance accept-
ed, avail weekends. Shoshannah Thielle,
LMT #3461. 541-684-3965.

ROLFING relieves chronic pain, improves
posture, helps you find ease in your body.
Mark Donahue, Certified Advanced Rolfer,
25 yrs exp. LMT #14017 markdonahuerolfing.com 541-232-7630

Coaching

**CLOSING THE GAP BETWEEN WHERE YOU ARE
& WHERE YOU WANT TO BE** 8 wk course. We
will each assess our priorities, develop
extreme self-care, & construct a foundation
to adopt simpler, easier, less stressful lives.
Thrs eves starting 10/17. Register at 541-
914-5930

Counseling

CLEAR HEART COUNSELING Mindfulness-
based Counseling, Bach Flower Remedies,
Channeled Guidance. Ker Cleary, MA 541-
349-0595 ClearHeartCounseling.com

LIFE BY DESIGN Supportive counseling/
energy work, release old pain or stuck ener-
gy, safe space to explore your own truth,
Vicki Stelter, M.Ed., 808-345-0482

SPIRITUAL COUNSELING Are you ready for a
healing within you and ready to move for-
ward into new endeavors? Call Paul Casey
541-914-2976 coreissuecounseling.com
Safe and compassionate. Sliding scale.

SPIRITUAL READINGS, Soul Retrievals,
Counseling, "Helping You Heal" medically
incurable illnesses - alcoholism, depres-
sion. www.GodSpiritsUnited.com. Nancy
Harris, Four Winds Energy Healer. 541-343-
2582

Health & Nutrition

CAN'T LOSE WEIGHT? Always tired?
NutritionalGain.com has the top three
weight-loss supplements in the industry. Go
to NutritionalGain.com to order your life
changing bottle today!

Wellness

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COLONICS** Celebrating 15 years. Schedule
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WHITE BIRD DENTAL CLINIC 1400 Mill St.
Eugene. Emergency & on-going denistry for
Low/No income residents of Lane County.
Accepts OHP & under insured. 541-344-
8302

Hypnosis

A REAL SHIFT HAPPENS! LIFE WORKS
School of Hypnosis: New Certification
classes. Register now for discounts!
Individual Sessions: Smoking, Sleeping,
Behaviors, Weight, Sports, Chronic
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Accepts OHP +Under Insured

Yes Hypnosis Works
STOP SMOKING NOW!!!
4 SESSIONS - PERMANENTLY
CALL **Shoshannah Thielle**
CHT
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yeshypnosisworks.com

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