



WE'VE MOVED!!!

**Turn your dial
to the NEW
Home of
Rock 103.7 KNRQ!**



www.nrq.com

Contentment in Everyday Life

Five week course held each Tuesday

Oct 22 – Nov 19, 7-8:30pm

Open Sky Shambhala Meditation Center
100 W. Q St. Springfield

Course fee: \$40 members,

\$50 non-members

541-214-1314

www.eugene.shambhala.org



THE SPIRAL SCHOOL Upcoming Events

10/18 Therapeutic Aromatherapy
w/Debra Fant

11/3 ZAFU: make yr own cushion
w/Ker Cleary & Julia Trippe

11/14 Sound Healing/Vibrational
w/Cordy Anderson

541-349-0595 www.TheSpiralSchool.com

Doctors Recommend Yoga!

FREE Intro to Yoga
Fri Oct 18, 5:30-7 pm

Stability &
Sustainability Workshop
w/Jennifer Sat Oct 19, 1:30-4:30
Preregistration required

\$44/Four Weeks
/Unlimited Classes*
Over 65 classes a week
*must be new to the studio

Four Private
Yoga Sessions \$199
A \$100 savings
for first 10 students

EUGENE YOGA
A SANCTUARY FOR BODY, MIND, SPIRIT

3575 Donald St. Eugene, OR 97405
541-520-8771 • info@eugeneyoga.us
www.eugeneyoga.us

EVENTS CALENDAR



STOP the FoodFight! **Oct 19 & 20**

A powerful new way of
creating healthy, liberating, and
lasting lifestyle changes -- shifts
that will allow you to reach and
maintain your goals in weight,
fitness, and overall health.

A potent way to deeply resolve
long-standing issues such as low
self-esteem, poor self-image,
lack of willpower, procrastination,
insecurity, anxiety, and feelings
of emptiness.

Els van der Horst 541.914.9159 • elsvanderhorst.com
Register at www.stopthefoodfight.org

Help Change a Life Become a Mentor



Join us for a special volunteer opportunity...
Be a Guide, Support, Friend, and Inspiration to
individuals with criminal histories by helping
them to re-enter into their communities.

Call Jen Jackson to learn more today
541-505-5663 • jenjackson@sponsorsinc.org
www.sponsorsinc.org



Welcome the weekend with
Kundalini Yoga on Fridays:

Yoga for Happiness
9:30-11 am w/ Sat Anand Kaur
Increase your Happiness Quotient

Knowing the Self
7-8:30 pm w/ Gurumukh Singh
Yoga for Strength and Clarity

3635 Hilyard | yogawesteugene.com

CLASSIFIEDS

To place a classified ad: **CALL** 541.484.0519 **EMAIL** classy@eugeneweekly.com
WEB classifieds.eugeneweekly.com **WRITE** 1251 Lincoln St. Eugene, OR 97401
VISIT our office Monday-Friday 8am-5pm

LINE ADS: \$11/3 LINES
ADDITIONAL LINES: \$4

EVENTS

1 DAY WORKSHOP- STRENGTHEN SOUL CONTACT Explore your Spiritual purpose. We will be using the Ageless Wisdom Teachings to learn more about the emerging new civilization and the journey to inner knowing. Taught by William Meader. Sat Oct 25th 9-5pm. to register: call 541-343-8780 or email Sheila at thecenterforsoulpurpose@yahoo.com.

SUFISM: THE PATH OF THE HEART Curious about practicing modern mysticism w/ music, movement, meditation, prayer & peace? Fridays, Oct.18 & 25th. Donation. Questions & Registration Amina 541-684-8182

FOR SALE

Clothing

SAVONA'S BITCHIN' BOHEMIAN BOUTIQUE
Righteous rags for big & small.
New & resale. E. 13th & High

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

Wanted

CASH FOR CARS: Any Car/Truck. Running or Not! Top Dollar Paid. We Come To You! Call For Instant Offer: 1-888-420-3808 www.cash4car.com (AAN CAN)

Misc.

WINTER GREEN FARM ORGANIC GRASS FED BEEF Organic Grass Fed Beef Shares available. Raised using biodynamic methods. Offering shares of a live animal at the hanging weight. Info: 541-935-1920 www.wintergreenfarm.com

Pets

DOG ADOPTION EVENT! Wiggly Tails Dog Rescue will be at PetSmart, 2847 Chad Dr. Sat. 10/19, Noon-4pm. Held every other Saturday. Foster homes also needed!

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!

**Relieve Stress
Massage**
Take Time Out
Give Your Body
The Attention it Deserves
Lucia McKelvey, LMT
541.683.3286 Days, Evenings, Weekends
Nationally Certified LIC. # 8250

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Rolfing®, Movement Education,
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