

Wednesday Feb. 5 kicks off the beginning of a new workshop series, **Six Talks on Meditation, Buddhist Practice & Philosophy**. Learn from Tulku Jigme Rinpoche of the Eugene Sakya Center, whose family helped bring His Holiness the Dalai Lama to Eugene last year. Having grown up in both Eastern and Western cultures, he is uniquely positioned to explain Eastern concepts to Western minds. The first part of the series starts Feb. 5, but the talks can work as standalone lessons, so don't worry if you can't make it every week.

Six Talks on Meditation, Buddhist Practice & Philosophy start 6:30pm Wednesday, Feb. 5, at Tsunami Books, 2585 Willamette St. FREE, donations accepted. — *Amy Schneider*



TODD COOPER

Analog Sunday Record Listening Party w/House of Records, 7pm, The Barn Light, 924 Willamette St.

Game Show w/Host Elliot Martinez, 8pm, Blairally Vintage Arcade, 245 Blair Blvd. FREE.

Poker Tournament, 9pm, Goodfellas, 117 South 14th St., Spfd.

Eugenius Indoor Market continues. See Friday.

HEALTH Occupy Eugene Medical Clinic, noon-4pm, Park Blocks, 8th & Oak. FREE.

LECTURES/CLASSES iPad for Beginners, 2:30pm, downtown library, call 682-5450. FREE.

Rod Coronado, eco-anarchist & animal rights activist, 7pm, McKenzie Hall 221, UO Campus. Don.

"What Does ObamaCare Mean to You?" w/Mark Brauner, 11:30am, First United Methodist Church, 13th & Olive, call 343-5091. FREE.

LGBTQ Rainbow Family Potluck, 2-6pm, Cush Coffee House, 1235 Railroad Blvd. FREE.

Mangos with Chili Presents Whipped: QTPOC Recipes for Love, Sex & Disaster, 7pm, Ford Alumni Center, 1720 E. 13th Ave. FREE.

ON THE AIR "The Sunday Morning Hangover TV Show," 1:30am, Comcast channel 29.

Sentinel Radio broadcast, 7am, KPNW 1120AM.

OUTDOORS/RECREATION Obsidians: Ribbon Trail/Hendricks Park, 6.3 miles. Reg. at obsidians.org.

Vinyasa Yoga, mixed levels, 9-10:15pm, Everyday People Yoga, 352 W. 12th Ave., see epyogaeugene.com. Don.

Restorative Yoga, mixed levels, noon-1pm, Everyday People Yoga, 352 W. 12th Ave., see epyogaeugene.com. Don.

Prenatal Yoga, 3-4:30pm, Yoga West Eugene, info at 337-8769. \$8 drop-in, \$7 stu.

Foosball League, free play 4-6pm & 8pm-midnight, league 6-8pm, The Barn Light, 924 Willamette St., info at thebarnlight@gmail.com. FREE.

Yoga by Donation, mixed levels, 5-6:15pm, Eugene Yoga, 3575 Donald St., eugeneyoga.us. Don.

SOCIAL DANCE Music & Dance Workshops w/Taller de Son

Jarocho, 3-5pm, WCC, Clark & N. Jackson St. FREE.

Tango Milonga, 3-5pm lessons, \$12; 5-7pm dance, \$5, Reach Center, 2520 Harris St.

Cuban Salsa, 5pm lesson, 6pm social dance, Courtsports, 2728 Pheasant Blvd., Spfd., see eugene-casinos.com for info. \$2 sug. don.

La Milonguita, Argentine Tango Social Dance, no partner necessary, 5-7pm, Reach Center, 2520 Harris St. \$5 dance, watch for FREE.

Veselo Folk Dancers, weekly international folk dancing, 7:15-10pm, In Shape Athletic Club, 2681 Willamette St., 683-3376. \$3.

SPIRITUAL Buddha Path Practice, 10:30am-noon, Celebration Belly Dance & Yoga, 1840 Willamette St. Ste 206, email dzogchenbuddhafoundation@gmail.com. FREE.

Dharma Practice, meditation, readings, discussion & more, 10:30am, 1840 Willamette St. Ste 206. FREE.

Buddhist Teachings & Webinar, 1-4pm, Saraha Nyingma Buddhist Institute, 477 E. 40th Ave. \$10 sug. don.

Simrat, 3-4:30pm, Yoga West Eugene, 3635 Hilyard St., info at 343-7825, \$8.

Gnostic Mass Celebration, 8pm, Coph Nia Lodge 010, 4065 W. 11th Ave. #43, info at cophnia-oto.org.

THEATER *Landscape of the Body* continues. See Thursday, Jan. 30.

The Language Archive continues. See Thursday, Jan. 30.

Tribes continues. See Thursday, Jan. 30.

Almost, Maine continues. See Friday.

Hair continues. See Friday.

MONDAY FEBRUARY 3

SUNRISE 7:28AM; SUNSET 5:26PM
AVG. HIGH 49; AVG. LOW 35

BENEFITS Pints Gone Wild: Benefit for Cascadia Wildlands, w/singer/songwriter Tita Luisa, 6-7:30pm, Ninkasi Tasting Room, 272 Van Buren St. Don.

FILM Movie Night, 9pm, The City, 2222 MLK Jr. Blvd. FREE.

GATHERINGS Eugene Lunch Bunch Toastmasters, learn public speaking in a friendly atmosphere, noon, 101 W. 10th Ave. Room 316, call 341-1690.

Anime Club, ages 12-18, 4-5:30pm through March 17, Ophelia's Place, 1577 Pearl St. Ste 100, pre-reg. at 284-4333. FREE.

Auditory Art Extravaganza, bring art supplies, 7-11pm, Cush Cafe, 1235 Railroad Blvd. FREE.

Board Game Night, hosted by Funagain Games, 7pm, The Barn Light, 924 Willamette St., info at thebarnlightbar.com. FREE.

Empathy Cafe aka "Evolve Your Talk!" A facilitated weekly group for practicing "compassionate nonviolent communication" to get more of what you need in life, 7-9pm, info & reg. at 484-7366. \$10-\$20 don.

Jameson's Trivia Night, 7-9pm, 115 W. Broadway.

Marijuana Anonymous, 7pm, St. Mary's Church, 166 E. 13th Ave.

Oregon Bus Club, 7pm, Oakshire Public House, 207 Madison St., see oregonbusclub.org. FREE.

Poetry Open Mic, 7pm, Granary Pizza, 259 East 5th Ave. FREE.

Cards Against Humanity Night, 7:30pm, Tiny Tavern, 394 Blair Blvd. FREE.

Bingo, 9pm, Sam Bond's. FREE.

Game Night, 9pm, Cowfish, 62 W. Broadway. FREE.

Quizzo Pub Trivia w/Dr. Seven Phoenix, 9pm, Cornucopia Bar & Burgers, 295 W. 5th Ave.

LECTURES/CLASSES eBooks for Kindle, 5:30pm, downtown library, call 682-5450. FREE.

"Freedom to Marry," info/action meeting, how to help bring freedom to marry to Oregon, 7-8pm, 120 W. Broadway, call 595-8230. FREE.

Visiting Artist Inayoshi Osamu Slideshow, 7-8pm, Clay Space, 222 Polk St., call 653-8089. FREE.

ON THE AIR "The Point," 9-9:30am, KPOV 88.9FM.

OUTDOORS/RECREATION Hatha Yoga Basics, 7-8:15am, Eugene Chiropractic Group, 131 E. 11th Ave., call 343-3455. \$11.

Chair Yoga, 7:30-8:30pm, Eugene Chiropractic Group, 131 E. 11th Ave., call 343-3455. \$11.

Gentle Yoga, 11am-noon, Trauma Healing Project, 2222 Coburg Rd, Ste 300, 687-9447. \$5, scholarships available.

Drop-in Yoga for Girls, 4:30-5:30pm through March 18, Ophelia's Place, 1577 Pearl St. Ste 100, pre-reg. at 284-4333. \$5 don.

Qigong for Health, 4:30pm, Willamalane Adult Center, 215 W. C St., Spfd. \$4.

Aerial Yoga, adult classes, 6-7pm, Bounce Gymnastics & Circus Arts Center, 329 W. 3rd Ave., 343-4222. \$10 first class, \$15 drop-in.

"Monday Flex" Zumba, 6-7pm, Denbaya Studio, 1325 Jefferson St. First class \$5, drop-in \$10.

Beginners Evening Yoga, 6:30pm today & Wednesday, Willamalane Adult Center, 215 W. C St., Spfd. \$4.

Acrobatics, 7:30-8:30pm, Academy of Artistic Gymnastics, 1205 Oak Patch Rd., 344-2002. \$10 Drop-in, \$80 for 10 class punchcard. First class FREE.

Pool Hall continues. See Thursday, Jan. 30.

Pinocle for Seniors continues. See Friday.

SOCIAL DANCE International Folk Dance Lessons, 2:30-4pm, Campbell Senior Center, 155 High St., 682-5318, \$0.25.

Beyond Basics & Advanced Beyond Basics, 7-8pm, The Vet's Club, 1626 Willamette St.

Scottish Country Dance w/Robert & Leone, all dances taught; reels, jigs, strathspeys, 7-9pm, Studio B, 1590 Willamette St., info at 935-6051. \$15/month.

SPIRITUAL Discovering Your True Nature through the Teachings of the Mystics, 1-2:30pm, Unity of the Valley, 39th & Hilyard, email mercyskiss@efn.org. FREE.

Open Heart Meditation, 5:30-6:30pm, 1340 W. 17th Ave., info at 914-0431. Don.

Beginning Level Samatha Meditation Class, drop-ins welcome, 6-7pm, Saraha Buddhist Temple, 477 E. 40th Ave. \$10 sug. don.

Newcomers Orientation Meeting, 6-7pm, Saraha Nyingma Buddhist Temple, 477 E. 40th Ave. FREE.

Tibetan Meditation Class, 7:30-8:30pm Mondays through Feb. 17, Just Breathe Yoga, 2868 Willamette St. #200. FREE.

TUESDAY FEBRUARY 4

SUNRISE 7:27AM; SUNSET 5:28PM
AVG. HIGH 50; AVG. LOW 35

ARTS/CRAFTS Beading Circle, 3-6pm, Harlequin Beads & Jewelry, 1027 Willamette St., FREE.

FOOD/DRINK New Beer Release: Unterstutz KLCC Hefeweizen, 6pm, Oakshire Public House, 207 Madison St., call 654-5520.

GATHERINGS Cascade Toastmasters, drop-ins welcome, 6:45-8:15am, Original Pancake House, 782 E. Broadway, call 343-3743. FREE.

Church Women United, League of Women Voters speakers share highlights from study on Water in Oregon, 7-8:30am, Brails Restaurant, 17 & Willamette, call 554-2646. FREE.

NAMI Connections, peer support group for people living with mental illness, 3:30-5pm, First United Methodist Church, 1376 Olive St. FREE.

WACAC, a new adult chorus, 5:30-7pm, The Shedd, info & reg. at 687-6526.

Board Game Night, new players welcome, 6-11pm, Funagain Games, 1280 Willamette St., info at 654-4205. FREE.

Shuffleboard & Foosball Tournament, 6pm, The Barn Light, 924 Willamette St. FREE.

Gateway Toastmasters, drop-ins welcome, 6:30-7:45 pm, Northwest Community Credit Union, 3660 Gateway St., info at toddk.pe@gmail.com. FREE.

Work of Byron Katie Inquiry Group, change your thinking, change your life, 6:30pm, call 686-3223 for location. FREE.

Adult Children of Alcoholics Meeting, 7-8pm, Santa Clara Church of Christ, 175 Santa Clara Ave., Santa Clara.

Lively Introduction to Meditation, instruction & support for developing meditation practice, facilitated by Lisa-Marie DiVincent, 7-9pm, location & reg. at 484-7366. Don.

Local Talent Show, bring your talents, 7-10pm, Cush Cafe, 1235 Railroad Blvd. FREE.

Oakridge Bingo, proceeds go to local organizations, 7pm, Big Mtn. Pizza, 47527 Hwy. 58, Oakridge. \$5/4 cards.

Trivia Night, 7-9pm, LaVelle Tap Room, 400 International Way. FREE.

Tricycle Races, 9pm, McShanes, 86495 College View Rd. FREE.

KIDS/FAMILIES Terrific Twos Storytime, for 2-year-olds w/ caregivers, 10:15am & 11am, downtown library, info at 682-8316. FREE.

LECTURES/CLASSES Oregon Transfer Days, help community college students explore options at four-year colleges, 10am-1pm, Center Building, LCC Campus. FREE.

Women in Transition Orientation, 1:30-4pm, Women's Center Rm. 202, LCC Campus, call 463-5353. FREE.

"The Flow of Opportunity: The History of Chinese Medicine in Oregon," w/Beth Howlett, 5:30pm, Laughing Planet, 760 Blair Blvd. FREE.

"Japanese Friendship Dolls," w/ Alan Scott Pate, 5:30pm, Jordan Schnitzer Museum of Art, UO Campus, call 346-1521. FREE.

"Ecopsychology: Understanding Our Need for Nature," w/Patricia Hasbach, 6pm, downtown library. FREE.

LITERARY ARTS Myths for Our Time Writing Workshop, girls ages 10-18, 4:30-5:30pm through March 18, Ophelia's Place, 1577 Pearl St., pre-reg. at 284-4333. \$25-\$50/9 workshops.

ON THE AIR "The Point," 9-9:30am, KPOV 88.9FM. Anarchy Radio w/John Zerzan, 7pm, KWWA 88.1FM.

Taste of the World w/Wagoma continues. See Saturday.

OUTDOORS/RECREATION Climate Warm-Up Walk, talk about global climate change & next year's cross-country march to inspire action, 8am, EWEB, 500 E. 4th Ave.

Pinocle for Seniors, 9am-noon, Campbell Community Center, 155 High St. \$0.25.

Tuesday Morning Regulars, 9am-noon, Hendricks Park Rhododendron Garden. FREE.

Tai Chi for beginners w/Suman Barkhas, 11:30-noon, Sacred Heart Medical Center at Riverbend, 3333 Riverbend Dr., Spfd., info at 515-0462.

Scrabble for Seniors, 1-3pm, Campbell Community Center, 155 High St. \$0.25.

OBRA Criterium, bike ride, 1K flat oval course, 5:30pm, Greenhill Technology Park, W. 11th & Terry, reg. 521-6529. \$15 per race, \$50 per month.

Prenatal Yoga, 5:30-6:45pm, Core Star Center, 439 W. 2nd Ave., 556-7144. \$10, \$48 for 6 classes, sliding scale.

Rock Climbing, 5:30-8:30pm, Art & Technology Academy, 1650 W. 22nd Ave., info at 682-5329. \$5.

Aerial Yoga, adult classes, 6-7pm, Bounce Gymnastics & Circus Arts Center, 329 W. 3rd Ave., 343-4222. \$10 first class, \$15 drop-in.

"Tuesday Tempo" Zumba, 6-7pm, Reach Center, 2520 Harris St. First class \$5, drop-in \$10.

Tricycle Racing, cash & prizes for winners, 9pm, McShane's