



Photo by Vivien Chao

“Qigong is the art of cultivating and harmonizing the body, breath and mind, leading to a state of balanced vitality and inner peace,” says Nate Guadagni (pictured). It’s a definition given to him by one of his teachers. He hosts **Qigong with Nate** every Tuesday in June and July at the Emerald Park pavilion. For about 20 years, Guadagni has practiced qigong in different styles and systems. Thousands of years ago, qigong was developed as traditional Chinese medicine. The exercises promote energy stimulating the mind, body and spirit in a different way than yoga does. No matter your age, weight, size or identity, everyone is welcome in Guadagni’s classes. They start with gentle warm-ups with body tapping and joint rotations. Then he shifts the class into flows, which are flowing patterns of movement combined with powerful stances. “For me, qigong brings me back to my center, a sense of peace, a sense of hopefulness,” Guadagni says. “It tunes me into my connection with nature, whether I’m practicing in my yard or by the river or even just in a studio or in a house. I can kind of find that sense of optimism.” — Brianna Murschel

Qigong with Nate is 5:30 pm to 6:30 pm every Tuesday in June and July at Emerald Park Pavillion, 1400 Lake Drive. Classes are \$10 each. More information at bio.site/NateGuadagni.

MARKETS

Sundays

Whiteaker Community Sunday Market, 11am-4pm, Whiteaker Neighborhood, Scobert Park By 4th Ave & Blair Blvd.

Saturdays

Carts & Crafters — Saturday Evening Market, 2-7pm, Cedar Tree Food Court, 1591 W. 6th Ave.

Eugene Saturday Market, 10am-4pm, Park Blocks, 8th Ave. & Oak St.

MUSIC

Sundays

EastSide Sunday Jam, 5pm, Twisted River Saloon, 1444 Main St., Spfd. N/C.

Wednesdays

Open Blues Jam w/ Dave Roberts, 7pm, Twisted Duck, 533 W. Centennial Blvd., Spfd. N/C.

Thursdays

Jazz Lab, 6pm, The Public House, 418 A St., Spfd. N/C.

Open Blues Jam w/ Dave Roberts, 6pm, Jimmy Mac's Overtime Bar & Grill, 770 S. Bertelsen Rd. N/C.

Funk Jam, 9pm, Luckey's Club, 933 Olive St. N/C.

Fridays

Friday Night Concert, 6:30pm, Silvan Ridge Winery, 27012 Briggs Hill Rd. \$5.

Meow Mix, electronic-hip-hop-dance, 9pm, The Cooler Bar, 20 Centennial Lp. N/C.

NIGHTLIFE

Sundays

RWMcCabe Studios: Open Mic, 4pm, Coldfire Brewing Co., 263 Mill St. FREE.

Open Mic, 5:30pm, The Public House, 418 A St., Spfd. FREE.

Karaoke w/ Jeff, 6pm, Slice Pizzeria & Bar, 325 Blair Blvd. FREE.

Open Mic, 6pm, The Public House, 418 A St., Spfd. FREE.

Quality Trivia, 7pm, Blairally, 245 Blair Blvd. FREE.

Karaoke Sundays, 7:30pm, Happy Hours, 645 River Rd. FREE.

Mondays

Beats & Boards, 6:30pm, beergarden, 777 W. 6th Ave. FREE.

Cribbage Night, 6:30pm, Coldfire Brewing Co., 263 Mill St. \$3.

Open Mic, 6:30pm, Houndstooth Public House, 1795 W. 6th Ave. FREE.

Quality Trivia w/ Elliot Martinez, 6:30pm, Oakshire Public House, 207 Madison St. FREE.

Trivia Mondays, 6:30pm, The Public House, 418 A St., Spfd. FREE.

FWD Trivia, 7pm, PLAY Eugene, 232 W. 5th St. FREE.

Bingo, 9pm, Sam Bond's, 407 Blair Blvd. FREE.

Tuesdays

Eugene Chess Club, 6pm, Bill & Tim's Barbecue & Tap House, 201 E. 13th Ave. FREE.

Karaoke w/ Jeff, 6pm, Slice Pizzeria & Bar, 325 Blair Blvd. FREE.

Bingo w/ Ty Connor, 6:30pm, The Public House, 418 A St., Spfd. FREE.

FWD Trivia, 7pm, McMenamins North Bank, 22 Club Rd. FREE.

Trivia Night, 7pm, The Ninkasi Better Living Rm., 155 Blair Blvd. FREE.

Trivia Tuesdays, 7pm, beergarden, 777 W. 6th Ave. FREE.

Karaoke w/ Jeff, 9pm, John Henry's, 881 Willamette. FREE.

Wednesdays

FWD Trivia, 6pm, Falling Sky Brewpub, 1334 Oak Alley. FREE.

Rob & Lorraine host Quality Trivia, 6pm, Hop Valley Brewing Co., 990 W. 1st Ave. FREE.

Unwind Wednesday Goat Yoga, 6pm, No Regrets Flower Farm & Animal Sanctuary, 26641 Bellfountain Rd., Monroe. \$28.

Cribbage Night, 6:30pm, The Bier Stein, 1591 Willamette. \$5.

Karaoke, 7pm, 255 Madison St. FREE.

Bingo Wednesdays, 7pm, beergarden, 777 W. 6th Ave. FREE.

Open Mic, 8:30pm, Mulligan's Pub, 2841 Willamette. FREE.

Karaoke Night, 9pm, Blairally, 245 Blair Blvd. FREE.

Thursdays

Beginners Board Game Night, Funagain Games Game Parlor, 2711 Oak St. FREE.

Karaoke For Cash, 6pm, Mac's Restaurant & Nightclub, 1626 Willamette. FREE.

Karaoke w/ Jeff, 6pm, Slice Pizzeria & Bar, 325 Blair Blvd. FREE.

Trivia Night w/ Brett, 6:30pm, Viking Brewing Co., 520 Commercial St., Unit F. FREE.

FWD Trivia, 7pm, Gratitude Brewing, 540 E. 8th Ave. FREE.

Fridays

FWD Trivia, 7pm, Ninkasi Tasting Rm., 272 Van Buren St. FREE.

Karaoke w/ Lewie, 9pm Slice Downtown, 910 Willamette. FREE.

Saturdays

DJ Nights, 8pm, Twisted Duck Pub, 529 W. Centennial Blvd., Spfd. FREE.

Karaoke w/ Lewie, 9pm, Slice Downtown, 910 Willamette. FREE.

OUTDOORS/RECREATION

Sundays

Summer Sunday Raptor Series — Private Morning Tours, 8:45-10am, Cascades Raptor Ctr., 32275 Fox Hollow Rd. \$30-40.

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