Oxford's DAILY INFO
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Next issue: Thu 8th November
Deadline: 10am, Wed 7th November

Tue 6th & Wed 7th November 2007 (5th Week)

WHAT'S ON / COMING SOON

超意返还功
CFQ for Beginners

Easy movements for health and peace

CFQ is a system which reduces stress and promotes relaxation and wellbeing. CFQ level one consists of a series of simple, relaxed movements.

Think tai chi, only much, much easier.

It is particularly suitable for people who have to spend a lot of time thinking and concentrating and find it hard to switch off afterwards.

There are two weekly CFQ classes in Oxford:

Monday afternoon, 2.00 - 3.30pm
Wednesday evening, 7.00 - 8.30pm

Also full day class Sunday December 2nd
Full details on **www.cfq.org.uk**

SERVICES OFFERED

Garden Maintenance
'Garden Angels' & 'Strim Fellows'

A great garden service in the Oxford area.
Experienced **gardeners, extremely** reasonable rates, prompt and friendly **service. Contact us now for a free quote.**

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EXPERIENCED PROFESSIONAL GARDENER for all aspects of garden care. www.gardenevolution.co.uk

ALEXANDER TECHNIQUE LESSONS, central Oxford and Headington. Student rates. Tel. 01865 765511. s.c@btinternet.com / www.hatso.com

GOING HOME? Got a lot of luggage / personal effects / papers? Don't pay airline prices. Don't lug it through airports and stations. U.K services available as well as foreign destinations. We can ship your personal effects back home at a fraction of the cost of airline excess baggage prices, and with none of the hassle. Free collection in the Oxfordshire area. R.M BAGGAGE SERVICES. RING FREEPHONE 0800 0184268

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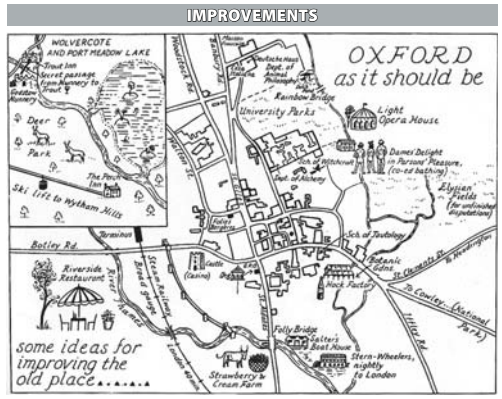
MAN WITH VAN - Local/national removals, house clearances. Affordable rates! 07767 027217

IMPROVEMENTS


WOLVERCOTE AND PORT MEADOW LAKE
OXFORD as it should be
Rainbow Bridge
University Parks
Light Opera House
Deer Park
The Perch Inn
Ski Lift to Wytham Hills
Botley Rd
Riverside Restaurant
Botanic Garden
Folly Bridge
Salter's Boat House
Stern-Wheelers, nightly to London
Strawberry & Cream Farm
Cowley Road
Iffley Rd
Oxford Rugby Union Football Club
Oxford Stadium
Oxford Ice Rink
Oxford Boat House