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HEALTH PRACTITIONER

ACUPUNCTURE

- A Safe and Natural approach for many health problems
- Comfortable, modern technique
- Initial Consultation at no charge

Stuart Greenleaf
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HEALTH/FITNESS

Bonnie can keep your nails beautiful. Sculptured nails, manicures and pedicures. Nail Designers, 1758 W 11th, Eugene, 344-6245.

Revive your body after the weekend

- HALF-HOUR TUB/HALF-HOUR RUB—\$15
- HALF-HOUR SAUNA/HALF-HOUR MASSAGE—\$15

GIFT CERTIFICATES AVAILABLE
Harwyler Center 687-2650

Certified Instructor

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KEN ROWLETT
345-4388



Experience Rebirthing! Heal, awaken, pleasure yourself through conscious breathing. \$15/session. Richard Grimaldi: 344-7604, 342-5472.

Warehouse & delivery person, entry level position. Part-time to start, full time by March. Organically Grown. 342-6296. EOE deadline: Dec. 2.

INSTRUCTION

Educational Management Services. Consulting-Instruction-Advocacy-Information for Preschoolers, Children, Adolescents, Adults having difficulty learning. 343-5363.

TIBETAN BUDDHISM

A rare opportunity to receive teachings from 3 great lamas

SATURDAY, NOV. 23
"The Heart Essence of the 3 Roots Initiations"

The Lama:
Rigdzin Dyuipa-Padmasambhava
The Yidam: Avalokitesvara
The Dakini: Dechen Gyalmo
2:00-6:00 PM
198 N. River Road, Cottage Grove \$10

SUNDAY, NOV. 24
Vajrayana Perspectives

(The quick path to reveal the true nature of mind)
"Foundations of Vajrayana Buddhism"
Chagdud Tulku Rinpoche, renowned meditation master, artist and physician; resident lama of Yeshe Nyingpo, Eugene/Cottage Grove.
10:00 AM-Noon

"Long Life Initiation and Teaching"
His Eminence Dzogchen Rinpoche, the exceptionally young master and vital link in the living transmission of Dzogchen.
2:00-5:00 PM

"Dharma—Good in the Beginning, Good in the Middle, Good in the End"

—relating the practice of Buddhaharma to the mantra of the Bodhisattva Avalokiteshvara:
Om Mani Padme Hung
Lama Sogyal Rinpoche, incarnate lama, scholar, meditation master and founder of Rigpa centers throughout the world.
7:30-9:30 PM

Hilton Hotel, 7th & Willamette, Eugene
\$20/day or \$7/session

FOR MORE INFORMATION CALL
942-8619 OR 345-3277

MASSAGE/BODY WORK

Therapeutic massage, Reiki and deep muscle work in a clinic setting. 8:30 am-8:30 pm. Kiya Smith, 343-7412.

For bodywork that compliments ongoing therapeutic process, for health and relaxation—Trager and massage. Lisa Anderson. 683-5336.

TOOTSIEGRAMS

Reflexology helps you help yourself wholistically. Free personalized chart with one-hour (\$15) session. Half-hour, \$10. Douglas Klappich, 485-6220, 344-6207 (Dr. Khalsa's Clinic).

A two-hour deeply relaxing Swedish style massage that relieves muscle soreness and tension from physical and emotional stress. Introductory price. Glenn Hansen, LMT. 687-0415.

HEALTHGIVING MASSAGE FOR WOMEN

Sharon Friedland LMT—Combines Therapeutic Deep Tissue Swedish with Acupressure. Helps alleviate tension headaches and muscular pain. 343-5487.

One hour of therapeutic massage with Mariene Varody, LMT who has 7 yrs. experience. Use of pool, sauna, steam and whirlpool before or after treatment. \$30/session.

Train your body to avoid injury with Harwyler Massage

Tunes the muscles and alignment before physical activity to prevent strain and mis-use
Improves a conditioning program
Hastens recovery after the weekend!

Harwyler Center 687-2650
Open Tue-Fri 2-10 pm

POLARITY THERAPY

David Koteen, LMT
343-2913

American Polarity Therapist Association

MEETINGS

Designer's Forum presents: Guest speaker Gene Gill, freelance illustrator and designer. Thursday, November 21, 6:30 pm, Maude Kerns Art Center, 15th & Willard.

IN MEMORIAM

For those of you who wish to join in remembrance of Dick Westerfield. We will gather at Eugene Center for the Healing Arts on Sunday, Nov. 24, at 2:00 PM. Address: 1094 Monroe St., Eugene.

Folk guitar (finger picking), frailing banjo with patient, enthusiastic teacher. All ages/levels. Emory Fox, 345-5119.

Voice lessons: all ages, learn to sing freely, with professional singer, state certified teacher. Connie Doolan, 345-4708.

Fender Stratocaster. Immaculate! Must see! Legend 50 watt Amp with Celestion Speaker in oak cabinet. Jim, 485-3697.

MUSICIANS

Wanted to form Soul/R&B band. If interested call me! Toni, 342-2853.

SINGLES DYNASTY

A special way to meet singles you select. 485-4113.

Womyns Teahouse celebrates one year! Musical cabaret! Friday, 11-22-85, 9:30 pm, 454 Willamette. Benefits OWL Farm.

Group marriage of three seeks woman (children too!) for long term friendship or partnership. If you're honest, fun-loving, value personal growth, healthy living, and community, call Allan, 345-5626.

Maria, I like your letter. Please call me after noon at 343-2052. Love, Paul.

Share comfortable house next to Rose Garden—rooms \$113 & \$88.50+. Music, good food. Larry, 683-8487.

Housemate, \$200 plus 1/2. Large room, private bath. Want responsible person. Nice home. Bob, 342-8169.

Mature, employed person, 37, seeking same to share quiet, custom, 3-bedroom home. Cal Young area. Includes utilities, washer-dryer, etc. \$220/month. 484-1547.

Housemates wanted at Center for Well-being, a small rural community and budding wholistic healing center. Rooms available in large sunny house. 20 minutes from Eugene. Organic gardens, woodshop. Vegetarian, non-smoking. \$115/month. 1-895-2953.

Mature working person or grad student wanted to share home in East Springfield. Large fenced yard, pets OK, \$125 plus 1/2 utilities. Randy, 726-6210.

Mature woman to share home. Large upstairs room, many extras. \$150 plus utilities. Let's talk. Linda, 343-8422.

TYPING—RESUMES

Super resumes and best electronic typing, word processing. Super resumes get the job. Tel. 686-0812.

ARTISTS/CRAFTSPEOPLE

Have your works photographed for shows, galleries and fairs, by David Stein, a professional photo illustrator, with reasonable rates. 345-7329.

Electrolysis: The safe and permanent alternative to unwanted hair. Terry Kay Myers. 2443 Willamette. 484-6959.

BUNS ON THE RUN 343-5605

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Croissant • Scones • Danish
• Sticky Nut Buns •

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687-1023

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RAINBOW JACKSON
Eugene Center for Healing Arts
344-0178

TRADES

Design and building. New const. & remodeling. 20 years exp. Dennis M. Riordan, 747-1569.

Once or twice weekly Reiki treatment in exchange for same. Brenda, 343-3635. Keep trying, please.

Rock & Roll Archeologist looking for other Big Beat scholars to help build the museum. Bob, 342-8169.

Wanted to buy—dead or alive—color TV portables and some consoles. 683-7488.

GENESIS WANTS BOTTLES

Genesis Juice Cooperative will buy your old Knudsen half-pint bottles for ten cents apiece. Bring them to 174 Almaden, Sun, Mon, Wed, Th, 10-6. 344-0967.

AN EVENING WORKSHOP with RAINBOW JACKSON

Getting the Answers to Your Questions
A Practical Guide to Horary Astrology

December 3, 7 pm, \$7
Location: 1392 Broadway
EUGENE CENTER FOR THE HEALING ARTS
344-0178

CLASSIFIED AD FORM

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NO REFUNDS!

5. Mail form plus payment or bring to:

335 W. 20th
Eugene, OR 97405
(between Lincoln & Lawrence)

Deadline: Thurs. 5 PM

Your Name _____

Phone _____

(For office use only)