

# CLASSIFIEDS

## AUTO

Schoolbus—1960 International 304 V8; 28 ft. body, and running gear very good condition. Also parting out 1970 VW bus. 683-1095.

1972 Volvo 164 E 4 speed, overdrive, radials, stereo—reasonable throughout; price negotiable to good home. A cruiser for the aficionado. 342-5500 (be patient).

## BUSINESS

### CPA, MSBA BUSINESS CONSULTANT

Taxes, accounting, bookkeeping, growth planning, management, personnel, alternative orientation. Leila Snow, 485-7206 eves.

## COUNSELING

### A SUFI APPROACH

Counseling in spiritual matters. Instructions in breath and breathing, concentration. Sheikh Krishnadas. 484-9574.

Professional counseling for women. Robin Hayden, certified counselor. 344-2912.

### WOMEN'S GROUP

Therapy group for adult children who have grown up in dysfunctional families including families with substance abuse and emotional or physical abuse or neglect. Focus on trust, addictive behaviors, self esteem, relationships, and family patterns as they influence adult life. Begins Wed., Jan. 28, 7-8:30 pm. Jill Wolf, M.S., 345-8818.

Counseling—Therapy—Individual, Couples, Group—Bulimia, Anorexia, Body-Image—Communication, relationships, self-esteem and sexuality—Bulimia group starts January. Barbara Weinstein, M.S. 344-7696.

Gentle, nurturing, inner-directed therapy. Recurrent issues, health problems. Energy work also available. \$20-\$30. Susan Pitcairn, M.S. 342-7696.

### STEVE PODRY, M.A., COUNSELING

My approach to the mysteries of emotional pain, bewilderment and discontent draws from the work of C.G. Jung and James Hillman. Sliding fee. Free introductory session. 683-1351.

### COUNSELING & PSYCHOTHERAPY INDIVIDUALS COUPLES GROUP



- RELATIONSHIPS
- DEPRESSION
- ANXIETY
- STRESS
- CAREER
- PARENTING
- MID-LIFE CRISES
- WOMEN'S ISSUES

• ADULT CHILDREN OF ALCOHOLICS  
• COMPULSIVE EATING  
• SEPARATION • DIVORCE  
• ABUSE THERAPY: Sexual, Emotional, Physical  
• MEN'S GROWTH & AWARENESS  
• BIOENERGETIC THERAPY  
12 years experience in Eugene  
L.G. FRANKEL-PODOLSKY RCSIW  
INSURANCE ACCEPTED • 344-4278



### BRIGHT WINGS CANCER SUPPORT CENTER

Winter Classes

Adult Grief Support Group  
Children's (8-13) Grief Group  
Walk for Health  
If a Friend Has Cancer  
What Can I Do?  
Starting Your Will  
Supporting the Dying  
and Their Family

Call 342-6053 for information on class times, locations and fees. Classes begin week of January 12.

### HAVE A TOUGH TIME WITH THE HOLIDAYS?

Unresolved feelings?

Isolated, lonely,  
not quite sure how you fit in?  
JOIN US FOR A SUPPORT GROUP

- Learn how to give and receive feedback
- Share feelings
- Build self esteem
- Become more assertive

Women's and mixed groups, starting Mon. & Thurs., week of Jan. 12. 10 weeks/\$10 per session. Call for reservations and intake interview.

Sue-Lin Simons-Bobrowski, M.S.  
683-8909

### WOMEN'S GROUP

The essence of this group will be discovering our unconscious beliefs through the use of dreams, drawings, and imagery while building a family of women in the spirit of mutual support, acceptance and encouragement.

The group will be led by Kathy Weinman, MA, MS, who will draw from her work in group therapy with Elisabeth Kubler-Ross, MD and from her studies in Jungian Psychology.

Begins Tuesday, Jan. 13, 7-9 pm  
\$12 per week. Preregistration required.  
CALL 683-7473

Sometimes it helps to have a listening ear. Call me. I'm the new kid on the block. Stress Management, Decision Making, On-going Therapy, Supportive and Caring Counseling.  
Sue-Lin Simons-Bobrowski  
683-8909

### NURTURING, SUPPORTIVE COUNSELING

Learn the tools to heal yourself and actualize your potentials. Personal growth, creative blocks, dreamwork, women's issues and disability issues. Leigh Files, M.A., 683-4483.

### Assertiveness Training For Women

This one-day seminar will assist women in:

- understanding the differences between assertion, nonassertion, aggression;
  - identification of personal rights;
  - reducing irrational thinking, excessive anxiety, guilt and anger
- through information sharing and the practice of assertive behaviors.

DATE: Saturday, January 24  
TIME: 9:00 am-3:30 pm  
COST: \$35.00

For reservations, contact  
Karen Howell, M.A.  
Mary Ann Klausner, M.A.  
341-6551



### Transformational Counseling

Client concerns include: conflicts of relationships; overcoming anxiety/depression; stress management; issues surrounding compulsive eating. \$25 sessions.

Ronnie Goodson, B.S. 935-3069

## FOR RENT

### OFFICE SPACE

for experienced bodyworker with clientele to rent with established group practice on full or part-time basis. Integrative Therapies, 683-4483.

Beautiful room, separate entrance, loft, skylight, close in. Share bath, kitchen w/grad student, son. Semi-furnished, \$165. Female preferred. 344-5751.

\$160 mo. plus electric, secluded rustic backwoods cabin. No dogs. Long footpath. 85334 McBeth 97405.

## FOR SALE

Immaculate 2 BR English cottage. French doors, hardwood and tiled floors throughout. Trees, shrubs, herb & Japanese gardens on 1/2 acre, fenced. \$48,500. 688-2587.

1981 Honda Passport Scooter. Low miles, very good condition. \$375. 935-3255.

### ESTABLISHED IMPORT CAR SERVICE

Eugene's Honda car specialty shop available. 7 years in yellow pages. Solid clientele with good records. Great opportunity! 484-4556. Leave message.

### PROFESSIONAL MASSAGE TABLES

Portable • Adjustable  
3 Year Warranty

Starting at \$195  
Call... 343-0309

## HEALTH/FITNESS

### EUGENE FENCERS CLUB

Classes begin this January  
FOIL—EPEE—SABRE  
Roosevelt Junior High  
Monday & Wednesday  
6:30-9 688-6424



1315 Willamette  
EUGENE YOGA CENTER

REGISTER NOW  
CLASSES MEET WEEKLY  
STARTING JAN. 12-16  
485-6220.

### Certified Instructor

Classes  
Individual

KEN ROWLETT  
345-4388

### Winter Classes

Beginning Yoga  
Wednesdays 6-7:30 pm Begins Jan. 14  
Friends Meeting House Childcare available  
10 weeks/\$50

Intermediate Yoga  
Mondays 6-7:30 pm Begins Jan. 5  
Friends Meeting House Childcare available  
12 weeks/\$60

### SKIERS!

Want to try a new lift? Let the art of massage undo the effects of the "Mogul Mouse"! Brittany McDougal, L.M.T. 345-6679.

### COLD? FLU? FEELING RUN DOWN, DEPRESSED?

Treat yourself to a JIN SHIN DO® acupressure session, a safe, gentle way to enhance your body's natural healing.

ANNE COOK, M.S., L.M.T.  
342-2297, 895-3746

## GETAWAYS

Beach cabin for rent. Recently remodeled, nice location, well furnished. Sleeps 10. Reasonable rates. 344-6918.

THE OREGON HOUSE, 10-30% DISCOUNT  
Beach cottages and studios, couples, families, groups, meeting room, sandy beach, forest, 16 mi. N of Florence. 547-3329.

Coastal Getaway—Bandon-by-the-Sea. Kitchen, c/c TV w/Showtime, natural wood, open beam, skylights, deck, incredible harbor view. In historic old town. Day/week/month. 347-9632.

### BED AND BREAKFAST SEMINAR

January 17  
342-5346

## INSTRUCTION

INTRODUCTORY NLP WITH JUDY FRANCIS  
New class beginning Thurs., Jan. 22, 7-10 pm. Roosevelt Middle School. Call Rosemarie Hazen, 686-2058. 10 weeks/\$150.

### CERAMICS: CLASSES/WORKSHOPS

Classes with open studio begin Jan. 13 and 15. Low-fire workshop (Linda Whiteman) begins Jan. 19; colored porcelain workshop (Allan Kluber) begins March 7. Call Maude Kerns Art Center, 345-1571.



D'VORA  
Belly Dancer  
Extraordinaire  
Parties • Classes  
Bellygrams

- Experience your feminine power and beauty.
- Experience the freedom of self expression.
- Experience the ancient art of belly dance.

Classes Now Forming  
344-4256

### THEORY OF EXPERIENCE Norma Cordell

A year-long training (with Vacation Breaks) in the dynamics of personality and the basics of individual therapy.

Part One: The emotional anatomy of the human infant from conception to five years of life. This is an in-depth look at physical and emotional development.

Two: Defining and examining core issues and the development of the defense system.

Three: The study of body structure and its relationship to defense; Body reading; Organizing and disorganizing.

Four: The impact of social dysfunction: Incest, AIDS, alcoholic families, prisons, and western education.

Five: The spiritual quest as personal integration. The art of dying and its place in personal growth, and counseling. The mid-life crisis: searching for our purpose as adults.

This class is created for the professional service oriented person such as Doctors, teachers, LMT's, etc. or clients in process therapy, or students of psychology, social work and/or counseling. College credit, \$15 per class, commitment required. 344-0178. Jan. 21, 7-9 pm. Spaces go fast, register as soon as possible.

ECHA, 1309 Willamette.

## MASSAGE/ BODY WORK

M'cean's style—not just another massage, as deep as you'd like. Hatha Yoga classes. 343-1961.

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

### BE GOOD TO YOURSELF

MAKE CHIROPRACTIC CARE A NEW YEAR RESOLUTION.

FREE INITIAL EXAM (x-rays not included)

DR. JUDITH BOOTHBY  
Chiropractic Physician  
595 W 8th  
Eugene, OR  
344-4191

QUALITY INDIVIDUALIZED HEALTH CARE

coupon expires 1-31-87

Healing massage for women: Experience Swedish, acupressure and deep tissue work for release and relaxation. Kiya Smith, L.M.T. 343-7412.

Jin Shin Do® acupressure, massage. Relieves pain and stress, promotes healing. Anne Cook, L.M.T. 342-2297, 895-3746.

### WOMAN AT WORK

Deep, therapeutic massage—yet with sensitivity and attention. 8 years developing a system that delivers some of the deepest bodywork around, utilizing the body's logic.

Cynthia Muntwyler  
Harwyler Center  
687-2650 Hours 2-10 PM Tues-Fri

### Acupressure • Reiki • Reflexology

- Deep relaxation
- Relieves pain & stress
- Restores a balance of energy
- Promotes healing

Shoshanah Thielle 688-1567

If you have recurring back, neck or shoulder pain, read this...

HARWYLER BACK THERAPY is an effective blend of deep tissue release and stretching, which lengthens chronically contracted muscles and allows the space needed for normal placement of bones and organs.

Imagine trying to fit a tent pole (spine) in a shrunken (contracted) tent (body).

For an appointment call  
Jake Harris, L.M.T. 687-2650  
Hours 2-10 Tues. thru Fri.



Heidi Timm  
343-7667  
Licensed

SWEDISH & DEEP TISSUE MASSAGE to relieve emotional & physical tension, rejuvenating & deeply relaxing. Gift Certificates.

### David Koteen, LMT

member of American Polarity Therapist Association  
approaches each person as an individual with unique needs. From his background in Polarity Therapy, Massage, Yoga, Nutrition, and Movement Studies, he works to create and maintain relaxation, relief from pain, awareness and overall health in each client.

"The foremost axiom in my practice comes from my principal Polarity teacher, Pierre Panetier": Always give the best of your love. Always give the best of your knowledge.

For Appointment  
343-2913

## MEETINGS



### OPEN SUFI CLASS

Breath, sound, movement, practices, readings, questions, divine events  
Wed. 7:30-10:00 \$2-\$5

Ceremony of Remembrance (Zikar)  
Thur. 8:00 \$1

1991 Garfield 484-4574  
SHEIKH KRISHNADAS CHISTI  
SUFU ISLAMIA RUHANIAT SOCIETY

## MUSIC

Electric piano, fender and Roades full keyboard, Sun amp, PA, equalizer, speaker and stool. All excellent condition. Sell all, reasonable offer. 485-8597, 747-4908.

"Rhythm...the heartbeat of the people"



### Drum Circles

8-9:30 pm Begins week of Jan. 12

Tues.—Beg.  
Thurs.—Adv. Beg.

9 weeks—\$45.00

Preregistration Required

Bob Cruikshank 343-1747

### VOICE LESSONS

Need help with tension, tone, breathing?

Let's work together to make you a more relaxed, confident and expressive singer!

First lesson free.  
Eve Powers, A.R.C.T.  
(Associate, Royal Conservatory of Toronto)  
683-2383

## PERSONALS

I'd like to meet a man 30's-40's with a developed sense of integrity, compassion and curiosity, someone with intellectual and spirited interests. I'm a professional but not a careerist, secure about my looks/personality. I'm looking for a committed relationship and/or new friendships. I enjoy dancing, New Dimensions, skiing, hot springs, classical music, ethnic cuisine, etc. Box 743, OR 97440.

Nice looking W/M 35, skilled tradesman with good job. Artistically inclined: painting, drawing, sculpture, guitar. I also enjoy bicycling, kids, daydreaming and more. I'm looking for a lady friend with similar interest. WH #0108A.

## ORNL NLP

311 SW B AVENUE, SUITE C • LAKE OSWEGO, OREGON 97034  
99 WEST 10th STREET, SUITE 222 • EUGENE, OREGON 97401

### BE ON THE LEADING EDGE OF COMMUNICATION TECHNOLOGY IN:

- Business
- Education
- Therapy
- Management
- Marketing
- Sales
- Medicine
- Relationships
- Law

NEURO-LINGUISTIC PROGRAMMING is a highly advanced and comprehensive approach to effective communication. With NLP, you can learn about the various ways people perceive their world and how to recognize these processes, thereby enabling you to make successful communication a conscious choice.

January 13, 1986 — 7 pm  
Evening Introduction To NLP

Questions and answers regarding the applications and technology of Neuro-Linguistic Programming.

NO CHARGE

January 24 & 25, 1987 — 9-5 pm  
Two-Day-NLP-Workshop

This workshop is specifically designed to introduce the technology of Neuro-Linguistic Programming. During the 2-day workshop the Participants will learn specific parts of the technology and practice the applications. This is a hands-on experiential seminar; the participants will "LEARN BY DOING", thus aiding in the integration and understanding of the material.

Tuition \$250.00

Enrollment is limited  
For reservation and further information call (503) 636-8339

