

CLASSIFIEDS

ARTS/RAFTS

MAKE YOUR OWN CANDY!
Must sell—all candy molds \$1.00. Pastel coatings \$1.75 (except chocolate/vanilla). Charlene's Candies, 775 Monroe 97402.

AUTO

VW camper—1971. Very clean. Rebuilt engine has 30,000 miles. Disc brakes. \$1900. Robin, 689-1770.

COUNSELING

A SUI 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.

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.

EFFECTIVE COUNSELING
Help with decision-making, divorce, unproductive habits, social skills, sexual problems, love addictions, spiritual growth, reduction of misery. \$25 hour. Work estimates. Elizabeth C. Lyon, M.A., 345-5536.

DO WOMEN LOVE TOO MUCH?
Relationship improvement group for women. Lois McClellan, MS, Alissa Joerger, MS. 484-4771.

WOMEN WHO LOVE TOO MUCH
Friday morning group forming. Also openings in Wed evening group. Therapy/support groups facilitated by Elizabeth Lyon, MA. \$6/session. 345-5536.

MITZI LINN—PSYCHIC/HEALER
Comprehensive tarot readings, past life regressions, hands-on healing; spiritual and practical perspective. By appt. 345-0233.

COUNSELING: LINDA STORK, M.A., M.S.
Women, children, adult children from dysfunctional families, holistic approach, \$25 an hour, evenings only. 345-1073.

Intuitive counselor available. To assist in life problems. 20 years exp. Joan James, 343-5095.

Drop-in Rebirthing Group Tuesdays, 7 pm. \$15 individual, \$25 couple. William Group, counselor. 341-4649.

Tarot heals, and puts things in perspective. Tarot is fun. Readings for women by Samantha. Readings for men by Gordon. 484-4731.

ALCHEMICAL HYPNOTHERAPY
is an exciting synthesis of interactive process therapies (Gestalt, Psychosynthesis, Jungian dreamwork, ...). Work with your "inner child," "sub-personalities," and "spirit guides" in a fun and productive process. A free brochure, manual of practical technique (\$5), individual sessions (\$35), and a process/study group for therapists (Tues., 7:30 pm, \$10/wk., Eugene) are available. John R. Bola, C.H.T. 895-4358.

Personal Supportive Counseling

Call Us. We Care.
Eugene Counseling & Hypnosis Ctr.
683-8909
Professionally Trained Staff



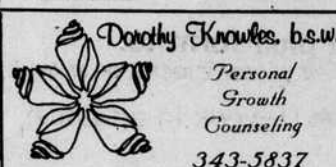
There are crucial forks in every road—which path, which direction to follow? My desire is to be a helper at the crossroads—a companion. Sharing the journey, facilitating your growth and ability to make healthy choices. \$25 per session.
Ronald Goodson, B.S.
345 W. 13th #4—935-3069

MEDIATION COMMUNICATION TRAINING

Couple & Group Facilitation
Skill Building Workshops

Conflict Solutions

Suite 329 The Atrium 485-5553



Openings for short-term intensive counseling. Emotional healing and intuitive development: individuals and couples.

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

ASLAN HOUSE COUNSELING CENTER

Low-Cost Professional Counseling
344-0620
Counseling Group for ADULT CHILDREN OF ALCOHOLICS begins February 19

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.

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

WORKSHOP SPACE
Insulated garage, alley access. 600 square feet. \$150/mo. plus utilities. 683-5522 or 687-0040.

FOR SALE

Meditation supplies: cushions, mats, incense and more. Eugene Buddhist Priory, 2255 Hilyard, 344-7377. T.W.Th 10-5:30, Sa 10:30-3:30.

Like new Boy's beginner Schwinn bicycle (\$85.00) and tricycle (\$16.00). Lovely antique wicker couch and chair (\$400.00). 688-2587.

REFRIGERATOR

GE frost-free. New. \$290. 683-3446.

Absolutely top of the line drum set. Wood finish Ludwig w/Zildjians. \$2000. 344-2477.

Campfire Candy now available. Four varieties. \$2.50 each with a \$2.00 Pietro's Pizza coupon. Call 343-5429 evenings after 6 or weekends.

PROFESSIONAL MASSAGE TABLES

Portable • Adjustable
3 Year Warranty

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

HEALTH/FITNESS

FRESH WHEAT GRASS JUICE NOW AVAILABLE
... 15 pounds of fresh wheatgrass is nutritionally equivalent to 350 pounds of garden vegetables... (wheatgrass) is said to heal tissues, purify the liver, improve blood sugar, and generally help flush out ingested toxins... (Mother Earth News). And fresh wheatgrass juice is now available in 2 and 4 ounce sizes. Call Genesis Juice, 344-0967.

Metabolic Therapy

Computerized nutrition for the individual to determine deficiencies and imbalances in body chemistry... an in-depth study of bodily functions. An exciting way to reach optimum health!

Daisy Lewis 341-6562

Tilchin Chiropractic Center
74 E 18th—Suite 12
Eugene, OR 97401

Certified Instructor

•Classes
•Individual

KEN ROWLETT
345-4388

COLDS? 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

still the best deal in town:

- HALF-HOUR TUB/ HALF-HOUR RUB—\$16
- HALF-HOUR SAUNA/ HALF-HOUR MASSAGE—\$16
- DEEP TISSUE BODY THERAPY—\$25/hr

hand-lettered gift certificates

Harwyler Center 687-2650

HELP WANTED

Looking for person skilled in embroidery work—primarily satin stitch. Samples please. 686-9409 for appointment.

The New Zoo is getting ready for this spring's event. All individuals and groups interested in Wildlife Conservation are encouraged to participate. Bob, 342-8169.

Advertising salesperson for bicycling publication. Commission basis. Must have interest in and knowledge of bicycling and the local market. Experience preferred. Send resume and photo to Willamette Flyway Committee, P.O. Box 344, Eugene, OR 97440. Deadline Feb. 6.

GETAWAYS

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.

BLACKBERRY INN

Bed & Breakfast
Scal Rock, Oregon
Walk to the beach. Country setting. Private entrance. Hot tub.
Non-smoking Adults.
P.O. Box 188 — 563-2259

INSTRUCTION

Introduction to Tibetan Buddhist Psychology

This 10-week course will examine the rudiments of Tibetan Buddhist psychological theory and its application to the development of individual emotional clarity. We will also explore the Buddhist approach to neurosis and its understanding of seduction, ignorance and aggression.
Tuesday, February 17 7:30-9 pm
\$10 per class, pre-registration required.
Call Nancy Clark at the Eugene Center for the Healing Arts, 344-0178.

MASSAGE/ BODY WORK

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.

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

Healing massage for women; experience Swedish, acupressure and deep tissue work for release and relaxation. Kiya Smith, LMT. 343-7412.

1½ HR. MASSAGE \$23.00

Treat yourself or loved one. Relaxing, therapeutic massage. Cindy Koster, licensed, 8 years experience, 485-4642.

Massage... you owe it to yourself. Ten years experience. Vicki Ayres Kieles, R.N., L.M.T. 344-1807.

Experience exceptional and creative deep-tissue massage by M'ocan. Licensed. Yoga (hatha) classes. \$5 drop-in. Certified instructor. 343-2745.



Gail Bulletset
342-3347

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

Shoshannah 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, LMT, 687-2650
Hours 2-10 Tues. thru Fri.

NEWBORN MOMS & MOMS-TO-BE

Include massage as part of your pre/post natal care. I can structure a program for you to help relax the physical & emotional stresses that are common with normal pregnancy and post partum "blues." As a once certified Bradley R method childbirth instructor and coach, and a two-time mom, I approach pregnant clients from a holistic attitude which includes a medical and psychological understanding of the Miracle of Birth. Please call Brittany McDougal at 345-6679 for more information.
*subject to physician's approval

Marlene Varady, LMT offering Therapeutic Massage with 9 years experience. Have worked with chiropractors and Downtown Athletic Club. \$25/hr. Portable massage tables for lease. 683-5018.

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 Parnetier": Always give the best of your love. Always give the best of your knowledge.

For Appointment
343-2913



A non-violent approach to deep Body Work that integrates physical and mental well being.

Experienced with Reichian Breathing and Gestalt

- Not a Massage—
- Offering sessions that specialize on headache/back problems.

Call Anna 345-7167
—leave message

TRAVEL

GET BUMPED?

Cash paid for United and Western "bump" tickets. John, 484-5642. Can leave message.



A TRAVEL ALTERNATIVE

Comfortable sleeper coaches.
Safe, reliable. Hot Springs.
Good food, good company.
SEATTLE \$25; SF \$39; LA \$59

The Green Tortoise goes to Mardi Gras

Come on babies, grease your lips, grab your hats, and swing your hips, let the Green Tortoise just for kicks, take you to the Mardi Gras.

It's time again, party across the southwest in laid back Green Tortoise style, with cook-outs and campouts on the way. Enjoy the beautiful deserts of Arizona, lay back in a hot springs on a warm New Mexico night and count the stars, camp out near the big Texas skies of Big Bend National Park. We'll take a day to enjoy the hiking trails and take in the splendor and beauty of this special place.

We spice this trip with runs across the Rio Grande into fun Mexican border towns, then it's on to New Orleans for days and nights of dancing in the streets, wild and crazy people and fun parades, and the sometimes bizarre street scenes of the French quarter, or slip off to the quiet side of old town and enjoy the romantic jazz-filled air of a New Orleans night.

The bus will set up camp right next to downtown close to everything. A great place to stay, you can walk or ride the trolleys or take paddlewheel steamship rides up the river. There are many wonderful things to see, and fun things to do! When the party is over on Fat Tuesday Midnight, we will gather up our friends and our memories of our wild and fun times in this romantic city and cruise for home. There will be swim stops and hot springs soaks on the way home too.

The party of the year, a special trip for only \$249 round trip. First bus leaves Eugene on Feb. 19 and returns March 10th. We also offer a shorter trip. Call your local Green Tortoise travel agent for more info at 937-3603 or 344-RIDE.

MEDITATIONS

Weekly meditation: Thursday eve, 7-8:30; Friday noon, 12:15-1 pm. Newcomers welcome. Love donation. Call Joan, 343-5095.

MEETINGS

Eckankar, open discussion, "Consciousness Five," Feb. 2, Monday night, 7:30 pm, 315 W 13th. 343-2657.

THE BAHAI FAITH

Religion for All Peoples. For schedule of regular informational meetings call 344-4666, 344-3173, 688-4682, 726-1797.

First Community Village General Meeting of 1987! Wednesday, Feb. 4, 7:30 pm, at Grower's Market (454 Willamette). Childcare provided. Questions? 343-1452.



You're Invited to the Lane County Women's Yellow Pages

"PUBLICATION CELEBRATION" A SPECIAL NETWORKING EVENT

Thursday, February 12, 1987
4:00-9:00 p.m. Lane County Convention Center, Conference Rm. 1, 13th & Madison - Preregistration Fee: \$3.00 (registration at the door \$4.00)
Call 484-5454 for more information



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 484-9574
SHEIKH KRISHNADAS CHISTI
SUFIS ISLAMIA RUHANIAT SOCIETY

WORKSHOPS

PSYCHIC AWARENESS WEEKEND—FEB. 7 & 8
Led by Mitzi Linn. Sponsored by LCC Adult Ed. Cost \$28. Preregistration-information: 345-0233.

ANCIENT SYMBOLS

The Healing Arts of Tarot and Astrology
Rooted in the age-old traditions, Astrology and Tarot are designed to awaken our intuition. The focus of this eight-week class will be to blend these symbols to enhance our trust in our own inner image.

- Planetary Imagery
- Visualization and Play
- Creating our own Cards

No previous knowledge of Astrology and Tarot necessary

BEGINNING TUESDAY, FEB. 10 7-9 pm
\$12 per session—Preregistration required

Susan Dearborn Jackson Felice Nienstein, MS, LMT
686-8578 344-0178
Offered through the Eugene Center for the Healing Arts

The Northwest Institute for the Creative Arts Therapies
33 E. 20th Ave.
Eugene, OR 97405
503/683-4483

SATURDAY WORKSHOP A Creativity Playshop

Free your creative child! Express yourself in music and art as you learn techniques and principles that spark your innate creativity.

Sat., Feb. 7 10 am-4 pm: \$35

Leigh Files, ATR, 683-4483
Linda Spangler, M Mus, 683-6280
\$10 preregistration deposit by 2/5



The Point of CONTACT IMPROVISATION

A full day workshop with Karen Nelson for EXPERIENCED and BEGINNING Contact Practitioners.

We will look into ourselves and our motivations for dancing to explore WHAT actually moves us and WHY. We'll start with a question and allow our experience to begin to unfold the answers.

Expect a full day of dancing and discussion.

10 am-5 pm Sunday, Feb. 15
Condon School Auditorium, Sliding Scale \$25-40
Please preregister. Call Karen, 344-0178 or 342-3273.