

HEALTH/FITNESS

Sunbathers!

On warm afternoons, Onsen has a great alternative to driving to the beach. We provide you with sunny privacy, and a cool tub of bubbling water. It's just like your own private ocean—without the sand. Here's the deal: 2 people, 2 hours only \$11 from noon 'til 5 p.m.



Taking reservations noon until 11:30 pm weekdays, until 12:45 weekends. Call 345-9048. 1883 Garden Ave., Eugene

HELP WANTED

Needed: Genesis Juice is now seeking applications for production and/or maintenance workers; minimum wage; great potential. Call Genesis Juice, 344-0967.

Make Peace Your Job. CALS is hiring canvassers, full or part time. Training provided. Galuchi-style, cooperative workplace. Women and minorities encouraged to apply. Call Mickel, 343-8548 or 345-0359.

ORT is looking for an Artistic Director for next season. Must be skilled director, arts administrator and motivator. Deadline July 24. Call 485-1946 for information.

Quadruple care, \$120 for 3-day week. Great boss, nice surroundings, lotsa driving, cute son 15, relaxed atmosphere. For special experienced person. 344-1993.

INSTRUCTION

SUMMERDANCE

Gwen Curran presents creative experiences for ages 3-adult. July 20-30—\$25. Teacher classes—\$50. Register/info, 686-2650.

Summer Science Enrichment for Children at WISTEC

Explore WISTEC's backyard. Learn more about Nature, Science and Art through classes like: KALEIDOSCOPES • DINOSAURS • RECYCLING • NATURE DISCOVERY • ROCKETS • COMPUTERS • VOLCANOES • PRE-SCHOOL SCIENCE DISCOVERY.

Classes are mornings and afternoons. To receive a schedule stop by WISTEC or call 687-3619.

MASSAGE/ BODY WORK

KAREN L. "KATE" McCOY

Therapeutic Massage, \$20 for 1 1/2 hr. session. 8 am-8 pm every day except Thursday. 485-5972.

REJUVENATING MASSAGE FOR WOMEN

Combining Deep Tissue Swedish and Acupressure: specializing in relieving shoulder, neck discomfort and headaches. Sharon Friedland, LMT. 343-5487.

Massage and acupressure, emphasizing the uniqueness and wholeness of your self. Donna Mast, LMT. 485-2826.

Let yourself relax with a massage! "Celebrate Summer" discount thru July, \$5 off. 10 yrs. experience. Vicki Ayres Kielas, R.N., LMT. 344-1807.

Deep, precise, gentle, eclectic body work. Stress management/relaxation training: Nursing and counseling background. Women's introductory discount. Robin Rose, licensed. 683-3634.

Undeniably fantastic deep-tissue massage by M'cean (licensed masseuse). She locates tension easily, diminishes pain effectively. 342-1038.

TRAGER SESSION

for appointment

CATHERINE TRAVIS, L.M.T.
Certified Trager Practitioner
Eugene Medical & Prof. Bldg.
342-5775



Insight Bodywork

Insight Bodywork is a process developed over the last 15 years by Anna Glasermann incorporating a variety of massage techniques and Vipassana guided meditations.

•Physical and psychological blocks are caused by the deep tendency of the mind to grasp onto pleasant experiences and push away unpleasant ones.

•Insight Bodywork helps bring out unconscious psychological states and corresponding body sensations which inhibit one's energy flow. Deep release comes about when one can observe these while in a state of relaxation.

•Insight Bodywork is complemented in the sessions with the deep tissue therapy of Postural Integration, Gestalt, and Reichian Breath Work.

INDIVIDUAL SESSIONS
90 Min. \$35
MEDITATIVE MASSAGE
One Hour \$25

Anna Glasermann
686-6783

Therapeutic massage, relaxing and nurturing touch. Jennifer Horton, LMT. 689-5393.

MASSAGE HEIDI TIMM

LICENSED

A PRACTICAL MUSCULAR FOCUS • INTUITIVE ENERGY WORK • ALIGNMENT • RELAXATION IMAGERY • EMOTIONAL ISSUES • SPORTS/DANCE INJURY



689-1897

WHY CHOOSE HARWYLER

When we say deep tissue, we mean deep

We have effectively treated back, neck, headache & shoulder problems for over 8 years

Sauna, Jacuzzi, Backswing available

Open Nights 2 pm-10 pm Tues-Fri

There are 2 of us, so bring a friend

1/2 HR JACUZZI 1/2 HR MASSAGE \$16
DEEP TISSUE THERAPY \$25 PER HR

HARWYLER CENTER
687-2650

Direct billing of insurance in cases of auto accident



JIN SHIN DO ACUPRESSURE

• relax
• relieve pain & stress
• promote healing
• balance body/mind energies

ANNE COOK, MS, LMT
342-2297, 895-3746

Special: \$5 OFF First Session

MEETINGS

THE BAHAI FAITH

Uniting the World. For schedule of regular informational meetings, call 344-4666, 344-3173, 688-4682, 726-1797.

MUSIC

Voice lessons: Sing freely. Professional singer. State certified teacher. Good with kids. Connie Doolan, 345-4708.

Saxophone lessons with Carl Woideck. Learn to play this summer! All ages/levels. 343-6401.

Michael Harrison now accepting students for summer only. Piano (classical, jazz, improvisation), Composition and Theory. 12 years experience, concert and recording artist. 343-6573, 683-1947.

Children's Musical Arts

Instructor: Emmy Fox. T & Th, 5 sessions, starting Aug. 11. 4 yrs, 10-11 am, \$30. 5 yrs, 11 am-12 pm, \$30. 6-8 1/2 yrs, 1:15-2: