

# WINTER TERM CLASSES

## CREDIT CLASS

### WOMEN, RELIGION and FEMINISM

Is our humanity becoming subverted by a sexist religious heritage? We will explore this and other related questions by examining alternate interpretations of selected religious writings from the Judeo/Christian tradition.

**MEETS** Jan. 9 - March 8  
Tues./Thurs., 3:30-5:00pm  
137 Gilbert, UofO campus  
**3 CREDITS** TLN 4964, WST 400

### HOW TO REGISTER

Register Jan. 4 and 5 at McArthur Court during winter term registration at the Women's Studies department. Non-UofO students contact Community Education at 686-5614.



## NON-CREDIT CLASSES

### INDIVIDUAL YOGA PRACTICE

Practicing Hatha Yoga regularly benefits your health. The aim of this class is to help each member develop a personally relevant routine of Yoga Asanas. Personal goals, abilities and constraints will be factors on designing individual routines. Increased strength, flexibility and poise are among the goals attainable through daily practice.

**MEETS** Jan. 18 - March 15  
Thursdays, 5:00-6:30pm  
UofO campus

**FEE** \$15.00 \*Non-UofO students may need to purchase a building pass.

### BE YOUR OWN FINANCIAL PLANNER

Financial planning is not for the wealthy only. To not plan your finances is to ignore your future. Take control! Here is a do-it-yourself course in which you will develop an understanding of the basic concepts involved in the financial planning process.

**MEETS** Jan. 13 - March 10  
Saturdays, 9:30-11:30am  
UofO campus

**FEE** \$25.00

### WEATHER FORECASTING

This course introduces you to basic meteorological principals and teaches you to use your own senses to recognize changes in the weather. You will understand this course easily if you have a basic knowledge of North American geography.

**MEETS** Jan. 8 - March 5  
Mondays, 3:30-5:00pm  
UofO campus

**FEE** \$8.00

### A MOVING EXPERIENCE

Celebrate the joy of movement and playfully connect with others in this lively experimental class. In a non-judgmental, open atmosphere we will learn to turn off the mind and get in touch with the body. Non-verbal partner exercises and non-competitive play will help participants to trust others in the group, take risks and dance spontaneously.

**MEETS** Jan. 10 - March 8  
Wednesdays, 6:30-8:30pm  
UofO campus

**FEE** \$10.00 \*Non-UofO students may need to purchase a building pass.

### AIKIDO

Aikido is a combination of the disciplined study of self-awareness and the harmonious blending of body, mind and spirit. This non-aggressive Japanese martial art places emphasis on centering, balance and relaxation, as well as on self-defense techniques. Training is designed to reduce tension, increase flexibility and heighten awareness of inner energy (called "Ki" in Japanese).

**MEETS** Jan. 9 - March 8  
Tues./Thurs., 7:00-9:00pm  
Gerlinger Annex B-52, UofO

**FEE** \$25.00 \*Non-UofO students may need to purchase a building pass.

### METAPHYSICAL WISDOM

This **FREE** on-going workshop will explore ancient and modern metaphysical wisdom in order to expand participants' minds and increase their knowledge of psychic development, the human aura, astral traveling, meditation and astrology. We will also study the seven levels of consciousness, different forms of yoga and self protection through visualization techniques.

**MEETS** Jan. 17 - March 14  
Wednesdays, 3:30-5:00pm  
Gilbert 107, UofO campus

**REGISTER** at Innovative Educational Development in the EMU, M110 UofO. 686-4305

This course is **FREE**

### THE PIANO: THE INSIDE STORY

Do you know what to look for when buying a piano? Do you know what the piano needs in the way of maintenance? Do you think Mozart would have written differently for the piano of he had been composing on the concert grand of today? Based on the needs of the students attending, this class will explore these questions and more.

**MEETS:** Jan. 18 - March 15  
Thursdays, 7:00-8:00 p.m.  
U of O campus

This class is **FREE**  
Register at in EMU, M110, U of O, 686-4305

### HOW TO REGISTER and pay course fee

Drop by our table in the main lobby of the EMU January 4 and 5 during winter term registration  
After registration, come by our office during posted office hours in the EMU, Mezzanine 110. Cash and check accepted.

## YOU CAN TEACH

We offer unique teaching opportunities to qualified students, faculty and non-student community members. We encourage ideas for courses from all disciplines and support innovative teaching techniques. Bring your ideas to the Innovative Education office. Our staff will assist you in preparing and structuring your class. All courses for credit require faculty sponsorship. This offers student instructor the benefit of faculty guidance and expertise. You can also earn up to 3 credits teaching a class. Unlike courses for university credit, non-credit classes and workshops do not need a faculty sponsor. Instead, set up your class through our office.

FOR MORE INFORMATION contact:

**INNOVATIVE EDUCATIONAL DEVELOPMENT**

University of Oregon Erb Memorial Union Mezzanine 110 686-4305