

SPRING CLASSES

■ NON-CREDIT CLASSES

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: prepare your own financial statement; understand the time value of money; analyze your risk management; learn about personal income tax planning; understand your own retirement plan; identify the equity and income investments presently held in your portfolio and determine whether or not they are appropriate.

MEETS April 7 - June 2
Saturdays 9:30 - 11:30am
UofO campus

FEE \$25.00
NON-CREDIT course
INSTRUCTOR: Dave Horton

EXPLORING POSSIBILITY "a metaphysical journey"

Come journey together as we explore various ways to contact your divine Higher Self, to tap those levels lying dormant for years or a lifetime. Bring understanding back into your awareness. Discover the God/Goddess within.

Connecting with our Superconscious Self we understand our world, our being, our purpose. Inner source connection enables us to discover and maximize our life path.

We each have a vision. Peace, love and happiness are not "out there." Until we reflect "personal peace," world peace won't happen. We are Them.

You are perfect, whole and complete. All truth lies within.
Come share the journey!

MEETS April 3 - June 5
Tuesdays 3:30 - 5:00pm
107 Gilbert, UofO campus

This is a FREE non-credit course. You don't need to register just show up!
INSTRUCTOR: Nadia Wood

INDIVIDUAL YOGA PRACTICE

Practicing Hatha Yoga regularly makes you feel better. Yet finding time for Yoga in a packed schedule is often difficult. The aim of this class is to help each member develop a personally relevant routine of Yoga Asanas (postures). Increased strength, flexibility and balance are among the benefits attainable through daily practice.

Physical and mental fundamentals of Yoga will be presented in an interactive atmosphere. Class time will provide an opportunity to work on form, practice in a supportive environment and answer questions that arise in individual practice.

MEETS Spring term at UofO.
Call Innovative Educational Development to find out time and days of class meetings at 346-4305.
FEE \$20.00 *Non-UofO students need to purchase a building pass.
NON-CREDIT course
INSTRUCTOR: John Morris

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 April 3 - May 31
Tues./Thurs, 7:00 - 9:00pm
UofO campus

FEE \$25.00 *Non-UofO students need to purchase a building pass.
NON-CREDIT course
INSTRUCTOR: Wayne Vincent

HOW TO MEDITATE: Theory & Practice

This is an informative and experiential class. We will experience meditation during each class period as well as learning about how meditation works, the advantages of meditation, and the lifestyle changes to aid meditation.

No prior experience is necessary. This class will be for beginners as well as experienced meditators who want to learn more and have group support.

The support of others who are working on learning meditation is very valuable. We will have the group support and encouragement to learn and continue in spite of the usual difficulties and inner problems that can come up when meditating.

This class is non-denominational and everyone is welcome!

MEETS April 3 - May 29
Tuesdays 4:00 - 5:30pm
Gerlinger Annex B-52, UofO campus.

This is a FREE non-credit course. You don't need to register, just show up.

*Non-UofO students need to purchase a building pass.
INSTRUCTOR: Joe Weiner

HOW TO REGISTER and pay course fees:

1. Drop by our table in the main lobby of the EMU March 26 and 27 during UofO Spring term registration between 8:30am and 2:00pm. Cash and check accepted.
2. After March 27 come by our office during posted office hours in the EMU, M110 University of Oregon (346-4305). Cash and check accepted.

For more information contact

346-4305



INNOVATIVE EDUCATIONAL DEVELOPMENT

■ CREDIT CLASSES

WOMEN, RELIGION and FEMINISM

Is our human being subverted by a sexist religious heritage? We will explore this and other related questions by examining alternate interpretations of selected religious writings and doctrines from the Judeo-Christian tradition. The purpose of this course is to introduce the student to new and important information and engage them in thoughtful dialogue.

As you read the material I would like you to explore your own reactions, question the information, make comments about it and share those reactions with the class. I feel we may all reach a deeper understanding through shared ideas and perceptions.

Most of the writings I have selected are from feminists who are Christian or post-Christian theologians. Scholars of the caliber of Rosemary Ruether, Mary Daly and other writers I have selected are, I feel, central to the study of women and feminism in the Judeo-Christian tradition.

We will begin our study by taking a brief look at some early Goddess religions. We will then look at the Genesis versions of creation, specifically the creation of Eve and Adam. We will discuss the life of Jesus and his mother, Mary, and then explore some post-Christian versions for a new religious paradigm.

MEETS March 29 - May 31, Tues./Thurs, 2:00 - 3:20pm
238 Gilbert, UofO campus

3 CREDITS TLN 5068, WST 400
INSTRUCTOR: Anita Rowson

ASIAN-AMERICAN LITERATURE

Is Asian-American literature a part of the "Forgotten Pages of American Literature"? This course will introduce you to prose and poetry by Asian-Americans, particularly Chinese-, Japanese-, Filipino-, and Korean-Americans. Dealing with such issues as the question of self-identity, the language problems and the conflicts between Asian-Americans and Americans and also those among generations, we will explore the struggle, pain and joy that the Asian-American authors express in their works.

MEETS April 5 - June 7, Thursdays, 2:30 - 5:20pm
102 Gilbert, UofO campus

3 CREDITS TLN 5079, ENG 200
INSTRUCTOR: Kwangsook Chung

HOW TO REGISTER

Register March 26 and 27 at McArthur Court during UofO Spring term registration in the appropriate sponsoring department.
Non-UofO students must contact Community Education at 346-5614.

PEACE, GLASNOST and PERESTROIKA

Mr. Gorbachev, with the obvious consent and approval of his government, has ignited a democratic firestorm in the world and the rush of events that have followed have outrun the pundits, the statesmen and the politicians producing a rubble of shattered crystal balls and an encyclopedia full of speculations.

By making proposal after proposal that is nonthreatening and tension reducing while at the same time unilaterally reducing Soviet troops and armament strength, inviting us to reciprocate, he has created a negotiating atmosphere devoid of recriminations raising the hopes and dampening the fears of millions of people.

The course to be taught Spring term under the aegis of the Sociology dept. will begin by asking—"where are we, how did we get here and where are we going" addressing itself to these questions with the aid of many historic, political and military studies including unmet social need, burgeoning and seemingly uncontrolled and uncontrollable bureaucracies as well as demographic and ecological threats.

The 'new thinking' demanded to deal with these problems should prove to be a study that is timely, relevant and informative at a time when the need for a heightened awareness above the depth, breath and extent of world problems is so urgent.

MEETS March 28 - June 1, Mon./Wed./Fri., 2:30 - 3:20pm
Lawrence 254, UofO campus

3 CREDITS TLN 5010, SOC 200
INSTRUCTOR: Joseph Austin

A SURVEY OF JEWISH HISTORY, THOUGHT and CULTURE

This course is a survey of Jewish history, thought and culture, covering 3700 years of Jewish history in the context of world civilization. It will explore the impact Jewish culture has had upon the peoples and cultures of the Middle East and West, as well as the impact these civilizations have had upon the Jewish people.

MEETS March 29 - May 31, Tues./Thurs., 3:30 - 5:00pm
Koinonia Center, 1414 Kincaid

3 CREDITS TLN 4957, ES 400
INSTRUCTOR: Hanan Sills