

Weekly classes at York

Yoga for what ails the body and the mind

By JUDITH NEFSKY

The people that pass by the windows of McLaughlin College's Junior Common Room on Monday evenings, know that yoga is a popular activity at York.

According to instructor Axel Molema, people practice yoga because they are searching for solutions to their problems, and yoga can solve those problems. Our physical problems, he claims, stem from mental and spiritual tensions. These tensions can be resolved through meditation which Yogi Molema hopes to encourage through his weekly classes.

The classes themselves are primarily concerned with the physical being, although the "hatha" exercises alone are only a part of the yogic program, which also includes a specialized diet and moral and ethical regulations.

The yoga diet and exercise system constitutes a preventative medicine to keep the body free from premature decay and hence, disease.

Breathing exercises are very important because breathing is the most vital source of energy in the system. These exercises strengthen the bronchial tubes, lungs, heart, liver, and pancreas.

Breathing exercises also revitalize the mind and nervous system. They have a calming effect because concentration is on the activity of breathing itself, rather than on mental or emotional tensions.

Often during the class, there are intervals of relaxation. The relaxation period at the end is of major importance because it brings the heartbeat and respiratory system back to a normal pace, and draws back energy into the body that is lost during the exercise period.

Relaxation techniques can also be used to direct energy to specific areas that need revitalization, like a tense or even diseased area. For example, if there is sexual tension, the energy can be directed to the reproductive area;

if there is emotional tension, energy should be drawn toward the lower back—behind the heart and stomach area.

Hatha exercises provide a natural cure for many ailments—a method considered far more beneficial than

'popping aspirins'. Instructor Molema explains that since a proper diet and exercise require constant and faithful attention, most people are too lazy, and therefore resort to going to the hospital or taking drugs for a quick recovery from their illnesses. He

himself professes the old adage, 'Heal thyself'.

For those interested in studying hatha yoga, the fees for the fall term are \$12.00. As of this week, there will be three levels of classes: beginners, intermediates, and advanced.

Legal or illegal immigrants last chance to register

By SHELLEY RABINOVITCH

Because of a recent proclamation by Robert Andras, the minister of Manpower and Immigration, any person who entered the country prior to November 30, 1972 (except those on Minister's permits or students bonded to return to their own countries, or those who fall into prohibited classes not under immigration legislation) will be allowed to apply for landed im-

migrant status, whether they originally came illegally or whether they opted for an employment visa rather than landed immigrant status.

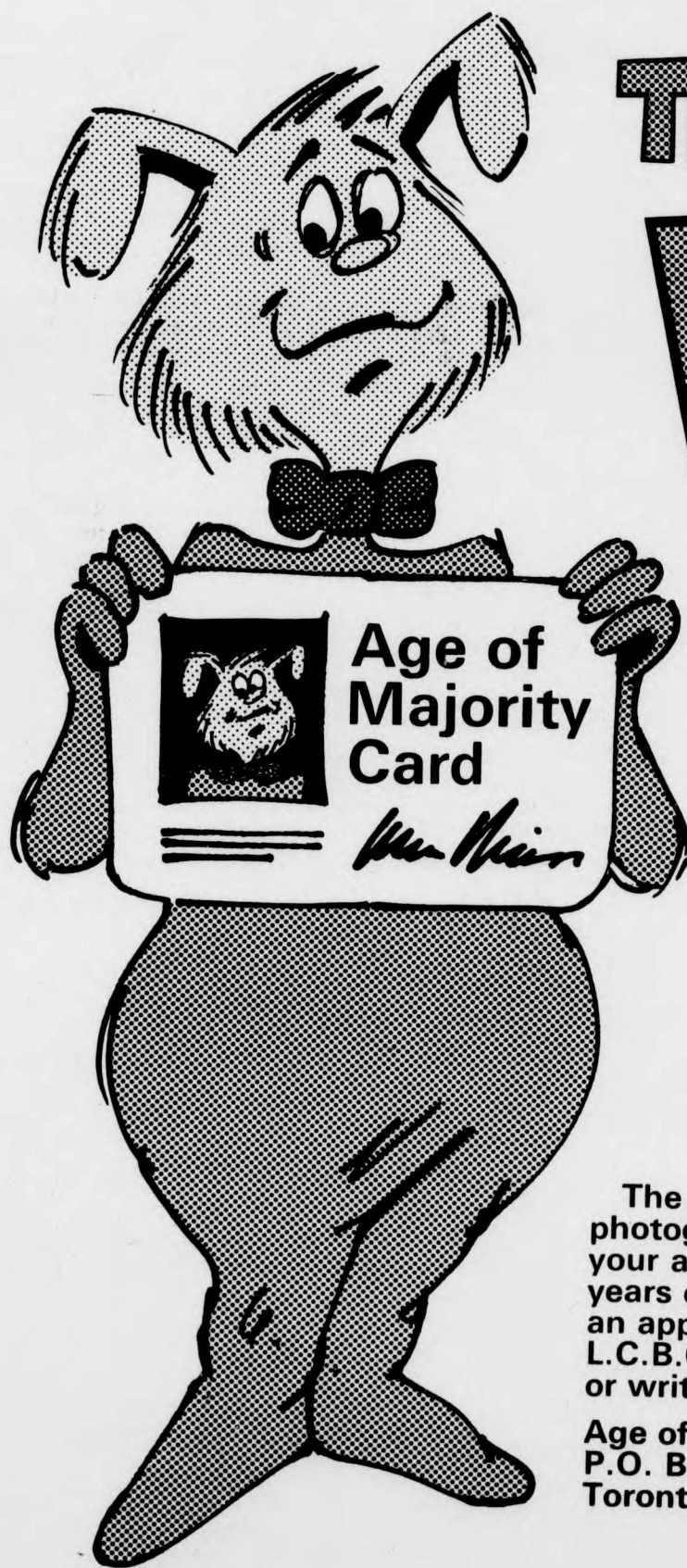
These individuals will also have full rights of appeal if their applications are rejected by the Department of Manpower and Immigration, although after appeal, they will almost certainly have to return to their home country in order to apply for landed immigrant

status.

Concerning those who have left the country for a period of time after November 30, 1972 the Minister of Manpower and Immigration said, "As to the effect of these amendments on students who, although here on November 30, 1972, left Canada on holidays since then, such students are not eligible for the status adjustment programme. Any such person wishing to apply for permanent residence would be welcome to do so at one of our offices outside Canada. Others who have planned overseas holidays would lose their eligibility under the adjustment programme if they should leave Canada."

The last possible date for anyone who wishes to apply from within this country for landed immigrant status is October 15, 1973.

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Parking Ticketitus not fatal

By STEVEN SCHWARTZ

Are you suffering from a rash of parking tickets, commonly known as parking ticketitus? Well, then, sufferers, don't panic. No, there is no miraculous cure at the Cock and Bull. Nor will the Vanier Clinic help. However, you might try the temporary office building. There, E.S. Annis, the chairman of the parking committee, has some suggestions:

- Get a parking decal (This will stop any further cases of this ailment from developing.)
- Pay your fine as soon as possible.
- Direct any problems or disagreements to E.S. Annis.

Now let's see what happens when a case of parking ticketitus is left unattended.

First, a few unpaid tickets here and there result in added fines. Eventually, you'll receive a registered letter from the university prohibiting you from parking your car on the campus. Further violations will lead you to small claims court.

The university has never lost a case. In a recent decision, Judge Cornish, of the County Court of the Judicial District of York, said that York parking regulations are good regulations and are properly enacted within the provisions of the York University Act. The defendant in that case ended up paying 200 bucks.

Well, there you have it, the cure you've been looking for. At \$25, the parking decal could be a bargain. Try parking downtown at about a dime a day. If you're able find a spot, it will more than likely cost you a few dollars.

And for anyone afflicted with timiditus, Annis insists he isn't out to get you. He'll gladly listen to your complaints, questions, and suggestions, he says.

Radio York meeting

There will be a meeting at Radio York today at 4.00 p.m. in Vanier College Room 258, to discuss news, sports and public affairs programming. All interested students are welcome to attend.