



Peter Hsu photo

York students stretch and strain in search of true happiness. Yoga at York takes place Monday night in McLaughlin junior common room at 8 p.m. It's 50 cents a session.

Yoga gains York following

By TONY IORIO

While western physiotherapists are just now beginning to explore the stimulation of internal organs, nerves, muscles and joints, yogi (those who practice yoga) have been doing it for over 6000 years.

In its ultimate form, yoga signifies the union of the life energy with the Supreme Spirit. Although yoga is closely linked with the Hindu philosophy, many Indians and Westerners practice hatha yoga, "yoga of force", to maintain health, increase concentration and to live a longer life.

Through the use of many exercises refined, through the ages, yoga is known to increase flexibility and coordination, prevent and cure minor (and even major) back ailments, stomach ailments, kidney and lung diseases, and even decrease the aging process.

One of the most important and fundamental part of the exercises is the deep rhythmic breathing. This is similar to the way we breathe during sleep and to the way professional singers and wind musicians breathe, while performing. This type of breathing supplies more oxygen to the blood thereby increasing the stimulus to the area being exercised. It allows the yogi to stretch more and maintain the position longer, and produces calmness and greater concentration.

At York, Yoga is enjoying a following of 80 to 100 students. Two classes are held every Monday night at 8 pm in McLaughlin Junior Common Room.

The classes are taught by Axel Molema. Molema has been teaching

Yoga for five and a half years, and presently teaches 20 yoga classes a week to roughly 600 pupils. He is experienced in teaching university students, having taught at U of T, Scarborough College, Seneca, C.A.A.T. and York.

Howard Halpern, who has been taking yoga for three years, said that within a short period of time there's an astounding difference. He further explained that he had

wonderful feelings the first time he took it.

If you are one of those who has the willpower to go it alone, the only book that does justice to yoga is The Complete Illustrated Book of Yoga by Swami Vishnudeva-nanda.

The classes are nine dollars till the end of April or 50 cents a class. If you are interested in trying it out, you can do so free of charge. Just remember to wear loose clothes.

Integra Foundation

2637 Yonge Street
Toronto M4P 2J6

Operating Camp Towhee, a psycho-educational camp for children with learning disabilities. Interviewing for counsellors and remedial specialists.

Recruiting at York
on Feb. 9

Details and application forms available from your placement office or from the Integra Foundation.

UNIVERSITY OF TORONTO

The College of Education

Mr. G.A. Whyte,

Assistant Registrar

will be on campus
to discuss
education programmes
at the University of Toronto

ON

Wednesday, February 7

Between 2 and 4 p.m.

Room S172, The Ross Building

virginal player

(or sackbut specialist)

If you are a virginal player or a sackbut specialist a lover of beckett or balzac a freudian cartesian or keynesian if you are turned on by spenser or toynbee sausages or sauerkraut einstein eisenstein skinner or shaw miller marcuse muller or marx if your bag is limnology ornithology or campanology if you are an existentialist dadaist or hedonist male female hermaphrodite or hobbit any or all of these we would like to talk to you somewhere sometime

you may think we are putting you on that its out of the paradiso into the inferno that we will pour you into pin stripes and pack you into a suburban box for your nightly death or that we will hedge you in with corporate controls management theory rubber plants or daily dogma well you may get a plant but forget the rest

at least give us a chance to tell you more we dont care what subjects you studied or what your marks were whether you can start in the spring or want an indefinite holiday first whether you turn up to interviews in your best suit only suit or no suit if you want a chance a challenge a stimulus a highly charged and demanding environment problems to solve and people to motivate then talk to us and tell us we will be on your campus for interviews

and we will hope to see you but if you cant or wont make it why not call mike polley at 928-4345 area code 416 and arrange to meet us sometime at our toronto head office the manufacturers life insurance company 200 bloor street east toronto 5 for further details of our campus visit contact your placement centre or career counselling service

graduates!

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Many major companies looking for your particular skills will be participating.

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