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Nov. 6.

Arrangements should be made through The Canada Employment Centre on campus prior to Oct. 16.

Clarkson Gordon

A Member of Arthur Young International

Yoga club stresses growth

Earle Zen

In 1969 a fresh-faced freshman by the handle of Howard Halpern read an article in *Excalibur* about the Personal Growth workshops and Yoga.

Others like Halpern enjoyed the course so much that the instructor was invited to teach weekly at McLaughlin College.

In 1970, Axel Molema replaced the original instructor, and Halpern has been a student of his ever since. The lessons, originally intended for McLaughlin students, were eventually opened to the whole of

the York community and became the York Yoga Club.

Halpern received his B.A. from York in 1971 and his M.A. in psychology from the University of Regina in 1977. An instructor for the Metropolitan Toronto Association for the Mentally Retarded, he recently co-authored with Kin Molema an article on yoga and golf for *Score* (whose editor is also an alumnus of York). Finally he became president of the York Yoga Club.

"The purpose of the York Yoga Club is to offer courses of instruction in traditional yoga to

members of the York community," says Halpern. "Yoga is an ancient science of human development that originated in India. Comprehensive in scope, it incorporates physical, emotional, intellectual, and spiritual benefits."

An aid to improving health, yoga can be employed in the prevention and treatment of diseases. Human ailments have many causes, but the accumulation of poisons and other waste matter in the body is the most important, particularly when these substances enter the organs and glands.

"Yogic exercises are performed slowly, not abruptly," Halpern explains. The postures generally affect the health in the following way (although there are some expectations). As one enters the position, certain organs and glands are compressed. This constitutes, in effect, a massage that forces waste out of these vital structures into blood vessels that transport the unwanted matter to various organs of elimination.

"When the position is completed, the compression stops, and this allows a fresh supply of arterial blood, rich in oxygen and nutrients, to flow into the affected areas. Thus, the organs and glands are first purified, then revitalized.

"Of course, the existence of an abundant supply of oxygen and nutrients is dependent on proper breathing and nutrition, which are also discussed in class. In fact, breathing exercises constitute an important part of the program. By enabling the lungs to draw more oxygen, they bring about a higher energy level with which to accomplish our various purposes in life."

Furthermore, adds Halpern, yoga is very helpful in effecting weight loss or gain. Weight problems are often caused when certain glands are either under- or over-active. Yoga postures tend to normalize and balance glandular secretions. They also aid in the development of increased flexibility, coordination, balance, strength, and stamina.

Courses of instruction in yoga are being offered to members of the York community on Tuesdays and Thursdays by Axel Molema, a full-time professional of 14 years' experience, presently on staff at the department of physical education, University of Toronto, and at the Jewish Community Centre of Toronto. The Thursday classes are being held from 7:15 to 8:15 p.m. (beginner) and from 8:15 to 9:15 (intermediate) at 202 Vanter College. The Tuesday classes are held from 5:15 to 6:15 p.m. in the Atkinson College Common room.

The club is also offering instruction on Tuesdays, noon to 1:00 p.m., at 218 Bethune College. The instructor is Kim Molema, B.A., also a full-time professional, instructing at the Jewish Community Centre.

For each course, a fee of \$30 entitles the member to 14 lessons. A person may register by coming to class and paying the fee. Wear loose attire and bring an exercise mat.

The yoga club would be happy to answer any questions pertaining to its courses of instruction, or any other matter relating to yoga or self-development. Axel may be reached at 742-0878 (his answering service operates from 9 a.m. to 9 p.m., seven days); and Halpern's phone number is 252-8059.

Burton victim of funding

Jim Agnelli

It will be dark and quiet this year in Burton Auditorium as a result of a lack of available funds in the faculty of Fine Arts budget.

Lionel Lawrence, the new dean of Fine Arts says he was forced to make a decision on whether to cut the already depleted teaching facilities, or cut outside faculty cultural activities, when his budget was unexpectedly cut by the York administration by \$300,000, five months into the last fiscal year. Lawrence stated

that funding for the York Choir and Orchestra would also be cut.

According to Lawrence, one of this year's problems is that the York Administration was unable to rid itself of its deficit from last year, consequently when the University needed extra money they took it from the mouths of the Fine Arts faculty.

Lawrence also suggested York could use a better defined cultural policy where money could be allotted for cultural activities.

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The image shows a man in a suit and glasses holding a Texas Instruments calculator. Below him are several calculator models and their respective guidebooks: 'Executive Calculator Guidebook', 'Quick Facts for Business', 'The MBA', and 'TI Business Analyst-II'. The calculators are shown in various orientations, some displaying their screens and buttons.

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