

# Yogi bares mystery of stress-fighting through higher consciousness

By RACHEL KLUKACH

Today's fast-paced way of life sometimes spins us into a cocoon of high pressure, making us prisoners of stress unable to unleash ourselves from its sticky grasp of strain. Fortunately, due to the teachings of the ancient Yogis, a typical overworked and tense Westerner can benefit favorably from the teachings of Yoga.

Janaki Heidi Arnet has made it possible for York students to delve into the ancient mystery of Yoga. It is a class designed for beginners and therefore it is easy to join. Janaki, a certified Yoga teacher, is a patient instructor who explains in great depth each movement and the effect it has on your body and mind.

There are several types of Yoga, and Janaki teaches the method of Yoga known as Kripalu Yoga. Its basic strategy is to combine the learned physical movements of Yoga with the

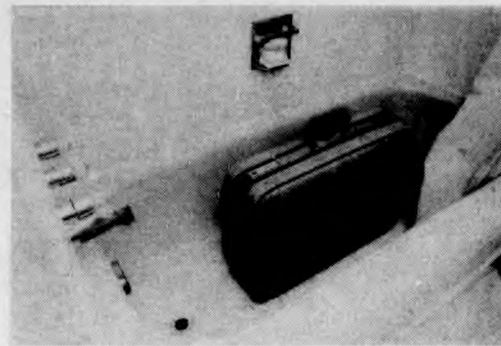
art of meditation. Therefore both body and mind are used to attain a state of peace within oneself, and the ultimate objective is to reach a higher consciousness.

The practice of Kripalu Yoga guarantees to release tension in the body, increase circulation, rejuvenate nerves and glands, and normalize blood pressure. It promises to improve posture and prevent headaches and other such symptoms of stress. Aside from benefitting the physical ailments of the body, Yoga assures the restoration of mental stability which results in deep mental peace. Overall, Yoga is a therapeutic function which enables a person to experience calmness which potentially exists within each of us and can be unravelled by deep concentration. Yoga is an adventure worth endeavoring and a path of knowledge which leads to the understanding of oneself.

# THE SEQUENCE: A Metamorphosis



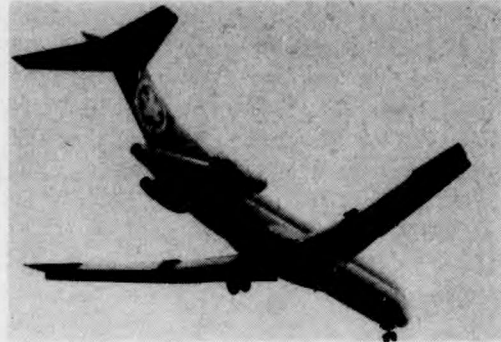
One day Vivian awoke to find herself converted into a piece of tan, soft-sider luggage.



The cold shower doesn't help.



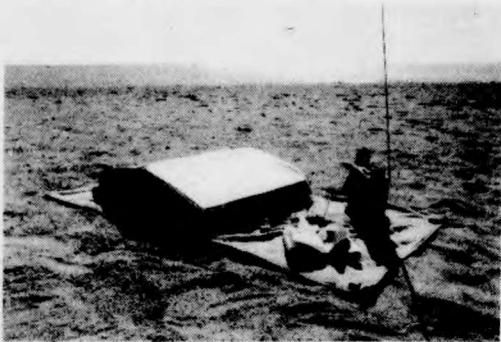
She is no longer able to drive.



On the spur of the moment, Vivian decides to fly south with her friend Ruth. But...



Ruth goes to Cleveland...



And Vivian vacations by herself.

# Lumbers Building logs in at \$3.5m

By NADINE CHANGFOOT

President Harry Arthurs described the official opening of the Leonard G. Lumbers building on October 7 as "a happy occasion for all of us."

The Lumbers Building is the new home of the Faculty of Science and the Faculty of Environmental Studies, signifying "the beginning of a new phase in York's development," Arthurs said. "This building will be the first of many in the years to come."

The \$3.5-million building was named after York Governor Leonard Lumbers whom Arthurs described as "hardworking, passionately concerned" and "always willing to serve." Lumbers said he was proud to be a Governor of York for more than 23 years, and that York has contributed to the quality of his life. He vowed, "I will never let York down."

Among the well-wishers were Alan Adlington, Deputy Minister of Colleges and Universities, and Mel Lastman, Mayor of North York.

Dean of Science Kenneth Davey described the building as "a fine new facility for undergraduate teaching." It is, said Davey, "very much a York building: not enough money, not quite enough of what we would like to have, but everything we need."

On behalf of the Faculty of Environmental Studies, Dean Edward Spence expressed his "great enthusiasm and appreciation for the administration and the Board of Governors to include our faculty in this building."

In closing, Governor Philip Lapp said the Lumbers Building is the "first in a series of new structures" at York, and that he "looked forward to continuing close relationships" between government, municipality and friends.

by Gary Blakeley



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