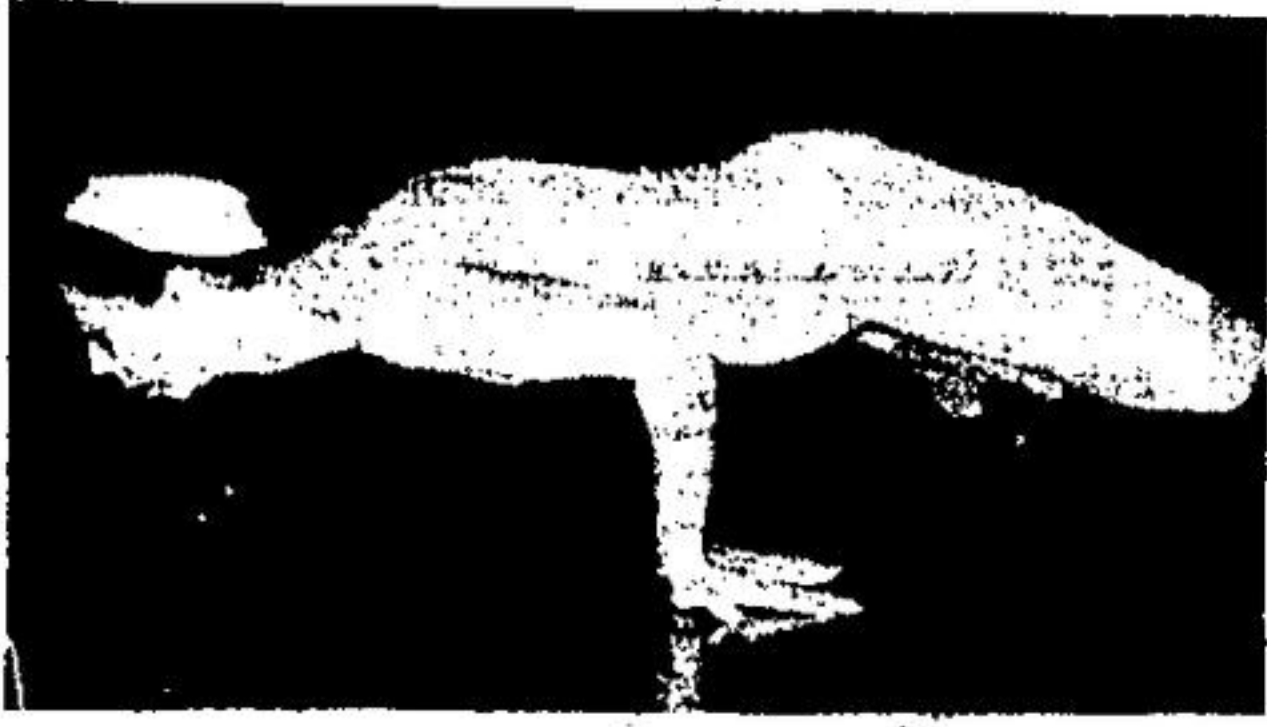


TRY THESE ON FOR SIGHS!!

Teacher of the Georgetown YMCA - YWCA's yoga class Mrs. Mary Virgin, demonstrates by flexibility and balance are two essentials in this program. One ten week session concluded at the end of March, and a new one started last Thursday. Yoga classes are held at Cedarvale every Thursday evening.



Exercise, Tension Relief Among Benefits of Yoga

by G. Towne

"Why is Yoga so popular?" we asked Mary Virgin who teaches the Thursday night Yoga classes for the Georgetown Y. "It seems everybody everywhere is doing it. Even Pierre Trudeau goes into a headstand on occasion!"

"It's the stressful times we live in," explained Mary. "Yoga is designed to relieve tensions as well as exercise the body. The theory behind Yoga is that the mind isn't fully mature until age 50. To be able to use this mature mind, the body must be healthy and disease-free. Tension can make you old and ill at 20."

NO TENSION

We watched Mary unfold from the Coq position, a complicated Yoga exercise where she balances on her hands with her legs twisted around her arms.

"There's no tension in that?" we gasped?

"This is pretty advanced," she laughed. "That's the advantage of Yoga. You can go at it at your own speed. There are exercises for the very young, the very old, the strong, the disabled. Everybody can benefit from Yoga. The secret is proper breathing and complete relaxation between exercises. You must, as we say, repay your oxygen debt."

CAME EASILY

Mary demonstrated the Peacock in Lotus. Her legs were in the Lotus position, her body parallel to the floor and she balanced on her palms.

"How long have you been taking Yoga?" we asked.

"I started last year," she said and while we gaped in almost disbelief, she went on. "I know, I'm just as surprised at how easily it came to me. If there is anything to reincarnation, then I must have been a gymnast in my other life."

Mary spent two weeks last summer at a Yoga camp in the Laurentians.

SIX HATS

"At first I thought I would not last the two weeks," she told us. "Our day began at 5.30 a.m. with exercises, lectures, meditation. We didn't eat until 11 a.m. and after this combined breakfast-lunch, our day continued with more lectures,

more exercises. Do you know, after a few days wild horses couldn't have dragged me away?"

Since becoming a devotee of Yoga, Mary claims she has never had so much energy. This we can believe. At an age when most women are settling for an afternoon of bridge, some golf and the Ladies Tuesday Morning Gossip Club, Mary is wearing six hats. She is the mother of teenage children, she works full time at Varian Associates, she has her house to keep, she takes Yoga every Monday night at the Sivananda Centre in Toronto, she teaches Yoga every Thursday night for the Georgetown Y and she assists

HORNBY

Hornby Woman's Father Dies in Markdale

Sincere sympathy is extended to Mrs. Carlyle Featherston of Hornby, (Emily) and Mrs. Norman McCready of Badjeros (Clara) on the death of their father, W. F. (Frank) Dunn, who died in the Central Grey Hospital, Markdale, on Thursday, April 2. Grandfather of Donald Featherston and William McCready. The funeral service was held on Saturday, April 4, at the McKersie Funeral Home, Milton. Interment St. Judes Cemetery, Oakville.

The Hillcrest United Church Sewing Circle met in the church on Wednesday, April 1st for a pot luck dinner and quilting bee. Six ladies were present for dinner and a social hour was enjoyed chatting.

The Recreation Committee of the Boyne Community Centre held a euchre party at the centre on Friday night, April 3. There were nineteen tables in play with the prizes going to Alfred Ford, Mrs. Frank Peacock, Charlie Simpson, and Jim Hamilton. The lucky draws were won by Mrs. Cliff Norton, Mrs. Jim Hamilton, Mrs. Bill Daamen and John Lawrence. Lunch was served by the committee in charge and a social hour enjoyed. The birthday song was sung for Mrs. Archie Galbraith, who celebrated her birthday on Friday.

Mr. and Mrs. John Bussell have returned home from a



4; at the North Trafalgar Community Centre. There were 8 tables of euchre in play with the prizes going to Mrs. Martha Richardson, Mrs. Cliff Norton, Mrs. Ralph Featherston, Cliff Norton, Donald Douglas and Charlie Trimble. The lucky draws were won by Mrs. Ann Dent and Walter Barnard.

"Y" NEWS

The Y's gymnasts every Tuesday, Wednesday and Thursday nights.

With all this, she is one of the most peaceful and unharried women we have ever met.

If you are interested in taking Yoga from Mary, phone the Y - 877-0163 on Monday, Wednesday and Friday afternoon. There are still openings for men, women, and teenagers in the spring course.

The annual Hornby night was held at the Milton arena on Friday night, April 3, with a good crowd attending. Skating was by both young and old. A hockey game was played by the men and the ladies played a game of broom ball.

Anniversary greetings are extended to Mr. and Mrs. Oage Laurson, who will celebrate their wedding anniversary on Tuesday, April 7.

Mr. and Mrs. Delbert Downs of Derry Road, have sold their home and Master Feed business and are intending to move to Milton.

Where are the real swingers in Georgetown? At the ball park with the Kinsmen Girls Softball League.

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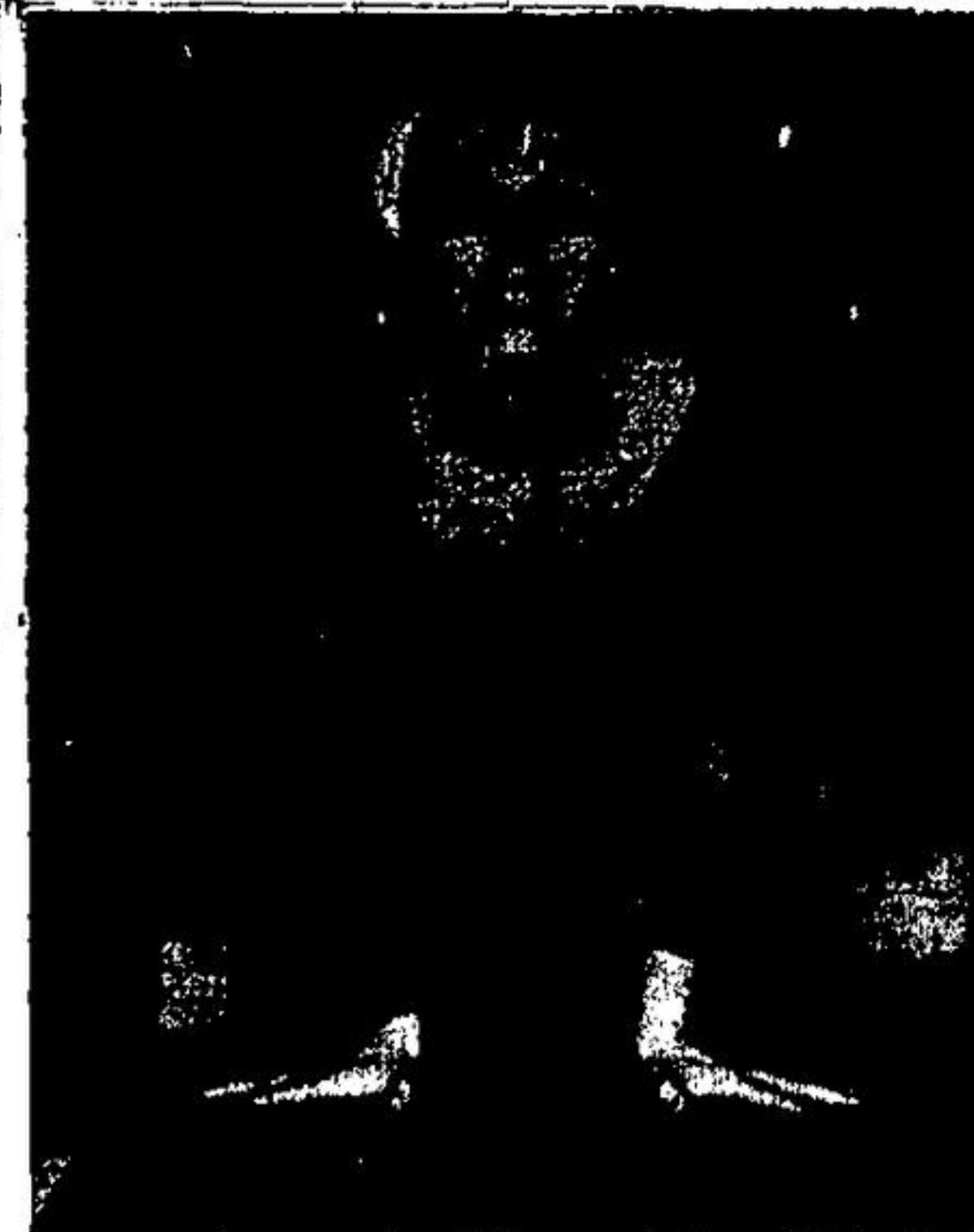
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Mrs. Frank Brown Is Institute President

The Limehouse W.I. held their annual meeting at the home of Mrs. A. W. Benton, beginning with a pot luck supper last Thursday evening. The sudden winter kept a number home but eight attended.

Mrs. J. Crichton took the chair for the election of officers, all last year's being retained.

Past president: Mrs. S. Gishby; President: Mrs. F. T. C. Brown; 1st vice president: Mrs. James Noble; secretary treasurer: Mrs. Neil Anderson; assistant treasurer: Mrs. John Noble; Public Relations Officer: Mrs. F. T. C. Brown; District Director: Mrs. Gishby; Alternate Director: Mrs. James Noble; Press Reporter: Mrs. A. W. Benton.

Conveners of Standing Committees: Agri. & Can. Industries: Mrs. James Noble; Citizenship and Education: Mrs. A. W. Benton; Historical Research and Current Events: Mrs. S. Kirkpatrick; Home Economics, Health: Mrs. Roughley; Resolutions: Mrs. Sanford; Flowers & Fruit: Mrs. S. Gishby; Assistant secretary: Mrs. Noble.

— Mrs. A. Benton



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