

Halton has waiting list

Yoga keeps Marcia (and a whole lot of other women) sane . . .

Is that a mystical figure standing on her head with her legs twisted into the "lotus" position?

Is she practising some deep, dark, hidden magical ritual? Some strange religion or impractical philosophy?

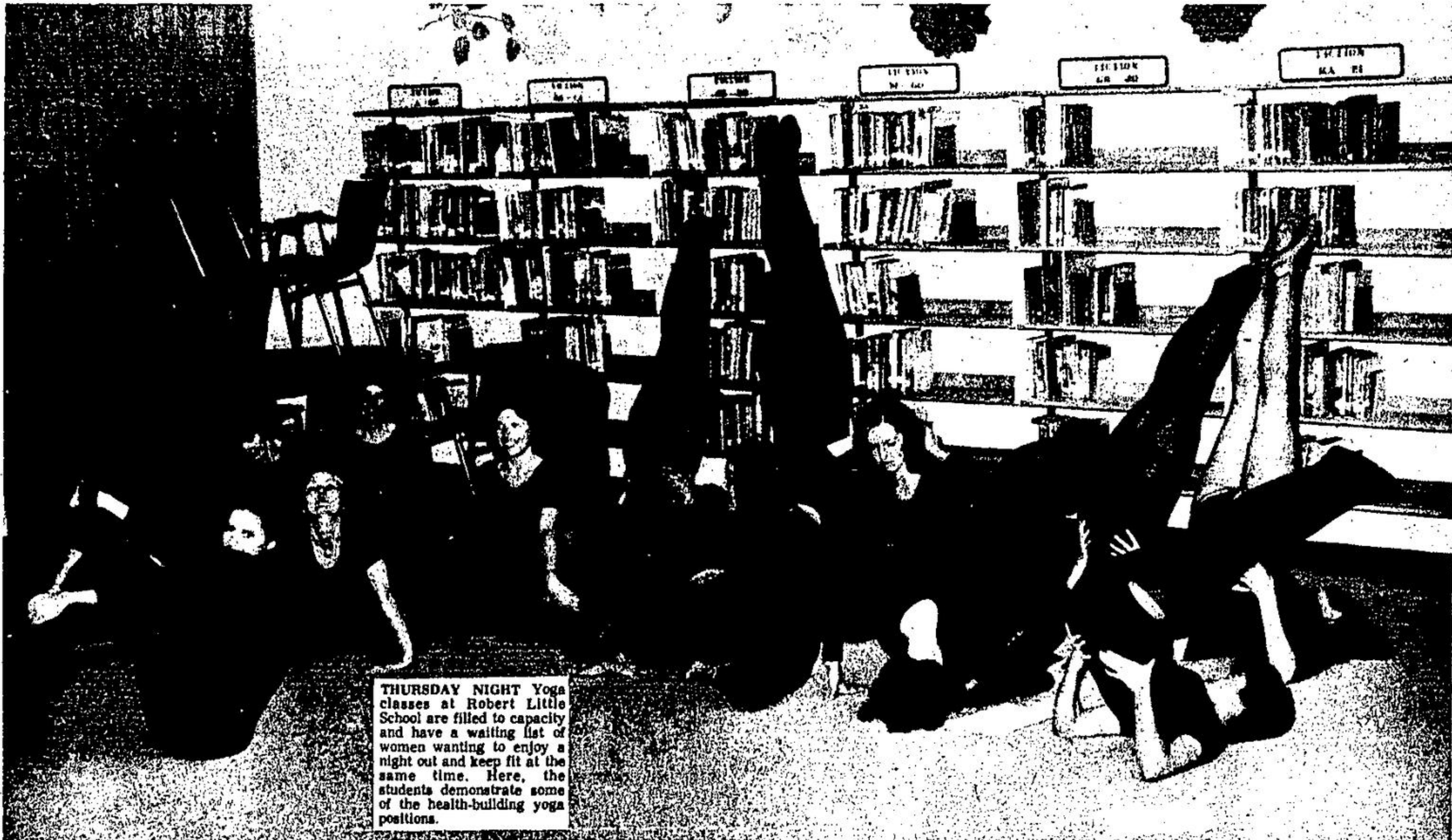
Look again. She's Marcia Wilkinson, of Halton Hills, a woman, housewife, mother. And, like many other women, housewives and mothers today, Marcia has discovered Yoga to help cope with everyday stresses of our modern way of life.

"It keeps me sane," says Marcia who joined the Yoga program in Acton about two and a half years ago. Yoga instructor, Melanie Bray, another woman, housewife and mother, teaches the art four nights a week in Acton and Burlington. She describes yoga as a gentle and graceful stretching of the

muscles combined with relaxation, breath control and mental concentration. "This is probably an important factor in Yoga's recent popularity," explained Mrs. Bray.

"You can do yoga in your living room. It doesn't require the sort of iron constitution you would need to go jogging on a cold winter's day. It is not as strenuous or fatiguing as calisthenics. This gentle exercise program strengthens the body, improves circulation and flexibility and has special appeal for the physically frail or people who would find a more strenuous exercise program out of the question."

Mrs. Bray says yoga is especially good for the very young and the very old. She has several students in their sixties and seventies who are singing the praises of this relaxing method of exercise. "Kids love it," she says. "Last year I conducted classes at Robert Little School. They were filled to capacity and most of them wanted to join the second set of classes. I hope to organize children's classes again if I can get the support."



THURSDAY NIGHT Yoga classes at Robert Little School are filled to capacity and have a waiting list of women wanting to enjoy a night out and keep fit at the same time. Here, the students demonstrate some of the health-building yoga positions.

morning feeling like we'd never been to bed.

Then we discovered yoga and the symptoms have gone."

Many other students of yoga list a wide variety of beneficial side effects.

Improved flexibility and strengthening of the muscles often alleviates backache, headache and foot problems.

People who have difficulty relaxing have found Yoga a way to work off frustrations. Yoga students find they can sleep better and are less worried and irritable when they have a chance to get rid of stress symptoms through a yoga program.

It is the kind of exercise program that people are happy to continue with month after month and year after year.

Although Marcia-Wilkinson is classified as a well advanced member, she likes to attend the classes because she says it is more fun to practice with other people. It gives her a chance to meet other women, and it gives her an incentive to keep doing yoga.

"Besides, it's a night out. At home I do the physical part (hatha yoga) every morning for about an hour. It gets me going for the day. And in the evening I do the breathing and relaxation exercises. This relaxes me ready for sleep."

daughter, Dawn, exercises right along with Mom. Marcia has a series of records stressing yoga meditation and philosophy.

Mrs. Bray explained the yoga philosophy as much as you want it to. She says "meditation is a rewarding experience but a matter of choice. Certainly the fundamental insistence on good nutrition, daily exercise and taking proper care of oneself is not open to debate."

Apparently many other women see it her way. More and more women and some men are attending yoga classes offered by the Halton Board of Education Adult Department. Seventeen classes throughout the region are fully

booked and many are on the waiting list.

Mrs. Bray teaches two classes a week at Robert Little Public School in Acton, and two nights a week in Burlington. At Georgetown High, Mrs. Doreen Burt instructs beginners one night a week. Mrs. Bray says she has enough requests to fill more classes but she just can't spare any more evenings away from her growing family of four.

She hopes that more advanced students will take an interest in becoming yoga instructors, so that they can share this effective and enjoyable form of reducing emotional stress, so characteristic of our modern society.



YOGA instructor, Melanie Little School and twice a Bray (top) helps Elaine Shortill with a leg stretching exercise during a Thursday class. Mrs. Bray also teaches the art to beginners on Wednesday night at Robert



MARCIA Wilkinson, Acton housewife and mother finds that the relaxation and meditation end of yoga keeps her sane. She practices the mental exercises in the evening, helping her sleep, and the physical exercises in the morning to get her going for the day.

Centre for women planned

A Centre for Women that will provide services for individuals in the college and the community, is planned by Sheridan College.

The centre, scheduled to open at the Oakville Campus in February, is the result of extensive research conducted by an eight-member Women's Committee at Sheridan which helped to determine the needs of women in the community. A major portion of the survey results was obtained during the very successful Women's Day held at the college in the fall of 1973.

The centre will function primarily as a resource, referral and personal development area to help women establish, understand and advance their status. Women of all ages, from all walks of life whether at school, at home or currently employed in the work force will be able to utilize this centre.

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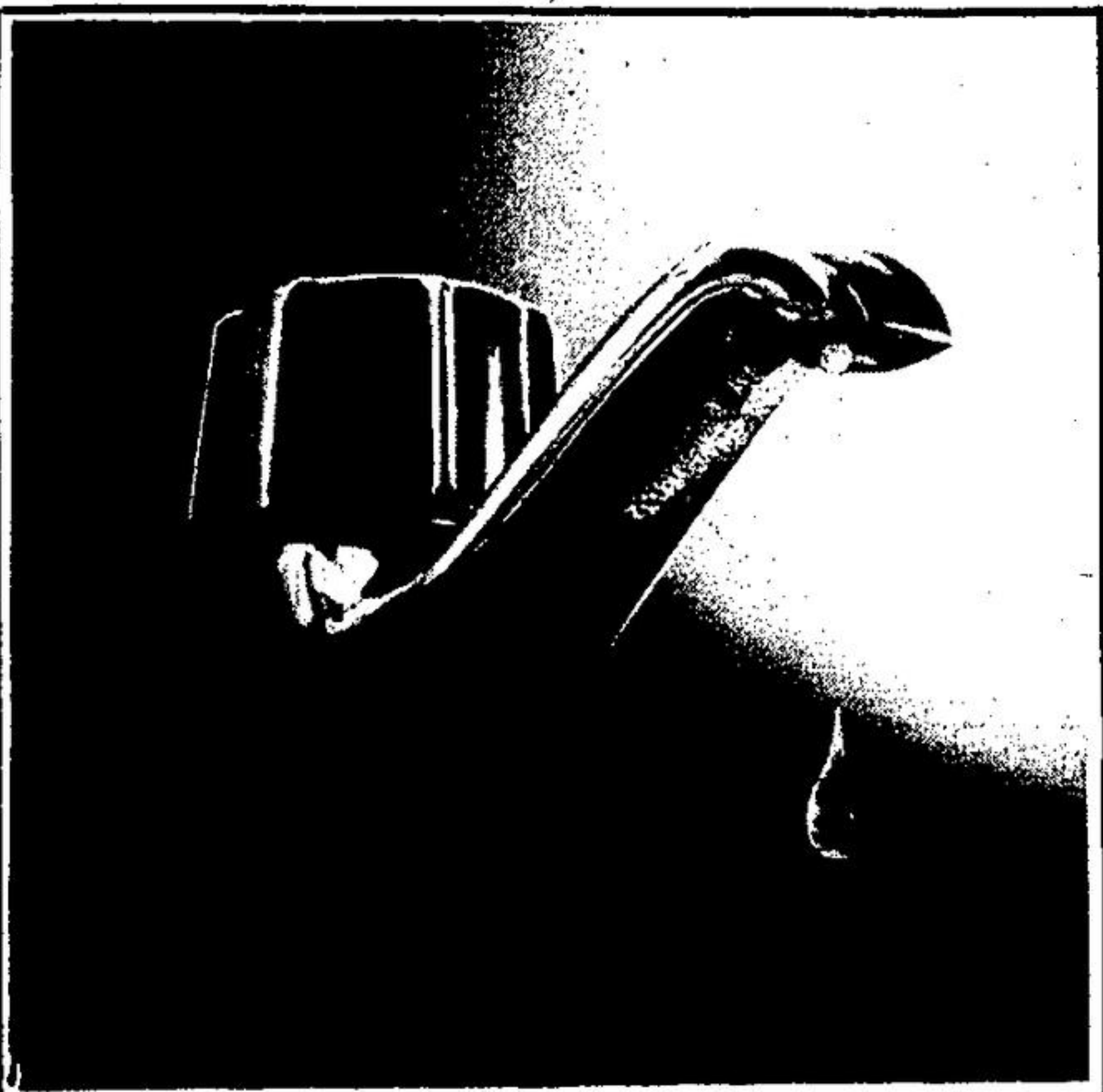
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