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**CRYSTAL TREE**  
Yoga Inc.

**Q:** Can Yoga Relieve Stress?

**A:** The answer is YES! One of the greatest benefits of yoga is its proven ability to reduce stress. Countless studies of brain patterns and activity have shown that people who participate in yoga are generally happier, more productive and more focused than people who don't do yoga at all. The meditative effects of a consistent yoga practice can help cultivate inner peace and calm.

Yoga classes can vary from gentle and accommodating to strenuous and challenging; the choice of style is usually based on physical ability and personal preference. Hatha Yoga, the most common type of yoga practiced in North America, combines three elements: physical poses (asanas); controlled breathing practiced in conjunction with asanas; and a short period of deep relaxation or meditation.

Calming yoga poses help to regulate the breath and relax the body by gently releasing tension from the large muscle groups, flushing all parts of the body and brain with fresh blood, oxygen, and other nutrients, thus increasing a feeling of well-being.

Breath work (pranayama) is instrumental in any yoga practice. It helps reduce our stress response, improve lung function and encourage relaxation. Many breath exercises emphasize slowing down and deepening the breath, which activates the body's parasympathetic system/relaxation response. By changing our pattern of breathing, we can significantly affect our body's experience of and response to stress. This may be one of the most insightful lessons we can learn from our yoga practice.

By quieting our minds, focusing on our breath and being in the present moment we allow ourselves to relax. I encourage people to pay attention to the stress in their lives and to develop healthy coping strategies...like YOGA!

# Unit hosts events for 150th anniversary

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a 3-D map model on the ground using whatever materials are at hand string, sticks, coffee cups to highlight the ground's terrain and features, enemy positions, obstacles and buildings.

It's through this map that Kase instructs his troops on how they will get to their target and where they should be when the shooting starts and stops. Getting lost can cost you your life.

Paying close attention to the map model is Mono resident Lorne Scot Private Michael Peplow.

I like the flexibility, the training and the people I get to work with (in the reserves). Don't expect that it's shooting guns all the time. There's a lot of different things involved in being an army reservist, said Peplow, who's been in the unit two years.

Everyone has a boss and this weekend one of the big bosses is Company Commander Major Chris Canavan, who is responsible for overseeing the platoons and approving the various attack plans on Exercise Stalwart Validation.

The Commanding Officer's intent is to locate the enemy and clear or destroy them. Then, it's Major Canavan's task to create the big picture orders and then let his leaders figure out how to get the task done.

It was Major Canavan who approved Simmons's attack plan.

Teaching the future generations how to get ready for war is an important thing, said Canavan, who has been in the reserves for 13 years and is a member of the Lincoln and Welland Regiment.

Canavan, who did tours in Afghanistan and Kuwait, works at

Inniskillin Wines as part of the wine-making team.

If you are calm under pressure, patriotic, seek a challenge and want to make lifelong friendships, then a career in the military might be for you the Major added.

Staying calm when bullets are flying over your head requires training and practice, and before embarking on a mission armies rehearse large and small-scale attacks, sometimes for months, before launching an assault. The Allies practiced the D-Day landings in England starting in December of 1943. Sadly, 900 troops were killed during one mock landing after a German U-boat attack.

Today WO Kase takes his troops to an open field and practices assaulting the enemy position before the actual raid.

Hey, you're in the wrong spot. Move up, Kase yells at one soldier during the rehearsal.

With the rehearsal done, it's time for the troops to prepare for battle. They check their equipment, load their weapons with blank/practice ammunition, a few puff on cigarettes.

H-Hour, the specific time at which an attack or exercise starts, has come and WO Kase forms up his troops as the day's grey light dwindles.

Like green ghosts they silently move off into the woods to seek out and destroy the enemy.

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**The unit is celebrating its 150th anniversary Sept. 23-25 with a series of events and a gala attended by Prince Edward the Duke of Kent. For a full schedule and ticket information, visit [www.lornescots.ca/association/?page\\_id=860](http://www.lornescots.ca/association/?page_id=860)**

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**Q:** My pain comes and goes for no apparent reason, what can be done to figure it out?

**A:** Physiotherapists are expert detectives when it comes to figuring out pain patterns. It is common for pain from postures or activities to go unnoticed when the individual is concentrating on something else (like data on a computer, conversation or sports). In other cases the painful tissue may lie deep within the body and therefore may not have the pain receptor density that is required to give instant feedback, but is sufficiently sensitive to react to inflammatory chemicals once they have had time to accumulate, often long after the aggravating activity has stopped. This produces a time lapse between the cause and effect making self assessment very difficult. Your physiotherapist is very skilled at identifying these subtle sources of aggravation.



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Zachary Fiddes  
B.ENG., O.L.S. President

**Q:** I'm selling my house and the purchaser says I need a survey. Why? What do I do?

**A:** The purpose of a survey is to provide the prospective owners with information about the property including the size and shape and any improvements made within the limits paying particular attention to improvements built near the boundary such as fences, sheds, and easements that may affect the use of the land.

A new survey is the only way to guarantee the status and existing conditions of a property and, therefore, is the only way purchasers can know what they're buying. Old surveys are sometimes used but beware as they may not include building additions, new road widenings, severances, and any other changes that may have occurred on the property.

If you're planning on selling your property later this year, get ahead of yourself and have your property surveyed now! Depending on the size and age of the property, new surveys can take a few weeks so it's best to have it done early so that closing dates aren't missed.

As a licensed Ontario Land Surveyor I will be happy to discuss your particular situation with you and help you determine if a survey of your property is recommended for your needs.