

# Yoga class in Milton

Milton's Inner Sanctum Yoga Studio will host a Five Tibetan Yogas introduction March 5.

The Saturday session — running from 11:30 a.m. to 1:30 p.m. — will be led by former Tibetan Buddhist nun and Burlington resident Dekyi-Lee Oldershaw.

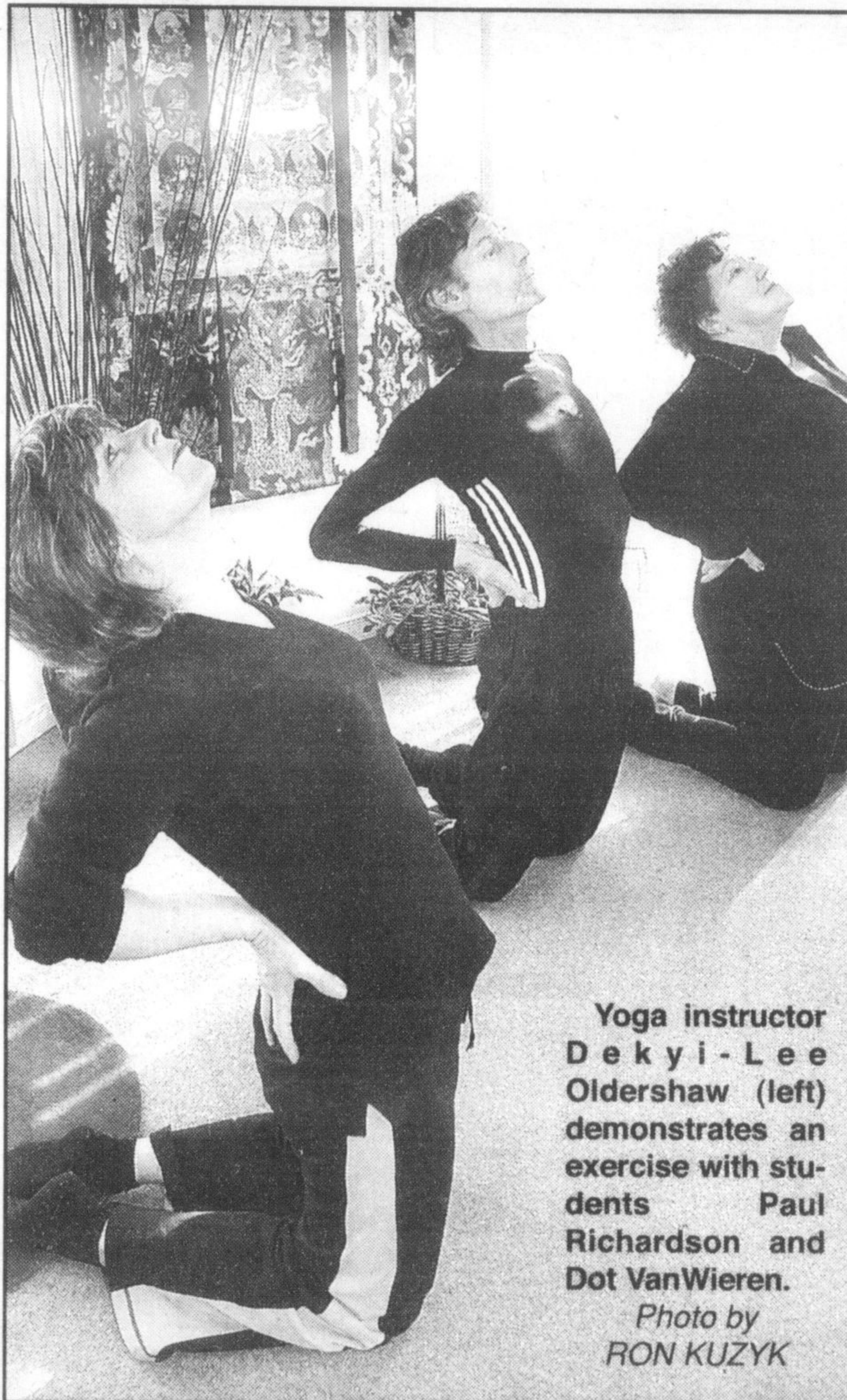
The former elite-level kayaker, who barely missed the 1972 Summer Olympics in Germany, has been practising Five Tibetan Yogas for the past two decades and feels it provides the answer to dealing with the stresses of competition and everyday life.

She stresses that both top athletes and those simply taking part in recreational activity will benefit from the practice, which takes only 15 to 20 minutes a day.

"We start with a visualization that helps us to change our motivation and intentions," said Oldershaw. "We're working with breathing ... that begins to get more energy moving through on all different levels. With that, quite often it begins to loosen up areas that have pain or discomfort, especially in the morning."

The introduction costs \$25 plus GST, with follow-up classes beginning the following Saturday.

For more information about the Five Tibetan Yogas class or other centre programs, call (905) 876-0551.



Yoga instructor Dekyi-Lee Oldershaw (left) demonstrates an exercise with students Paul Richardson and Dot VanWieren. Photo by RON KUZYK

# Hockey hall suggested

It's an idea for which the time has come. That's how Milton Minor Hockey Association President Joe Bruno views a still-in-its-infancy idea to set up a Hockey Hall of Fame in Milton.

"We don't celebrate our successes from the past, and we should," said Bruno.

"We were thinking that we would try at some point to do something like some of the other towns where they have a small sports hall of fame in their rink."

Many small town arenas throughout the province have some tangible recognition of its hometown players who've gone on to the pros — often with a picture or a jersey in a glass display in the lobby.

Milton has had its share of hometown boys reach the pros — including John Tonelli, Enio Scisizzi, Mike Kaszycki, Darren Eliot, Darren Haydar and Peter McDuffe, as well as NHL officials Bruce Hood and Leon Stickle.

"We have trophies and all kinds of things stashed away that should be out there," said Bruno.

"Things people would be interested in looking at."

He suggests that having such an exhibit would provide inspiration for the kids, as well as provide an area in which Milton can proudly show off its hockey heritage. Although his particular focus is hockey, Bruno suggests other sports should also be included.

The ideal place for this, according to Bruno, would be at the new Milton Sports Centre, where ample wall space is available.

"It's easy to talk about," said Bruno, "but it's another thing to get some support. It's only talk right now, absolutely nothing has been done about it. We have to get the Town involved and I will be talking to them at some point."

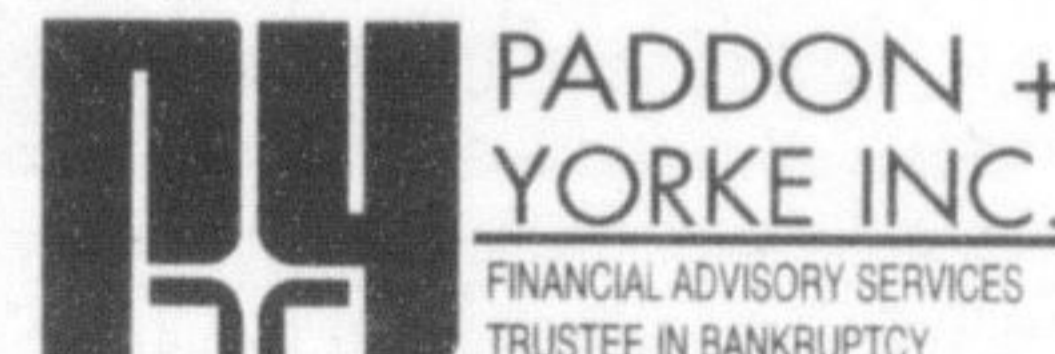
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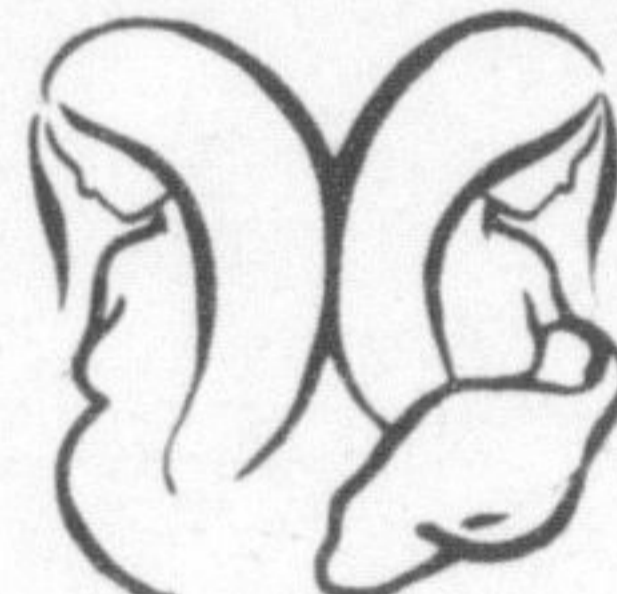
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