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PERFECT STRANGER (14A) Fri. 4:15,7:15, 10:15 P.M.
 Sat. & Sun. 1:15,4:15,7:15,10:15
 Mon. - Thu. 7:15,10:15

PERFECT STRANGER (14A) Tue. 1 P.M.
 Stars and Strollers

DISTURBIA (PG) Fri. 3:55,6:55,9:55 P.M.
 Sat. & Sun. 12:55,3:55,6:55,9:55
 Mon. - Thu. 6:55,9:55

ARE WE DONE YET? (G) Also in Limited RWC® and DVS® Fri. 3:45,6:45,9:45 P.M.
 Sat. & Sun. 12:45,3:45,6:45,9:45
 Mon. - Thu. 6:45,9:45

ARE WE DONE YET? (G) Also in Limited RWC® and DVS® Tue. 1 P.M. Stars and Strollers

GRINDHOUSE (18A) Fri. - Thu. 7:20 P.M.

THE REAPING (14A) Fri. - Thu. 6:40,9:40 P.M.

BLADES OF GLORY (14A) Fri. 4,7,10 P.M.
 Sat. & Sun. 1,4,7,10
 Mon. - Thu. 7,10

MEET THE ROBINSONS (G) Fri. 4:05,7:05, 9:50 P.M.
 Sat. & Sun. 1:05,4:05,7:05,9:50
 Mon. - Thu. 7:05,9:50

TMNT (PG) Fri. 3:40 P.M.
 Sat. & Sun. 12:40,3:40

SHOOTER (14A) Fri. 4:10,7:10,10:10 P.M.
 Sat. & Sun. 1:10,4:10,7:10,10:10
 Mon. - Thu. 7:10,10:10

WILD HOGS (PG) Fri. 4:20 P.M.
 Sat. & Sun. 1:20,4:20

Showtimes Valid Friday, 4/13 thru Thursday, 4/19

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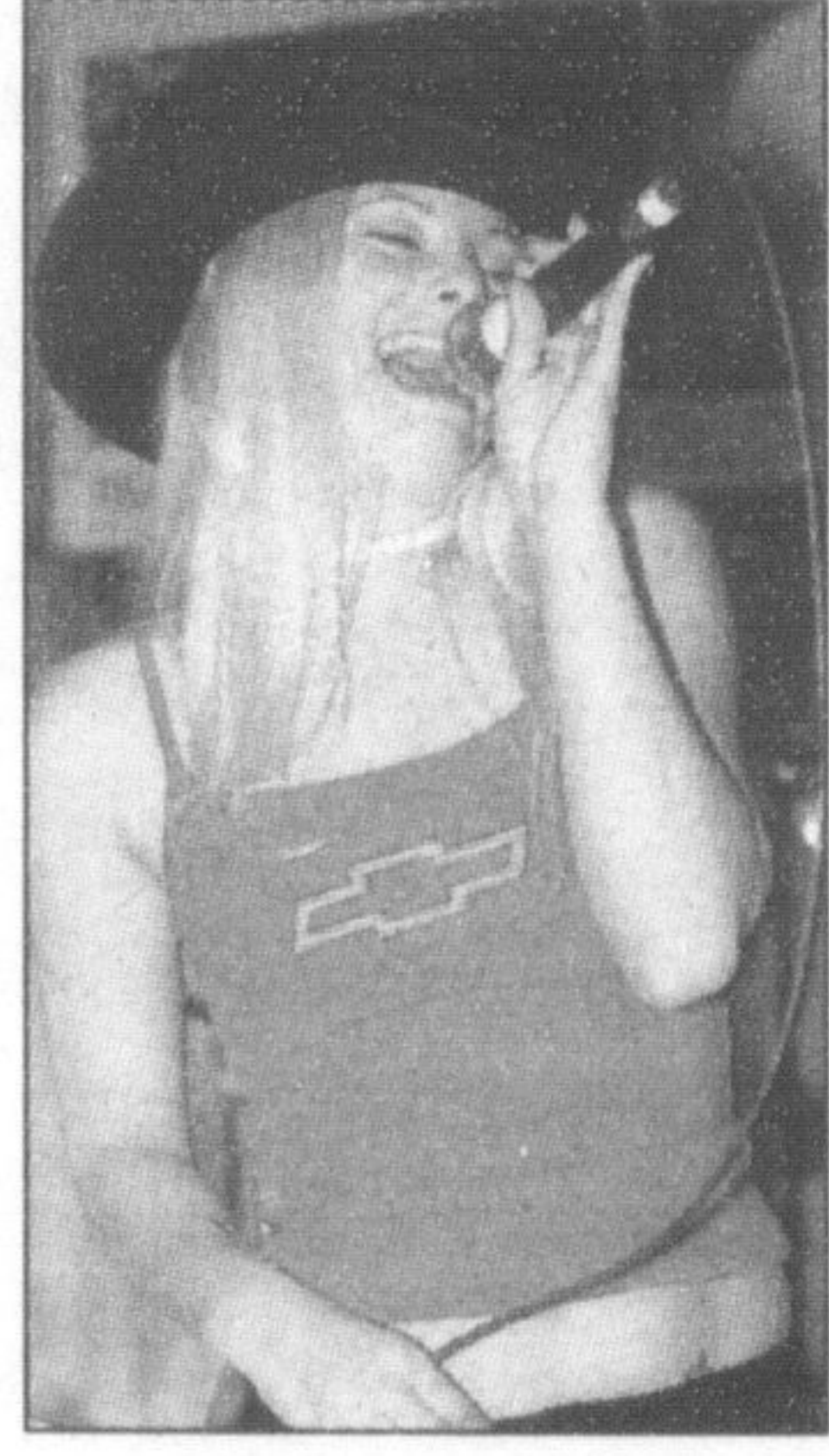
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Debut of Brooke's first video coming

Local country singer Alysha Brooke is getting set to debut her first music video in Cambridge. The video, 'I Don't Drink, But I'm Gonna Get Drunk Tonight', was filmed locally in October and will be shown on the big screens at Lenny B's in Cambridge Saturday, Apr. 21. Brooke and her band will also perform a concert for fans. Lenny B's is located at 510 Collier MacMillan Rd. For more information, call (519) 621-4339.



Alysha Brooke

Mamas set to get funky

Popular group to perform here Sunday

Looking for something to do with the kids that's fun for you too? Sunday from 2:30 to 3:45 p.m. The Funky Mamas will perform at the auditorium at 200 Main St. as part of the Children's Hour concert series. The group of five women has been delighting kids and parents alike since 1998 with their harmonizing vocals and playful instrumentation. Their shows are exciting, energetic and unique. With more than a dozen instruments, the Mamas play everything from

blues to pop, bluegrass to folk, with original tunes covering the gamut of childhood experiences. The Mamas' self-titled CD is distributed by Fire the Imagination and can be picked up across Canada at Chapters, Scholar's Choice, Mastermind stores and neighbourhood toy and gift stores. It's also available on-line at www.cdbaby.com. Their second CD, Rollin' Along, will hit stores soon. For more about the group, visit www.thefunkymamas.com. Tickets to the concert cost \$10 for adults, \$7.50 for the first child and \$5 for each additional child. For more information, call Kymm at (905) 878-7962.

Studio HARMONIA Mindful movement for body & soul

Can anyone do Yoga?

Yes, anyone can do yoga! Yoga is for everyone: young or old, male or female, healthy or those with physical challenges. Yoga can always be adapted to your individual needs, whatever the circumstances. Yoga regards the body as a vehicle for the soul on its journey towards your optimum health goals. Yoga's physical exercises are designed to develop not only the body, but the mind and spirit as well. Physically, it enhances poise, flexibility, strength, coordination, and body awareness. In addition, your concentration and sense of calmness and relaxation improve. **They say the body is only as young as it is flexible!**

How does Yoga help in my everyday life? In this day and age, there is hardly anybody who doesn't suffer from some kind of stress. Yoga helps in reducing physical, mental and emotional stress. Yoga is well-known for its calming effects. Because of the body/mind connection, when the muscles are relaxed by stretching, the mind will also relax and with less anxiety you may notice better sleep patterns. With regular practice, yoga will help you to live your life with renewed enthusiasm.

What are the benefits of practicing yoga? Yoga is a powerful discipline that can improve health and fitness. Regular yoga practice has been known to increase stamina, flexibility, stability and strength. Practicing yoga postures (known as asanas) also brings a feeling of well-being to the entire body by stimulating the organs and improving the circulation. As the body works more efficiently, problems like headaches, back pain, stiff hips and digestive disorders may be alleviated.

Pranayama, the breathing techniques may lower blood pressure, increase cardiovascular efficiency and aid relaxation. It also brings awareness and the ability to be 'still'. Practicing pranayama helps bring mental clarity and calmness.

What styles of yoga do you offer?
 We offer **Hatha yoga**, which is an invitation for those ranging from little or no experience to the



Darcel de Sylva
 Certified Yoga Instructor

more advanced student. Hatha yoga opens your body and mind as you move through the postures (asanas) step-by-step. This helps you recognize that movement comes through our spine, through our breath and our relationship with the ground. This will also increase your flexibility and strength while discovering your inner balance.

Flow/Stretch yoga is about linking the breath with the pose as you flow from pose to pose in a smooth, easy manner. Beginning with the sun salutation, this practice will bring you strength, flexibility, openness, overall awareness, enhanced vitality and an ability to focus on the present. The focus is on the individual developing a personal practice. Whether your goal is stress reduction or aligning your body with your energy, this practice will support your inner movement toward greater harmony and balance.

Which type of yoga is the right choice for me? Each of these styles has different emphasis and specific characteristics. But the ultimate aim is that of self-realization through both the body and mind. In practical terms, you may find that one particular style of yoga suits you better than another, depending on the type of person you are and the kind of lifestyle you lead. When choosing a style to practice, ask questions regarding the instructors' training, philosophy and level of expertise.

Regular Yoga practice with the right teacher can greatly improve your quality of life, no matter who you are or what your immediate goals or issues are. Let Yoga bring you poise, balance and strength as you move through the physical postures (asanas) while reducing stress, improving your concentration and awareness, and finding joy in the ability to be 'still' through the meditation and breath work. Give yourself the gift of healing and movement today.

Darcel de Sylva

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Upcoming Spring Workshops:

- ✿ Hand drumming circle
- ✿ Yoga and/or Nia for couples - date night
- ✿ Meditation and breathing class
- ✿ Yoga Workshop with Helen Duquette
- ✿ Aikido workshop with Master Mario Hundertajlo
- ✿ Pilates for runners

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