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### Canadian Forces Recruiting Centre

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#### NOTICE:

The Mobile Recruiting Team will be in Midland on Tuesday, 13 April 1976 at the Canada Manpower Centre between 10 a.m. and 3 p.m.

# Yoga: Keeping mind and body together

On Sunday morning in the gym of Midland's YMCA, Marie Paulin touched her heel to the back of her neck. She did it with grace and effortless ease, and smiled serenely as she raised her arms above her head to complete the pose. The 47 participants in Midland's third Yoga seminar strove to emulate her. Some of them made it. For those who couldn't, there was

no hassle. "Just do as much as you can do. Don't force anything," said Marie calmly. "Remember, every time you do something new, there is resistance, but keep working at it, gently." In a green body suit, with an Indian cotton sarong wrapped around her lissome middle Marie demonstrated other poses, and encouraged her pupils constantly.

"That's magnificent... very good, breath normal, it is nice to smile. This isn't a chore. You are in touch with yourself." Between poses, workshop participants relaxed, breathed rhythmically or gently massaged arms legs and feet. "When you massage your toes," said Marie, "massage each one as if you cared for it. Don't be mechanical about it."

Marie Paulin is a Yoga teacher who has been associated with Hatha Yoga for 15 years. She's the director for the School of Hatha Yoga in Toronto, and says she got into the Yoga way-of-life when she was a student at the Sorbonne in Paris. "I was tense and anxious, but I didn't want to become a slave to pills. Yoga taught me to relax and to bring my body and mind together to gain serenity.

It changed my life." Now in addition to teaching seminars across the province and instruction in her school, this attractive and lithe lady works with the handicapped, with retarded adults and with alcoholics. "I am more interested in preventative than curative medicine" she says.

At her Hatha Yoga school, Marie runs 200 hour teacher training courses. Midland's Elaine Kraftsick, who teaches yoga in Midland and Penetanguishene, has completed the course.



Marie Paulin demonstrates Yoga techniques

background of soothing Eastern music, while Marie's voice made bodily and sensory awareness suggestions. "You are becoming heavy... your own weight is

dragging you down," she said gently to the students who were recumbent on their exercise mats. "You are in a grass covered field in a valley... your body has become light... look up at the sky... feel the breeze on your skin... listen to the leaves... feel a blade of grass between your

fingers... smell the scent of grass and flowers..." To the untrained eye, the participants appeared to be asleep. Marie says they were not. "I was able to rouse them with a whisper. This was neither sleep, nor was it a passive hypnotic state. The body was totally relaxed, but the mind remained alert.

It was a state of alpha awareness." Those attending Sunday's workshop were of all ages, from teen aged to grandmotherly status, and there were several men in the group.

After the morning workout, there was a luncheon of fruit, cheese, nuts, dates and a cereal-based coffee substitute.

As the participants stretched and coiled and relaxed, their enthusiasm was evident. Many of them are looking forward to a week-long seminar on Beausoleil Island from June 21 - 27, when Marie Paulin will again prove that bringing mind and body together through yoga can be enriching and revitalizing.

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### Talks stalled

Talks between the Simcoe County health unit and its public health nurses are at a standstill. Simcoe County's public health nurses have joined their counterparts in 34 health units across the province in the call for wage parity with the province's hospital nurses.

Two weeks ago, Ontario's public health nurses staged a walk on Queen's Park to emphasize their point — that the salaries of public health nurses are falling further and further behind their counterparts in hospitals, close to \$4,000 a year.

According to the Ontario Nurses' Association, representatives of the public health boards have been requested by the ONA to join in the same progressive method of bargaining, but have refused.

## OLYMPUS OM-1 Top Rated 35mm SLR Slide Show Symposium

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<b>1975 CHRYSLER NEWPORT</b> , Green with green interior, 8 cylinder, automatic, 4 door, sedan, power steering, power brakes, radio, white wall tires, wheel discs, Lic. KES-257, 7,000 miles. Rustproofing. \$4888.00	<b>1971 MUSTANG GRANDE</b> Silver with black vinyl roof and red interior, 8 cylinder automatic, floor shift, 2 door hard top, power steering, radio, white wall tires, wheel discs, bucket seats, one owner, Lic. FEE-397, electric clock Dual racing mirrors, Body side Mds. \$2777.00	<b>1975 DODGE 1/2 TON PICK UP</b> Bronze with matching interior, 6 cylinder standard, 2 door power windows, one owner, Lic. A47-948, Owned by a trucker, a truck used 1/2 Ton. Equipped with bucket seats, Rustproofing, shock absorbers, and only 12,000 miles. Swing lock mirrors. Ask for Scott McLean. \$3319.00	<b>1974 PLYMOUTH DUSTER</b> , Blue with blue interior, 6 cylinder automatic, 2 door coupe, radio, rear window defogger, white wall tires, wheel discs, Lic. HPP-754, Almost demonstration clean, economical slant six, serves any purpose, low mileage, don't wait on this one. Finished in beautiful Jamaican Blue with matching interior. Deluxe Bumper guards front & rear. Ask for Scott McLean 726-0393. \$3299.00
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