

Canadian Forces Recruiting Centre

25 St. Clair Ave., E. Toronto, Ont. (416) 966-6564

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.

OMPUS OM-1

Keeping mind and body together Yoga:

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

"Just do as much as you very good.. breath norcan do. Don't force mall.it is nice to smile. anything," said Marie This isn't a chore. You calmly. "Remember, are in touch with yourevery time you do self." 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



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h a s s l e . "That's magnificent.. It changed my life."

Between poses, lady works with the workshop participants relaxed, breathed rhythmically or gently massaged arms legs and feet. "When you massage your toes," said Marie, "massage each one as if

Marie Paulin is a Yoga teacher who has been associated with Hatha Yoga for 15 years. She's the director fo the School of Hatha Yoga in Toronto. and says she got into the Yoga way-of-life when she as 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 my body and mind

mechanical about it."

Now in addition to

teaching seminars across interested in preventative than curative medicine'

completed the course.

Many of Elaine's students were at the daylong workshop and others came from as far away as Barrie. As well as leadership in various Yoga poses, Marie Paulin me to relax and to bring led the class through relaxation routines. One together to gain serenity. of them was done to a

the province and instruction in her school, this attractive and lithe handicapped, with retarded adults and with alcoholics. "I am more

At her Hatha Yoga school, Marie runs 200 you cared for it. Don't be hour teacher training courses. Midland's Elaine Kraftscik, who teaches yoga in Midland and Penetanguishene, has



Marie Paulin demonstrates Yoga techniques

background of soothing dragging you down," she fingers...smell the scent It was a state of alpha Eastern music, while said gently to the students of grass and flowers..." awareness." Marie's voice made who were recumbent on bodily and sensory their exercise mats. "You the participants appeared day's workshop were of awareness suggestions. are in a grass covered to be asleep. Marie says all ages, from teen aged "You are becoming

field in a valley...your they were not. "I was able to grandmotherly status, heavy..your own weight is body has become to rouse them with a light...look up at the whisper. This was neither men in the group.

To the untrained eye, leaves...feel a blade of was totally relaxed, but grass between your the mind remained alert.

Those attending Sun-

luncheon of fruit, cheese, nuts, dates and a cerealbased 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

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revitalizing. 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

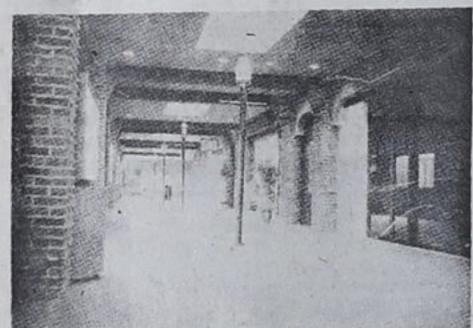
weeks ago, Ontario's public health nurses staged a walk on Queen's Park to emphasize their point - that the salaries of public health nurses are falling further and further behind their counterparts in hospitals, close to

province's hospital

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

\$4,000 a year.

sky...feel the breeze on sleep, nor was it a passive After the morning your skin...listen to the hypnotic state. The body workout, there was a **EXCITING RETAIL OPPORTUNITIES** 28 BAYFIELD MALL 28



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