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# SPORTS

**FITNESS:** Ancient form of exercise provides great form of physical and mental therapy

## Yoga class is now in session

BY BRUCE STAPLEY  
Correspondent

If Monica Cordes has her way, Stouffville seniors will be breathing deeper, sleeping better and rediscovering lost pleasures this spring. Cordes is instructing a Yoga class for seniors as part of the town's spring and summer activities program.

The one-hour sessions, held Wednesday afternoons in the rec centre lounge, include gentle stretching exercises, posture poses and relaxation therapy designed to enable seniors to stay strong, flexible and relaxed.

"Seniors who attend yoga classes often find they can do activities they had lost such as gardening," says Cordes, a member of the Federation of Ontario Yoga Teachers who has been teaching Yoga in the Markham area for four years.

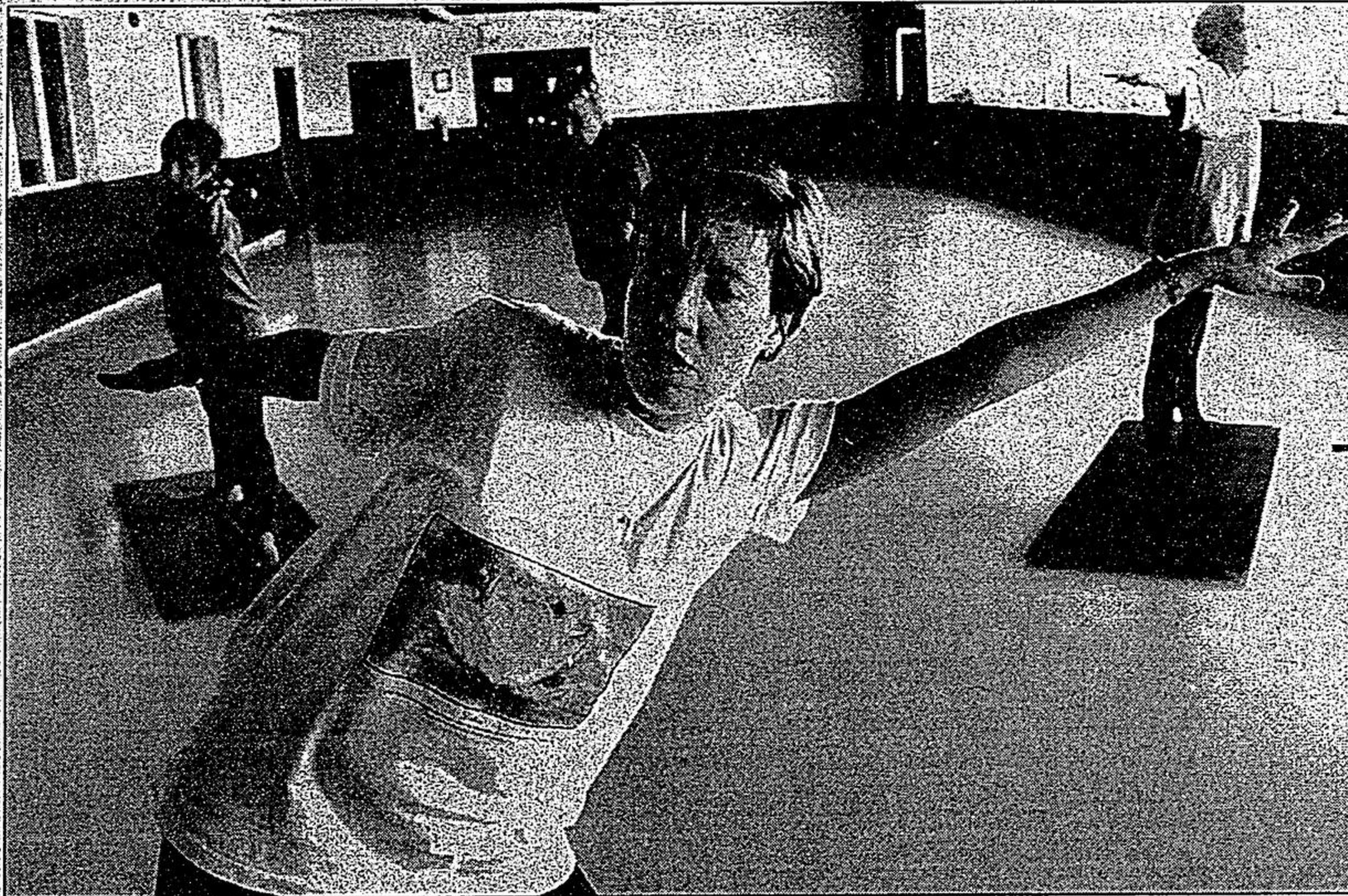
"To me that's a real gift."

Cordes says the focus of her teaching is on educating her students to enjoy a healthier, happier lifestyle. She suggests Yoga is a safe and enjoyable way for anyone to achieve harmony of the physical, intellectual and spiritual components.

"Yoga means the union of mind, body and soul."

Cordes sees Yoga as a doorway to a healthier, more natural lifestyle, suggesting it can be incorporated with dietary and medicinal approaches once used by our forefathers.

"Yoga empowers you to take



STAFF PHOTO/SJOERD WITTEVEEN

Yoga Instructor Monica Cordes (foreground), teaches a position to a group of students including (from far left), Carol Wilson, Karol Latta, and Joan Alexander.

care of your own health like in the days before the industrial revolution when a mother would take care of the health of her family." When combined with diets based on natural ingredients, she insists Yoga can be an effective means of detoxifying the body.

She suggests that practicing Yoga

helps open one up to what nature has to offer.

"I really like to connect with nature," she says. "It's important to notice what is happening all around you. When we do that we reach an inner peace."

While some associate Yoga with the Eastern religions, Cordes says

Yoga predates both Buddhism and Hinduism. She avoids any direct discussion of God in her classes, leaving it up to the individual to decide whether they want to tie Yoga with religious faith.

"You can get out of it what you want. My role is to connect people with their bodies."

Cordes, who initially took up Yoga to help relieve a weak lower back, says people generally enroll in her classes so they can handle stress better, have more energy, feel better overall, and sleep better. They achieve these goals by stretching the kinks out of their bodies, strengthening bones, improving posture, breathing deeper, and learning relaxation techniques.

Robert and Joan Alexander, a Stouffville couple enrolled in Cordes' senior's class, are both convinced of the benefits of Yoga.

"It keeps one flexible, whether you're gardening or working in the house," Robert, a 10-year veteran of the activity, noted.

Karol Latta practiced Yoga for five years earlier in her life but gave it up. She decided to return to the seniors class as a means of helping ease her back problems.

"It's a gentle form of exercise if you have problems with your back like I do," she said.

For Carol Wilson, a newcomer to Yoga, the class represented a chance to experience the benefits she had heard were associated with the 6,000-year-old discipline.

"I was just looking for Yoga, the flexibility, breathing and peace of mind," she said.

Cordes, a Markham resident, is to team up with Stouffville Yoga instructor Sigel Igel to conduct a Yoga workshop May 1 at the Lemonville Community Centre.

People of all ages can register for the all day session by calling (905) 479-5676.

## Juvenile Clippers sail off with OHF title

BY BRUCE STAPLEY  
Correspondent

The Stouffville juvenile Clippers are being fitted for provincial championship rings after tasting the gravy in Brampton over the weekend.

Richie Ciarevella's overtime slap shot from the blue line some how found its way over top of the Brampton Battalion goalkeeper and into the net to enable the Clippers to skate off with the



Ontario Hockey Federation title.

The goal, which was stopped, then bounced high in the air before eventually dropping into the goal, gave the Clippers a 4-3 victory in the final.

"It seemed like it took an eternity," said Clippers coach Lee Burton, of the deciding goal. "Everyone was watching it from the bench as it slowly went in."

The win came on the heels of the Clippers Ontario Minor Hockey Association juvenile championship victory last month.

The Battalion, looking to avenge a defeat at the hands of the Clippers in the OMHA

finals, forced the extra period Sunday when they tied the game at 3-3 with just over four seconds left in regulation time.

But Ciarevella's lucky bounce put the icing on the cake for Burton's squad.

"We won the league, the OMHA and now the OHF," Burton said. "I'm very proud of them."

Brad Clubine and Mico Galluzzo also scored for the Clippers in the big game.

The Clippers led off the weekend with a 3-3 tie against the Humber Valley Sharks in Thursday night's opener of the four game preliminary round.

In a gruelling schedule that saw the Clippers play three games Saturday, the Stouffville outfit managed a 4-1 win over the Mississauga North Stars, a 4-3 decision versus the Battalion, and a come-from-behind 5-4 triumph against Thunder Bay.

The Clippers placed first in the round robin with seven points, sending them into the final round with the Battalion, who managed six points.

Burton said the win over Thunder Bay in their third game of the day was particularly

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**Wheels**

**DEADLINE** Monday prior to publication. **DATES** April 29

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