

Yoga

The Complete Health and Self-Improvement Course

The word Yoga means union with life, the purpose of Yoga being to increase the amount of life in your body and indeed in your life. The body is viewed as similar to a battery which can be charged to a greater capacity. You can actually increase the amount of energy, life-force, health and wellbeing in your body. This, in turn, benefits all areas of your life.

The two main approaches

For maximum results we use two main approaches. Firstly, each of us has a certain amount of life-force or energy inside us which becomes tied up in stress, tension, worries, problems, complexes, negative thinking etc. For example, have you ever noticed that if you really worry about something you become exhausted? All of the above can use up enormous amounts of energy - rather like revving the engine of your car with the brakes on. In our course you will learn how to free your energy with an immediate improvement in your level of health and self-expression. Our main way of doing this is through deep relaxation.

In the second approach we concern ourselves with how we can obtain more life-force and energy from outside sources such as diet, exercise and breathing. Let us take each of these in turn and look at their benefits.

The Foods of Life

Most people now accept that a poor diet lowers the energy and health levels of the body while a properly balanced diet will have us feeling better. Yoga goes much further in this respect claiming that there are certain foods higher in life-force than others. If the major part of your diet consists of these foods they will literally charge up your whole system.

When you eat high life-force foods in combination with our complete programme, the resulting increase in energy and greater capacity to burn up foods will enable you to lose excess weight where necessary quickly and safely without hunger, developing a firm and supple body. Experimenting with the various foods is a fascinating and fun aspect of Yoga. The information on the life-force value of foods you will find truly amazing. When you see the good results you obtain you will want to pass on this knowledge to your family and friends.

Energy Exercises

Yoga exercises are unique as they actually give energy to the body. With normal exercises, for example, if you were to go for a jog or any vigorous form of exercise, instead of feeling that you have increased your energy you will often feel exhausted and depleted. Yoga exercises are designed in such a way that they work on the major glands of the body which are viewed almost like spark plugs. If these are toned up then the result is physical health and mental wellbeing.

Life-force breathing exercises

We are so used to breathing that we have never given it much thought but all your food is burned in the flame of oxygen that you breathe in. By their full capacity - excellent for those suffering from breathing problems or tension. You will find that they have a calming, yet invigorating, effect.

Certain foods are higher in life-force than others

learning to breathe in certain ways you can obtain more nourishment from your food, oxygenate your blood and increase your red blood cell



Fifteen or twenty minutes of these exercises will leave you

Yoga exercises actually give energy to the body

feeling relaxed and charged with energy unlike any other form of exercise you have ever tried - perfect after a hard day.

relaxation we have found to be a help but to obtain the desired results it must be combined with mental relaxation. This will enable you to free out the tissues and your circulation and consequently this chronic tiredness will vanish. By tensing up against the world you are using up an enormous amount of energy - it is only when this stops that we realise just how much. All our experts are trained in using this mental approach to relaxation and the results are truly magic as you can read elsewhere in this paper. Many people who are our course are amazed and delighted to find that they increase their life-force so much that they begin to feel it. They actually feel energy, like electricity, moving throughout the body giving them a feeling of physical and mental wellbeing never experienced before, bringing new levels of health and self-improvement. At this point we both know that we have done our jobs properly. Then you will really begin to understand the term 'full of life'.

Relaxation

Yoga maintains that stress, tension and worry, in other words resistance to what can often seem to be a cold and harsh world, causes us literally to stiffen up against it. We tense up our whole system, our whole body. This leads to various physical and mental problems. We can also become as it were stiff mentally, where we are resistant to the experiences of life. This results in physical stiffness which of course interferes with our circulation and can lead to chronic fatigue. Physical

You will be shown how to breathe to your full capacity

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Important Note

Yoga was first introduced to Ireland in 1971 by Tony Quinn and immediately became popular. Our classes are based on his material, the essence of which has produced the type of results you can read about on pages 10, 11, 14 and 15. No other Yoga group anywhere has been able to approach these kinds of results so you can be assured that you are in capable hands. All of our teachers have completed an Irish Health Culture Association Diploma Course in Yoga and/or have received training personally from Tony Quinn.

The Irish Health Culture Association, in conjunction with the Irish Association of Holistic Medicine, now runs a Diploma course for those who wish to become Yoga teachers. These courses are based on the Tony Quinn system. Tony has always been at great pains to point out to the public and Yoga teachers alike that Yoga is not a glorified form of P.T. He believes it to be the ultimate system for health, healing, self and life-improvement. If you are considering taking up Yoga, we would like to extend an invitation to you to come along to our class in your area. You will be most welcome.

NATIONWIDE VENUES AND TIMES OF CLASSES

DUBLIN CITY & COUNTY Tony Quinn Health Centre 47 Eccles St, Dublin 7 Tue, Sept. 15th Beg. 11.00-1.00pm Charleville Rd. Intr. 9.00-10.30pm	BAGINNY ST. AREA Hick Field School Haddington Rd. Tue, Sept. 22nd Beg. 11.00-1.00pm Beg. 12.17-3.00pm	BLACKROCK Parish Centre St. John The Baptist Church Wed. Sept. 22nd Beg. 7.30-9.00pm Intr. 9.00-10.30pm	BLANCHARDSTOWN St. Regis's Community Centre Thurs. Sept. 24th Beg. 7.30-9.00pm	CHARLEVILLE The West County Hotel Wed. Sept. 22nd Beg. 10.00am-12.00pm	DUNDREM Hick Cross National School Opp. Galena St. Wed. Sept. 22nd Beg. 7.30-9.00pm	SUN LAOGHAIRE Lymington and Merrick Road Tue, Sept. 22nd Beg. 10.00-11.00pm	KILMORE WEST St. Vincent's National Centre Cromwell Rd. Thurs. Sept. 24th Beg. 7.30-9.00pm	LUCAN The New Hotel Mon. Sept. 21st Beg. 7.30-9.00pm Intr. 9.00-10.30pm	MALAHIDE Malahide Community School Opp. The Bridge Club Thurs. Sept. 24th Beg. 7.15-9.15pm Intr. 8.30-9.30pm	DUBLIN CITY & COUNTY St. Paul's College Synge Hall Thurs. Sept. 24th Beg. 7.30-9.00pm	RATHFRIBES St. Louis High School Charleville Rd. Wed. Sept. 22nd Beg. 7.30-9.00pm	STILLORGAN St. Laurence Community Centre Thurs. Sept. 24th Beg. 7.30-9.00pm	SWINDYS Sweets Dry Centre for Senior Citizens (Behind Bank of Ireland) Mon. Sept. 21st Beg. 9.00-10.30pm	TEMPLEOGUE Knoxdown Villa & Community Centre Intr. 9.00-10.30pm Wed. Sept. 22nd Beg. 8.30-10.00pm	COKE CITY & COUNTY Tony Quinn Health Centre 29 Academy St. Mon. Sept. 21st Wed. Sept. 22nd Beg. 10.00-12.00noon	BALLINGOLING The New Hotel Tue, Sept. 22nd Beg. 7.30-9.00pm	DOUGLAS Anglo Community Centre Lynch Rd. 1st Beg. 9.00-10.30pm	MIDLETON St. Mary's High School Wed. Sept. 22nd Beg. 7.30-9.00pm	ARKLOW Arklow Bus Hotel Mon. Sept. 21st Beg. 7.30-9.00pm	ARMAGH Tony Quinn Health Centre 41 English St. Wed. Sept. 22nd Beg. 8.00-9.30pm	ASHBOURNE The Home "Man" Wed. Sept. 16th Mon. Sept. 21st Beg. 7.30-9.00pm	ATHLONE The Prince of Wales Hotel Thurs. Sept. 24th Beg. 8.30-10.00pm	BALLINACROGH Community School Wed. Sept. 22nd	KEELS Heathens Arms Hotel Wed. Sept. 22nd Beg. 7.30-9.00pm	KILDEWY The Spanghall Hotel Intr. 9.00-10.30pm Tue, Sept. 15th Beg. 7.30-9.00pm	LIMNECK St. Michael's Church Hall Intr. 9.00-10.30pm	BALLINASLOE "Bridge Room" Emerald Ballroom Wed. Sept. 22nd Beg. 7.30-9.00pm	BIATY Tony Quinn Health Centre Queens Rd. Tue, Sept. 22nd Beg. 11.00-12.00noon Beg. 12.17-3.00pm Intr. 9.00-10.30pm	NAAS Lawlor's Hotel Thurs. Sept. 24th Beg. 7.30-9.00pm	NAVAN Beeston Hotel Tem Road Thurs. Sept. 24th Beg. 7.30-9.00pm	NEWRY Newry Branch Library 70 Hill St. Wed. Sept. 22nd Beg. 7.30-9.00pm	TRIM Dunneal Hall Central St. Wed. Sept. 22nd Beg. 7.30-9.00pm	TULLAMORE Thomas Arms Hotel Mon. Sept. 21st Wed. Sept. 22nd Beg. 7.30-9.00pm	WATERFORD Prague Hotel Tue, Sept. 22nd Beg. 7.00-9.00pm Intr. 9.30-10.30pm	WEXFORD Wexford Hotel Mon. Sept. 21st Beg. 7.30-9.00pm
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ENQUIRIES: Yoga classes are run for 8 consecutive weeks. Each class is 1 1/2 hours in length and the cost is £40 payable on enrolment. Enrolments take place 30 minutes before the start of the class. NOTE: If you wish

to arrange a yoga class for your club or association then contact us at:
DUBLIN HEAD OFFICE:
Eccles St. (01) 303717
REGIONAL OFFICES:
Cork: (021) 276364
Dundalk: (042) 380977
Armagh: (0861) 525742

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