

Come alive this summer with

# Yoga

*Most of us will readily admit that we do not get enough fresh air or exercise, have trouble controlling our weight, are uptight, not nearly as healthy as we should be, don't eat properly and have difficulty coping with life. The Tony Quinn yoga programme offers the ideal solution.*

## Deep energising yoga breathing

Learning to breathe properly energises and invigorates the whole system. Excellent for those suffering from stress or breathing problems. Yoga breathing techniques will also improve digestion and metabolism, increase energy reserves, help you think clearer and improve the health of the heart and lungs.

## Invigorating yoga exercises

The sensible approach to looking and feeling great, leaving you calm, relaxed and invigorated while giving you a supple, well-formed body. Yoga exercises are renowned for their ability to stretch and tone the muscles without the effort normally associated with training. Daily practice of yoga exercises for twenty minutes will bring you excellent results.

## Life-giving yoga nutrition

We teach you how to improve your health, energy and mental state by eating correctly. Overweight is caused by eating an unbalanced diet, which when corrected causes you to lose unwanted flab naturally, while firming up the body quickly and safely without hunger. Yoga nutrition emphasises the eating of foods that are high in life force which have almost a rejuvenating effect on the body.

## Deep relaxation and meditation

To enable you to let go of stress, tension, worries and problems. One of the reasons why yoga is so widely practised is its ability to dissolve stress. With easy-to-learn yoga techniques the benefits of regular relaxation become apparent very quickly. A further stage of relaxation is meditation which increases awareness of self, life, purpose which will bring a whole new dimension to living.

### Important Note

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.

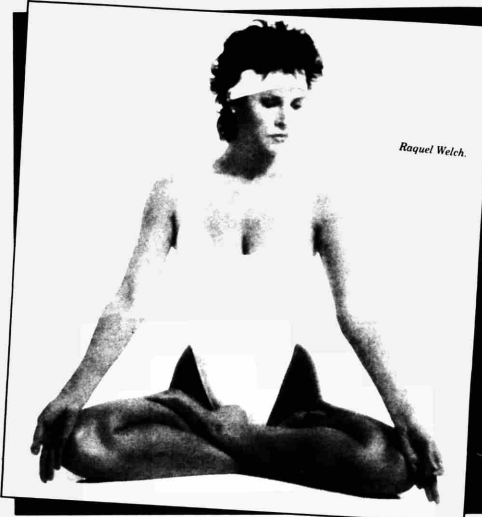
healing, self and life-improvement. If you are considering taking up Yoga, we would like to extend an invitation to you to come along to our class in your area. You will be most welcome.

### ENQUIRIES

Yoga classes are run for 6 consecutive weeks. Each class is 1 1/2 hours in length and the cost is £5 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) 203717  
**Regional Offices:**  
**Cork:** (021) 276364  
**Dundalk:** (042) 38097  
**Armagh:** (0861) 525742



## Top movie stars rely on Yoga for beauty, health and vitality.

Raquel Welch has been a life-long practitioner of the art of yoga and her international best-seller, "Raquel Welch Total Beauty and Fitness Programme", bears testimony to yoga's many beneficial effects.

Yoga is popular with top models, celebrities, musicians, movie stars and business executives. Its daily practice leads to increased energy, vitality and the ability to deal with stress.

## VENUES & TIMES

OF OUR YOGA CLASSES IN YOUR AREA

### Dublin Area

**TONY QUINN CENTRE**  
66 Eccles St. Dublin 7  
Thursday April 29th (Afternoon)  
Beginners - 12.45-1.45pm  
Wednesday May 5th  
Beginners - (1) 6.00-7.30pm  
Beginners - (2) 7.30-9.00pm  
Intermediate - 9.00-10.30pm

**ASHBOURNE**  
"The Hunters Moon"  
Wednesday May 5th  
Beginners - 7.30-9.00pm

**BAGGOT ST. AREA**  
Holy Faith School  
Haddington Road  
Tuesday April 27th  
Beginners - 6.00-7.30pm  
Intermediate - 7.30-9.00pm

**BLACKROCK**  
Parish Centre  
St. John the Baptist Church  
Wednesday May 5th  
Beginners - 7.30-9.00pm

**BLANCHARDSTOWN**  
St. Brigid's Comm. Centre  
Thursday April 29th  
Beginners - 7.30-9.00pm

**CHAPELIZOD**  
West County Hotel  
Wednesday April 28th  
(Morning)  
Beginners - 11.00am-12.30pm

**DUNDRUM**  
4 Ashgrove Terrace  
Main St. (Opp Dundrum Gym)  
Wednesday April 28th  
(Morning)  
Beginners - 10.30am-12.00 noon  
Beginners - (1) 7.30-9.00pm  
Beginners - (2) 8.30-10.00pm

### DUN LAOGHAIRE

Tony Quinn Health Centre  
96 Lt. George's St.  
Thursday April 29th (Morning)  
Beginners - 10.30am-12.00 noon  
Tuesday May 4th  
Beginners - 7.30-9.00pm  
Intermediate - 9.00-10.30pm

### LUCAN

Spa Hotel  
Wednesday April 28th  
Beginners - 7.30-9.00pm

### MALAHIDE

St. Paul's National School  
Yellow Walls Road  
Monday April 26th  
Beginners 8.00-9.30pm

### RAHENY

St. Paul's College  
Sybil Hill  
Thursday May 6th  
Beginners - 7.30-9.00pm

### RATHMINES

St. Louis High School  
Charleville Road  
Wednesday April 28th  
Beginners - 7.30-9.00pm  
Intermediate - 9.00-10.30pm

### STILLORGAN

Outlands Primary School  
Thursday April 29th  
Beginners 7.30-9.00pm

### SWORDS

Day Centre for Senior Citizens  
Monday May 3rd  
Beginners 9.00-10.30pm

### TEMPLEOGUE

Kneeklyon Youth & Comm. Centre  
Idone Avenue  
Wednesday April 28th  
Beginners - 8.30-10.00pm

### Nationwide

#### BRAY

Tony Quinn Health Centre  
Quinsboro Road  
Tuesday May 4th  
Beginners - 7.30-9.00pm  
Intermediate - 9.00-10.30pm

#### CARLOW

Royal Hotel  
Monday April 26th  
Beginners 8.00-9.30pm

#### KILKENNY

Spring Hill Hotel  
Waterford Road  
Tuesday April 27th  
Beginners 7.00-8.30pm

#### WATERFORD

Bridge Hotel  
Tuesday May 4th  
Beginners - 7.00-8.30pm  
Intermediate - 8.30-10.00pm

#### GALWAY

St. Nicholas' Parochial Hall  
Wood Quay (opp. Court House)  
Monday April 26th  
Beginners - 7.30-9.00pm  
Intermediate - 9.00-10.30pm

#### NAAS

Tony Quinn Centre  
Basin St.  
Tuesday May 4th  
(over Sheila's Hairdressing)  
Beginners - 10.30-12.00noon  
Beginners - 7.30-9.00pm  
Intermediate - 9.00-10.30pm

#### NEWBRIDGE

Parish Centre  
Station Road  
Wednesday April 28th  
Beginners - 8.00-9.30pm

### CORK CITY

Tony Quinn Health Centre  
20 Academy St.  
Monday May 3rd  
Beginners - 7.30-9.00pm  
Wednesday May 5th (Morning)  
Beginners - 10.30am-12.00 noon

### MIDDLETON

St. Mary's High School  
Monday April 26th  
Beginners - 7.30-9.00pm

### BALLINCOLLIG

Oriel House Hotel  
Thursday May 6th  
Beginners - 8.00-9.30pm

### LIMERICK

St. Michael's Church Hall  
Barrington St.  
Tuesday April 27th  
Beginners - 8.30-10.00pm

### ARMAGH

Tony Quinn Health Centre  
41 English St.  
Wednesday April 28th  
Morn. Beg. - 10.00-11.30am  
Even. Beg. - 7.30-9.00pm

### DROGHEDA

St. Peter's Parochial Centre  
Peter's St.  
Wednesday April 28th  
Beginners - 8.00-9.30pm

### DUNDALK

Tony Quinn Health Centre  
18 Lacey St.  
Wednesday April 28th  
Beginners - 7.30-9.00pm  
Intermediate - 9.00-10.30pm

### MULLINGAR

Gresville Arms Hotel  
Wednesday May 5th  
Beginners - 7.30-9.00pm

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