

YOGA

The Perfect complement to everyday living

We all need an antidote to modern living. Yoga is a complete lifestyle programme that combats the stress and tension which seems to be very much part of the way we live today.

It is amazing to think that despite the great advances the world has made in every field - medicine, food, hygiene, industry, transport, etc. - we are still subject to so much stress and sickness. Progress in methods of transport for instance has eliminated the need for us to walk the distances our parents or grandparents did. Also much of the hard physical labour has been taken out of many day-to-day jobs with creation of better machinery, resulting in decreasing levels of fitness. With so many foods conveniently tinned, packeted, processed, dried, frozen, pre-cooked, etc., we spend

time you feel after most exercise workouts? Yoga is quite the opposite and doesn't require any strenuous or tiring work from you but in fact will renew your flagging energy while stretching and toning up those little-used muscles. Through proper breathing techniques it will help oxygenate your whole body. You will learn how easy it is to eat a properly balanced diet, high in life-force and low in fattening and devitalising foods. Finally our yoga programme will teach you how to truly relax both mind and body and show you how to use that relaxation for increased health and energy and a more positive frame of mind.



less time in the kitchen, giving us more time to participate in our favourite pastime - watching television. We all recognise the fact that we should get more exercise, eat better instead of grabbing snacks, but by the end of the day we are so uptight and worn out that we are only fit to sprawl in front of the telly for the rest of the evening. We just don't have the energy or inclination to drag ourselves out to some vigorous exercise class or sports activity.

THE ANSWER IS YOGA

Have you ever noticed how

1.. DEEP ENERGISING YOGA BREATHING

Few people ever breathe deeply enough to fully expand their lungs and as a result, they are never really oxygenated, leading to fatigue and ill health. None of this is helped by the fact that a lot of us work in stuffy offices and factories and are denied access to clean fresh air most of the day. Yoga breathing enables us to extract more oxygen from the air, essential to every cell in the body. It also has the beneficial effect of calming the mind, helping to dissolve tension throughout the body.

2.. LIFE-GIVING YOGA NUTRITION

Yoga is all about increasing the amount of 'LIFE' in your life. Yoga nutrition is concerned with eating foods that are high in life-force, that is, fresh live foods as opposed to the dead devitalised foods that have become a part of our fast-moving, stressful lifestyles. It is not difficult to realise that while one provides energy



Stress in everyday life... Yoga provides the necessary balance with the Tony Quinn Yoga System recognised as the national standard.

and helps build a healthy body, the other will do little more than clog up our systems and cause health problems. One is life-giving, the other depletes life. With correct nutrition you can begin to rejuvenate your body and sharpen your mind because of the energising effect it has on your whole system.

3.. INVIGORATING YOGA EXERCISES

Yoga exercises or postures actually work directly on the glands of the body, which control your physical and mental wellbeing. This will benefit your whole system in a way that no other exercises can do while helping to sculpture a

supple well-formed body. You will find their wonderful stretching action has a very relaxing effect - a valuable asset in this age of stress.

4.. DEEP RELAXATION AND MEDITATION

Worry, tension and negativity have a detrimental effect on your health and energy. They are like barriers between us and the things we want to do and enjoy. Sickness, unhappiness, depression, etc. result when people are mentally bottled up and cannot express themselves. If a person truly learns to relax this allows their true essence to emerge leading to



greater self-expression. The result is like pulling out a plug. Their own natural life-force or energy, previously blocked off by tension and negativity, floods in restoring health and freeing the mind from self-imposed limitations.

The beauty of Yoga is that it is a complete programme for health, fitness, relaxation and mental wellbeing which once learned you can continue to use for the rest of your life and can be practised anywhere as it needs no special equipment. Irrespective of whether you are an active sports participant or a quiet stay-at-home, a business person, housewife, a student, labourer, etc., this programme is the perfect complement to your everyday life.

All of our teachers have completed an Irish Health Culture Association Diploma Course in Yoga and/or have received training personally from Tony Quinn. 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 and self- and life-improvement.



Tony Quinn trained Yoga Instructors know about Life Force foods and their positive effect on the body.

ENQUIRIES

Yoga classes are run for 6 consecutive weeks. Each class is 1 1/2 hours in length and the cost is £35 per person and the cost of 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) 38097, Armagh: (0861) 525742

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Yoga class venues & times, beginning soon.

Nationwide

ARMAGH
Tony Quinn Health Centre
41 English St.
Wednesday September 22nd
Beginners (1) 10.30am-12.00 noon
Beginners (2) 7.30-9.00pm

BRAY
Tony Quinn Health Centre
9 Quinsboro Road
Tuesday September 21st
Beginners - 7.30-9.00pm

CARLOW
Royal Hotel
Tuesday September 28th
Beginners - 7.30-9.00pm
Intermediate - 9.00-10.30pm

CORK CITY
Tony Quinn Health Centre
20 Academy St.
Monday September 20th
Beginners - 7.30-9.00pm
Wed Sept 22nd Morning
Beginners - 10.30am-12.00 noon

BALLINCOLLIG
Oral House Hotel
Tuesday September 21st
Beginners - 7.30-9.00pm

BALLINLOUGH
Final Touch Beauty Clinic
6 Cogan's Cottages
Ballymough Road
Wednesday September 29th
Beginners - 7.30-9.00pm

DUNDALK
Tony Quinn Health Centre
18 Jocelyn St.
Wednesday September 22nd
Beginners - 7.30-9.00pm

DUNGARVAN
Park Hotel
Monday September 27th
Beginners - 7.00-8.30pm

GALWAY
The Rowing Club
Wood Quay
Monday September 20th
Beginners - 7.30-9.00pm
Intermediate - 9.00-10.30pm
Thurs Sept 23rd Morning
10.30-12.00noon

KILKENNY
Spring Hill Hotel
Waterford Road
Wednesday September 29th
Beginners - 7.00-8.30pm
Intermediate - 8.30-10.00pm

LIMERICK
St. Michael's Church Hall
Barrington St. (off Pery Sq.)
Tuesday September 21st
Beginners - 8.30-10.00pm

MIDDLETON
St. Mary's High School
Monday September 27th
Beginners - 7.30-9.00pm

NAAS
Lawlor's Hotel
Monday September 20th
Beginners - 7.30-9.00pm
Intermediate 9.00-10.30pm

NEWBRIDGE
Parish Centre
Station Road
Wednesday September 22nd
Beginners - 8.00-9.30pm

WATERFORD
Bridge Hotel
Wednesday September 29th
Beginners - 7.00-8.30pm

Dublin Area
ECCLES ST. BAGGOT ST. AREA.
BLACKROCK, BLANCHARDSTOWN,
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