

Yoga Classes

Energise yourself for Summer with a 10 Week Yoga Course

At this time of year as we observe the evenings growing longer, the weather becoming milder, the renewal all around us in nature, with the trees and flowers budding into life, we begin to take stock of ourselves. Are we, too, ready to spring into life with great zest or do we find ourselves saying "I could do with a break?"

Why not take a well-deserved break?

This spring we are inviting you to take a radically different type of break, to take a break from your usual way of dealing with life and learn to work from the inside out: to make some space for YOU; to learn to relax and focus yourself; to energise mind and body.

As you begin to feel happy, relaxed, at one with yourself and with life it has a revitalising effect on every cell in your body. You walk tall, you look brighter,

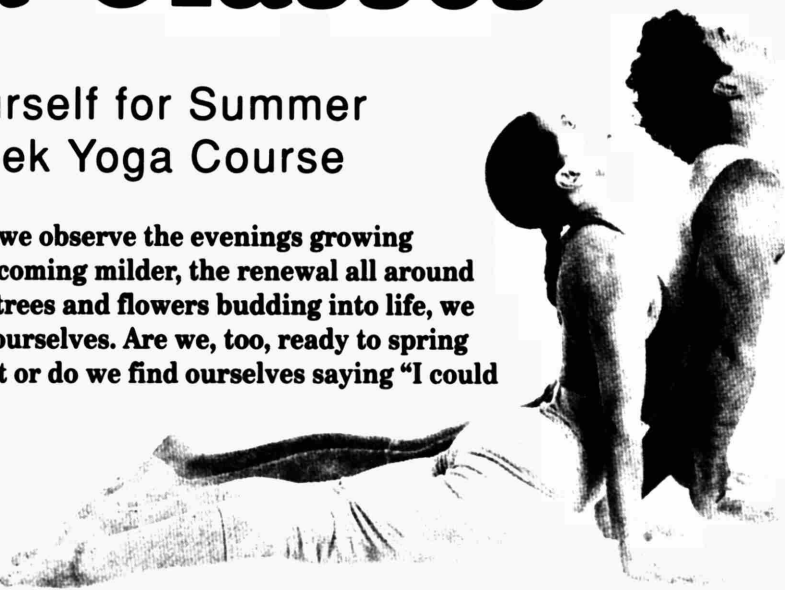
Grow Younger not Older.



your skin is clearer, you have a new zest to tackle the important things in your life, you see situations from a new perspective.

This spring take a break from the confines of the 'old' you. Break free and discover your own inner resources. That, after all, is the purpose of Yoga - to join or integrate all the parts of yourself so that you can get along with life in an easy effortless way.

Yoga is an age old holistic system to integrate mind and body. Its gentle exercises tone and stretch. Its breathing techniques oxygenate the blood. Its nutritional programme nourishes and cleans the body of toxins. But above all, its system of relaxation/meditation/philosophy gives a new zest for life.



The "break" that you need is from your approach to life. Take some time out - for yourself.

Would you like to give it a try?

We are starting classes in the following areas and you would be very welcome to come along. Classes run for 10 weeks. Each class is 1½ hours in length and the cost is £45.00 payable on enrolment. Enrolments take place half an hour before the start of a class.

FURTHER DETAILS of the classes can be obtained at the following phone nos: 01-830-4211 & 01-830-3717 Dublin Head Office 021-276364 Cork, Limerick, Ennis 042-38097 Dundalk 0861-525742 Armagh **NOTE:** Private classes for clubs/associations also arranged; phone for details.

Yoga is the ideal complement to a full healthy heart programme. See page 14 for details.



Subjects covered in The Classes

Relaxation

By tensing up against the world we use up an enormous amount of energy. Yoga teaches us how to let go of all tension and worry, not only to relax the body but to relax the mind. When you clear out this negativity you will often be amazed and delighted to find that your life-force actually increases so much that you begin to feel your life/energy like electricity, throughout the body. You will really begin to understand the term 'FULL OF LIFE'.

Exercise

Yoga postures leave you calm, relaxed and invigorated while giving you a supple well-formed body. They are suitable for men and women of all ages. Our teachers are specially trained to adapt exercises to different levels of fitness. YOGA exercises are unique in as much as they work directly on the glands of the body and are designed to increase the body's life energy. Therefore they are done in a certain sequence and also in a certain manner by mentally and physically tuning in at the same time.

Nutrition

Yoga teaches us how to improve our health, energy and mental state by eating correctly and taking foods that are high in life force. Whether you are trying to lose or gain weight or just keep in shape we can help and we should know - over the years we have used our diet and exercise programmes to train models, sportstars and champions in many different fields.

Breathing

Yoga places great emphasis on breathing exercises teaching you how to extract life force from the air that you breathe, thereby storing a reserve supply within the body. "Watching the breath" is a classic YOGA technique to bring about a deep level of relaxation by stilling the thoughts through concentration on one object. Once this level of focus has been reached it is then transferable to all areas of life.



Visualisation/Mantra

How to use the power of the focused mind to gain control over your life.

Meditation & Philosophy

Meditation brings about mental stability, peace of mind, self-knowledge, constantly expanding awareness which puts you in touch with the real you - your life force or energy inside. Through YOGA and meditation you will learn how to be still and become one with creativity, love, happiness, security, peace of mind, success - your real potential that you always knew was there. In other words you will find your Self - which is the very purpose of your existence.

Classes Nationwide

Telephone 01-830-4211 if you require further details about these classes at the following Tony Quinn Yoga Centres.

East

BRAY

9 Quinsboro Road
Tuesday 26 Apr
7.30pm - 9.00pm

NAAS

Tony Quinn Health Centre
(over Sheila's Hairdressing Salon)
Basin Street
Wednesday 27 Apr
7.30pm - 9.00pm Beginners
9.00pm - 10.30pm Intermediate

DUNDALK

18 Jocelyn Street
Wednesday 27 Apr
7.30pm - 9.00pm

NEWBRIDGE

Parish Centre, Station Road
Tuesday 26 Apr
7.30pm - 9.00pm Beginners
9.00pm - 10.30pm Intermediate

South East

KILKENNY

Spring Hill Hotel
Waterford Road
Tuesday 26 Apr
7.00pm - 8.30pm

CARLOW

Royal Hotel
Wednesday 27 Apr
7.30pm - 9.00pm

WATERFORD

25 Catherine Street
(beside Kelly's Garage) 1st floor
Wednesday 27 Apr
7.00pm - 8.30pm Beginners
8.30pm - 10.00pm Intermediate

DUNGARVAN

Park Hotel
Tuesday 26 Apr
7.00pm - 8.30pm Beginners
8.30pm - 10.00pm Intermediate

South

CORK CITY

20 Academy Street
(Special 8-week course £35)
Monday 9 May
7.00pm - 8.30pm Beginners
8.30pm - 10.00pm Intermediate

MIDLETON

St. Mary's High School
(Special 8-week course £35)
Monday 9 May
7.30pm - 9.00pm

South West

ENNIS

The Old Ground Hotel
(Special 8-week course £35)
Monday 25 April
7.30pm - 9.00pm

LIMERICK

St. Michael's Church Hall
Barrington Street
(off Pery Sq.)
Tuesday 26 Apr
8.30pm - 10.00pm

North

ARMAGH

41 Upr. English Street
Wednesday 27 Apr
7.30pm - 9.00pm

DUNGANNON

Dungannon Leisure Centre
(Special 8-week course £35)
Wednesday 4 May 7.30pm-9.00pm