

10 Week Yoga Course

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. Our yoga classes offer the ideal solution.



At this time of year, with winter approaching, many people think of doing a course of some type - to learn a new skill, pursue a hobby or interest. Yoga offers something different: a course that will really expand you as a person in every way. Yoga is a truly holistic programme that will increase your energy, tone, stretch and re-shape your body. It encompasses a balanced approach to eating, teaching you how to select foods for maximum nutritional value and health. Then there are the mental aspects, dealing with relaxation and concentration leading to new dimensions in harnessing your mental powers for creative living. Combine this with a philosophy that will expand your horizons and you have an ideal programme for recharging your life. The once-a-week classes together with a daily exercise and relaxation session of approximately 35 minutes a day is your starting point.

SUBJECTS COVERED IN CLASS

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. There are a number of breathing techniques but all are easy to master. Benefits: improves digestion and metabolism, increases the capacity and efficiency of the cardiovascular system, helps eliminate wastes and toxins & leads to mental alertness - more energy

Exercise

Yoga exercises are suitable for men and women of all ages and levels of fitness. Our teachers are specially trained to adapt exercises to the individual's ability. Yoga exercises are unique: no other system has been designed to work directly on the glands of the body. If the major glands like the sex glands, adrenals and thyroid are functioning properly, superior health results. Benefits include greater flexibility, better muscle and skin tone, joint mobility and coordination & increased energy.

Nutrition

The principles of good nutrition stress foods that are high in life-force. Whether you are trying to lose or gain weight or just stay in shape, the Yoga approach to eating has the answer. This dietary approach can be adapted to suit your lifestyle and schedule and caters for both the vegetarian and non-vegetarian. Benefits include improved energy, stamina & endurance, better shape & glowing complexion.

The One Move

Through the breathing, exercises and relaxation, you will learn to focus on the "now", on the actual doing of what you are doing at any given time. Once this level of focus has been reached, it can then be transferred to all areas of life.

Relaxation/Meditation

This is the main reason that people take up Yoga - to learn to let go of stress, tension, worries and problems, both physically and mentally. As you clear your mind, you experience the flow of energy

that comes from tapping into your own life-source. This is the first step in the "royal" path of Yoga, the aim of which is to achieve total union with this life source, thereby releasing your full potential. Benefits include reduced stress and anxiety and also improved alertness and ability to concentrate

Philosophy

Yoga is a practical philosophy that shows you how to make the most of yourself and life's opportunities, whether it's career, sports, relationships or family. It gives you new insights into living,

but mostly it concerns you and how the understanding of your true nature and potential causes change to take place. Benefits include increased understanding and awareness.

Each class is 1½ hours in length and the cost is £45 payable on enrolment. Enrolments take place half an hour beforehand.

For further information on classes in Dublin & Countrywide Tel: (01) 830 4211.



Hooked On Yoga

As a psychology graduate with a keen interest in human potential

Margaret Forde took up Yoga over 20 years ago. Here she tells her own story.

I went along to my first Yoga class shortly after graduating from university. Having spent many years exercising my mind I felt that it was about time that I did something to exercise my body - ironic in a way, because in the end it was the "mental" benefits of Yoga that really fascinated me.

I heard that Tony Quinn's was the place to go, and duly presented myself, clad in track-suit and armed with a rolled up mat. My first teacher

was Tom McKenna, and looking back on it now, I don't know how he kept a straight face at some of my attempts to achieve Yoga positions. My first Yoga discovery was how unfit, unco-ordinated and inflexible I was for one of such tender years! Nevertheless, I loved the Yoga postures, the way they were totally non-competitive, based on the idea of working away at your own pace. After a while my body began to do what it was told, it felt really good to bend and stretch and hold the breath in the postures, and I came out of the classes on a bit of a "high".

Then the subject of diet was introduced, the concept of a high life-force diet, how eating the right foods kept the body in perfect balance, while eating the wrong foods put the body out of balance and led to ill-health. We all looked incredulously at the instructor: "you mean that what you eat affects your health?" - we all thought he had taken leave of his senses! Funny how acceptable that

idea is now whereas then it was revolutionary.

On to the meditation and relaxation. I always thought of myself as a reasonably laid back person and assumed that with all the concentration etc. required for studying that this would be no problem to me. But again, the mind, like the body, seemed to go wandering off on its own at a speed of ninety miles an hour and it was some time before I reached the "one-pointedness" so beloved of our instructor.

So what were we trying to achieve with all of the breathing, exercise, diet and relaxation? According to our instructor we were using all of these tools to get more life and energy flowing through the body and mind so that we could 'yoga' with or join up with life at a deeper level. It all seemed a bit abstract to me at first, but after three or four months of classes I could feel this burst of energy inside me. I suddenly saw possibilities in my own life and in therapy that had never

existed before. At that point something clicked: "Yes I'll have some of that too, thank you," and so I became... hooked on yoga.

And so years and many Yoga classes later, many years of teaching Yoga, of training Yoga teachers, I'm still at it and encouraging anyone reading this to take up Yoga. I still see it as a doorway to an expanded way of life, as the cornerstone of a holistic health care system. It was yoga that first introduced me to the positive view of health. Up to then, my idea of health, like most peoples', was a negative one i.e. if I'm not sick, then I'm healthy, whereas the yoga idea of "superhealth", of building up an abundance of life and energy allows you to have the quality of life that you really want and now seems the best approach to me.

In all of this it is very important to realise that the type of Yoga class you go to and the quality of teacher you entrust yourself to are very important. Yoga is not a glorified form of PT... it is a

complete physical and mental programme that is best taught by someone who has plugged into that deeper level of life within themselves. For instance, many Yoga books maintain that it takes 20 or 30 years of daily exercise to experience the "raising of the kundalini", the electrical charge of energy that flows through the spine and up to the head at a certain stage of yoga, yet many people in our ten-week courses experience it. Why is that? The reason is simply that all the teachers have been trained in Tony Quinn's system of setting up an atmosphere that makes it possible for you to 'yoga' with or plug into that source of life within yourself. For example, when I first met Tony I could see the positive effect he was having on people he worked with in the classes.

"The longest journey begins with the first step", so why not go along to an introductory ten week course and see what Yoga has to offer YOU?

YOGA CLASSES COUNTRYWIDE

EAST

- **DUNDALK** *
18 Jocelyn Street
Wednesday 28 September
7.30pm to 9pm
- **BRAY** *
9 Quinsboro Road
Tuesday 27 September
7.30pm to 9pm
- **NAAS**
Tony Quinn Health Centre
(over Sheila's Hairdressing Salon), Basin Street,
Wednesday 28 September
8pm to 9.30pm
- **NEWBRIDGE**
Parish Centre, Station Road
Monday 26 September
8pm to 9.30pm

SOUTH EAST

- **CARLOW**
Royal Hotel
Wednesday 28 September
7.30pm to 9pm
- **KILKENNY**
Spring Hill Hotel
Waterford Road
Tuesday 27 September
7.00pm to 8.30pm
- **DUNGARVAN**
Park Hotel
Monday 26 September
Beginners 7.00pm to 8.30pm
Intermediate
8.30pm to 10.00pm
- **WATERFORD** *
25 Catherine Street,
(beside Kelly's Garage)
1st floor
Wednesday 28 September
Beginners 7pm to 8.30pm
Intermediate
8.30pm to 10pm

SOUTH/WEST

- **CORK CITY** *
20 Academy Street
Tuesday 27 September
7.30 pm to 9pm.
Thursday 29 September -
Morning Yoga:
10.30 am to 12 noon
- **MIDLETON**
St. Mary's High School
Monday 26 September
7.30pm to 9.00pm
- **MALLOW**
Parish Centre, Bank Place.
Tuesday 27 September
7.30pm to 9.00pm
- **ENNIS**
The Old Ground Hotel
Monday 26 September
9pm to 10.30pm

NORTH

- **ARMACH** *
41 Upr. English Street
Wednesday 28 September
7.30pm to 9pm
- **CRAIGAVON**
Pine Bank Community Resource Centre,
Tuesday 27 September
7.30pm to 9pm
- **DUNGANNON**
Dungannon Leisure Centre
Wednesday 28 September -
Beginners 7pm to 8.30pm
Intermediate 8.30pm to 10pm
- **Tony Quinn Centres**

Further Information
Dublin & (01) 830 4211
Country: (01) 830 3717
Co. Cork, Ennis: (021) 276364
Dundalk: (042) 38097
Northern Ireland: (0661) 525742

NOTE: Private classes for clubs/associations can also be arranged.