

Rita Faudman demonstrates yoga postures she teaches for Oakland Community College in Birmingham Center for Continuing Education. She advocates the postures for flexing muscles, lubricating joints and improved breathing. (Staff photos by Harry Mauthe)

'Be your own master,' says yoga advocate

'We work in the dark because this is not a social affair. The only person in the room we want you to get to know is yourself. Then you'll know when you are ready to start disciplining your body and when your body is ready to start working for you.'

—Rita Faudman

By LORRAINE McCLISH

Joel Kramer, author of "The Passionate Mind" and an adept follower of hatha yoga, comes to Oakland Community College's Orchard Ridge Campus to talk and demonstrate yoga concepts in a program called "Be Your Own Master." The program will begin at 8 p.m. April 28.

"Just about anyone who knows anything at all about yoga will recognize the name of Joel Kramer," said Rita Faudman, a member of the Yoga Association of Greater Detroit, which is sponsoring the program without charge.

Kramer, who has taught and lectured internationally, has done extensive post-graduate work in philosophy and psychology. He believes yoga can be a tool for exploring the physical, psychological and spiritual aspects of day-to-day living with an approach that combines Eastern thought with modern Western perspectives.

Kramer's talk precedes a two-day workshop for members of the yoga association only, which is made up of yoga teachers.

The weekend of events is the first of its kind to be scheduled in the Detroit area. The association of professional yoga teachers is one of only a few in the country.

MS. FAUDMAN has been an advocate of yoga for the past 15 years, stemming from positive results that came after suffering severe back troubles.

A doctor recommended mild exercise to strengthen her back and abdominal muscles.

"The only class of that kind that I could find to fit into my schedule was a yoga class in the Jewish Community Center," said the West Bloomfield resident. "Pretty soon I was going to class three times a week, reading the books, studying the philosophy and then I hired a hall."

Her hall was in West Bloomfield High School where she taught her first class. She has since taught in Wayne State University's College of Lifelong Learning, taught teams of professional athletes and the emotionally disturbed. She is convinced that yoga can be a rehabilitation tool for cardiac patients and is effective in combating arthritis. She advocates that the stretch-and-flex aspects of the exercise will balance the athlete's body to counteract proneness to injury.

Her students, she said, come with two main complaints. The first is tension, which has manifested itself in a variety of ways. The second complaint comes from the arthritis sufferers.

CURRENTLY she is a full-time graduate student at Wayne, where she is graduate assistant to Dr. William Saville, working in exercise physiology. She teaches hatha yoga for Oakland Community College through Birmingham Center for Continuing Education.

"There are numerous kinds of yoga," she says, "but hatha yoga is the starting place for them all."

She describes her course as a non-competitive discipline for all ages and levels of physical ability which teaches people to tune into the body and control it. The postures she teaches flex

muscles, lubricate joints and improve breathing.

"We work in the dark," Ms. Faudman said, "because this is not a social affair. The only person in the room we want you to get to know is yourself. Then you'll know when you are ready to start disciplining your body and

when your body is ready to start working for you."

"We teach students that they are not to be victims of their mind, or victims of their body."

"Each can take what is offered and do with that what benefits the individual best," she said.

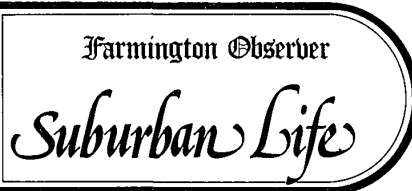
KRAMER'S program will be given in Room 401 in the college's Building J. Reservations are not necessary.

He will talk about exploring "the edge" or "frontier" of the self, both mentally and physically, to tune into the energy systems of the mind and

body, and become one's own teacher. In his lecture-demonstration, he also explores many of the basic problems of human relationship; then he gives the listener new ways of seeing those problems and learning from them, by moving beyond the confines of the conditioned mind.



Thursday, March 30, 1978



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'Folk Art by Women' is new class in center

"Folk Art by American Women, Past and Present" is the subject of a new class in Farmington Community Center, taught by Betty MacDowell. She is an instructor in art history at Wayne State University and co-author of a new book, "Artists in Aprons."

The series of slide-illustrated talks focuses on two aspects of art often neglected in art history textbooks and courses: the type of art known as folk, and those artists who happen to be women.

"Because of the concentration upon a specific category of art, and a particular group of artists," Ms. MacDowell says, "it will be possible to examine the cultural context in which these

women lived and created their art. They fulfilled their domestic responsibilities, but went well beyond the expectations of society in the production of an impressive array of work."

The lives and art of individual artists, documented through signatures, diaries, letters, photographs and research, will be introduced through the artists' works and words.

These will be supplemented by contemporary engravings, photographs and quotations that will develop the social background for each period studied.

SESSIONS will run every Wednesday, from 1 to 3 p.m. beginning April

12. The class will wind up with a luncheon at Heritage Hall, Henry Ford Museum, Greenfield Village, and a visit to that collection of folk art.

Ms. MacDowell will begin the sessions by defining folk art, and giving an overview of differing definitions and examples of forms of art in this category.

Subsequent sessions will be concerned with early 18th century art; the later 19th century; the early 20th century; then folk art since 1950 and its influence on contemporary mainstream artists.

Cost for the course is \$22. Registrations are being taken by calling the center, 477-8464.



BETTY MacDOWELL

Banking career suits mode of new manager

By LORRAINE McCLISH

Nancy Romska received two promotions this month that put her in the positions of bank manager and operations manager of Michigan National Bank-Farmington.

Of her double promotion, the Farmington Hills woman said, "Ten or 20 years ago a woman who chose banking as a career would have been hired as a teller. She could have risen to clerk, maybe, and that would be it."

She muses that she may have "just been born at the right time," but counters that by saying "I have always believed in giving 150 per cent to a job and I am sure I proved myself."

Mrs. Romska was the first woman hired for management training by Michigan National Bank-West Metro, in Livonia, in 1974, after graduation from Alma College.

Since that time, she says, "a lot of women trainees have followed me."

"that the bank was not just trying to rack up points for affirmative action, but maybe I did set the scene for other women trainees."

She chose banking as a career because it combined a business atmosphere with dealing with people. She chose Michigan National Bank because "I liked their friendliness and I never felt any pressure."

Now, in her offices at 2490 Orchard Lake, nine out of 11 employees are female.

She thinks that might be a little unusual, but what was very unusual was that the bank president chose two women, herself and Margaret Jennings, for his bank manager and assistant manager, when the bank opened last June.

Ms. Jennings retires as manager this month, and will be replaced by Mrs. Romska.

The two women had never met before their appointments, and together opened a new bank in a trailer that operated through the sum-

mer until the move was made into its permanent building.

The two did everything required for the move, from stocking supplies, and hiring new tellers to hauling equipment in their own cars.

TELLING ABOUT the move brought Mrs. Romska to say that the old cliché about bankers' hours "is a big joke."

"If there is work to be done you stay, and do it," she said. "There might be a bank or two in the south that closes on Wednesdays, but not here. Every teller has to balance every night and we stay until they are."

Most banks, she said, give pretty much the same service, and most people use banks that are located conveniently to them, so it behooves the individual bank to offer more.

"Our interest rates are higher on savings, but beyond that we strive to give personal service to all your banking needs. I think we're doing that now."

"I know a great many of our customers by their first name."



The title under Nancy Romska's name on her desk in Michigan National Bank-Farmington will be changed this month from assistant manager to manager. (Staff photo by Harry Mauthe)

SHE IS CERTAIN in her own mind