Building confidence: Yoga shapes body, spirit ple." Some humans are turned off by the internal and mental portions of the practice, Kelly said. "I'll do the body work, but don't tell me about 6od," she said they say. And that's entirely possible. The Yoga Association of Greater Detroit will have its 11th Yoga Day on Saturday, April 16, at Schoolcraft College, 18500 Haggerty, between Six Mile and Soven Mile roads in Livonia. The day is divided into four sessions made up of six sub-sessions, each covering a different aspect of yoga. There will be six to nine instructors per session, all gleaned from the ranks of the yoga association, including Spiro, Far-

If serobics is a Corvette and weightlifting is a Dodge Ram, is yega a Yugo?
Yes and no.
Yoga isn't flashy like aerobics, and it wen't give you a Charles Atlas body. But it can tone and stretch your nuecles, tweak your posture, regulate your breathing and wash away the tension that dogs you like an IRS agent with a quota.

dggs you like an IRS agent with a quota.

"A lot of the people who cam't to yoga are the people who cam't do earobics and can't jog," said Shirley Gill, who teaches yoga in the Clarenceville schools' adult dutaetion program. Even people with artificial limbs and arthritis will find yoga agreeable with their disability, Gill and.
"The rest of the world is saying, Thury up and yet it new," while yoga"helps you accept that everything doesn't have to be done quickly."
Yoga is a 5,000-year-old life-

quickly."
Yoga is a 5,000-year-old life-embracing philosophy that is part spiritual and part physical ex-ercise. It's not a religion per se, but some people use it to feel closer to God.

Bloomfield Hills resident Pam-cla Spiro, who teaches yoga in Birmingham, uses yoga as "my way of connecting with God every day." To Spiro, yoga "is just about giving love and receiving love."

day." To Spire, voga "is just boot giving love and receiving love. Although "most people don't want to hear about the spiritual spect," Spire said, "it all leads to the same truth."

"The Encyclopedia Americana of 1991 defines the yoga philosophy:
"... man's bondage results from identification of the soul with the hody and ... his liberation is attained through the knowledge of their separateness. The soul's essence, pure intelligence, is obsecured by mental activities, whose suppression is the main purpose of yoga."

However, most yoga instructors here concentrate on the physical exercise aspects.

Livonia resident Karen Farkas has been a yogi (someone who practices yoga) for 25 years. Before yoga: "I never did anything athletic; I hated gym.," Farkas said. After yoga: "I feel confident in my body. I know I'm strong. "Wega practice promotes a flexi-

ble and young spine and a strong back," added Farkas, who has taught yoga for about eight years in the Livonia Continuing Education program.

Farkas will begin teaching in Farmington Hills in April and May, She will offer a yoga class at the Universalist-Unitarian Church on Haisted between the Continuing Education of Crand River and 11 Mila. Call the church office at 478-2727 or Fackas (evenings) at 474-2509 for more information about the class. Yoga is a slow, deliberate form of exercise, Farkas said, emphasizing the stretching and releasing of muscles that bring a "tremendous sense of reluxation." Sitll, yoga is not casy either. "Because it's so challenging it tends to give you this sense of self-confidence, self-acceptance," Farkas said. "It increased my self-confidence a hundred fold." Jana Kelly, a social worker who teaches yoga part time in Southfield and Birmingham, got hooked 20 years sgo when she saw yoga demonstrated on television. Kelly describes yoga as "internal (and) very mental. It's kind of a person-I vacation, it nurtures self-care,

describes yoga as "internal (and) very mental. It's kind of a person-al vacation. It nurtures self-care, which can be very helpful to peo-

For \$45 you may partake of all four sessions. Two sessions cost \$25. A hot vegetarian lunch will be served for \$7.50. Those attendbe served for \$1.50. Inose attending may also bring a sack lunch. For more information, call Schoolcraft College Continuing Education at (313) 462-4413 or the Yoga Association Coordinator at (313) 293-0224. Class size is limited and pre-registration is required.

Farkas will teach "Insight
Meditation," another late afternoon session. Spiro will teach
"Kripalu Yoga" in the early
morning, and Gill will teach
"Healthy Backs with Hatha

Other area instructors include Birmingham resident Amy Tranchida, Mariana Smith, who teaches in Birmingham and Rochester, Fern Pantano, who teaches in Southfield, Troy resident Ruth Bennet, who teaches in that community, Southfield resident Sailes Rosen, who teaches in Birmingham, and Southfield resident Jonathan Kest, who teaches in West Bloomfield Township and Birmingham.

For information on current yoga classes in your hometown, call the Yoga Association hot line at 294-, 9243.



Relaxing: Karen Farkas of Livonia leads students through a series of yoga exercises that can bring "tremendous sense of relaxation."

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