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September 4, 1997

FOR IMMEDIATE RELEASE:

YOGA, DANCING OFFERED AT EIU AS NON-CREDIT COURSES

CHARLESTON -- Eastern Illinois University is offering two non-credit programs -- Yoga for Daily Living and Dance -- through its School of Adult and Continuing Education, Office of Conferences and Non-Credit Programs.

Yoga for Daily Living, with an emphasis on meditation, will be taught by S. K. Dey, EIU professor of mathematics, during two 8-week sessions this fall. The course description is as follows: "Yoga involves standing or sitting in a special posture and breathing gently following a slow rhythm. The sessions begin and end with a few minutes of transcendental meditation. Many researchers in medical science now believe that yoga has some positive effects on our well-being."

The sessions will meet from 6:30 to 8:30 p.m. on Mondays in the aerobics room of the Student Recreation Center located in Lantz Building. Session one will take place from Sept. 8 through Oct. 27. Session two will begin Nov. 3, continuing through Dec. 22. The cost is \$50 per person, per session, and is open to all persons 18 and over.

Three types of dancing will be taught by Ollie Mae Ray, EIU health studies professor, from Sept. 11 through Oct. 16. Classical Ballroom Dance Beginner Level 1 will cover beginning basic steps, focusing on cooperation, team work and movement as a couple. A partner is required. Latin Classical Ballroom Dance will teach students the Cha, Cha, Cha; Tango; Rumba; Meringue; Samba; Mambo; and Salsa. A

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YOGA/DANCE

partner is required. Line dancing will teach participants a variety of the most popular line and solo dances.

No partner is required.

Classes will meet on Thursdays -- ballroom (6:30-7:25 p.m.), Latin (7:30-8:25 p.m.), and line dances (8:30-9:25 p.m.) -- at the St. Charles Borromeo Catholic Church, 921 Madison St., Charleston. The three classes will meet six times each. Those signing up for more than one class will receive a discounted fee -- one class (\$30 per person), two classes (\$54 per person), and three classes (\$72 per person).

Ray, a lifelong dancer and student/teacher of dance, is the author of numerous articles on dance and has also authored several books. She is endorsed by the National Dance Association and is a contributing author to more than seven books and the *Encyclopedia of Line Dance*, frequently used by line dancers. She is also a member of the Siddall and Ray Foundation, Inc., a non-profit organization which is co-sponsoring the dance classes.

To register for any of the non-credit programs, contact the School of Adult and Continuing Education, Offices of Conferences and Non-Credit Programs, at (217) 581-5116.