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Students can look to yoga as a way to relax

University and community classes teach yoga techniques for beginners and experts

JESSE DUNGAN
FREELANCE REPORTER

The University provides a number of yoga courses, including Hatha, Kundalini, Ashtana and Gentle yoga, and many interested University students fill up these courses every year.

Last year, more than 2,000 University students enrolled in yoga, according to Laurel Hanley, office coordinator for the Physical Education Department.

"The University offers a broader range of yoga classes than most other

four-year universities," yoga instructor Viriam Khalsa said.

"The main philosophy behind yoga is that every human being has the birth right to be healthy and to live a healthy human life," Khalsa said. "Yoga strives to bring the real in line with the ideal."

Khalsa teaches Kundalini yoga, which involves breathing methods and postures, but also includes sound, mantra and meditation. His 50-minute course strings together many different exercises, none of which is longer than three minutes.

"Kundalini is relatively easy to practice and is well-suited to people who live in the world," Khalsa said.

He said yoga can help students relieve stress, relax, get more sleep and study better.

"Pun intended, yoga is flexible," Khalsa said. "One thing that drew me to yoga is that it fits throughout your lifespan."

Hatha yoga, the first school of yoga to reach the United States, is the most widely offered school of yoga at the University and is the most popular amongst University students. Hatha mostly emphasizes breathing techniques and postures, said Khalsa.

Adras Khalsa — who is not related

RELAXATION, page 14B

Tickets: Unclaimed tickets go up for sale

Continued from page 1B

ticket office at the Casanova Center.

Student tickets are purchased from the athletic department by the Athletic Department Finance Committee using student money.

ASUO Accounting Coordinator Jennifer Creighton said that the number of student tickets has remained stable for several years, because each year all of the tickets are picked up. However, Creighton said it's not clear how many students are actually using their tickets after picking them up.

Harris said if any student tickets remain on the Tuesday prior to a home sporting event they will go on sale to

the general public for general admission prices, which are \$18 to \$20 each. Harris said student attendance of sporting events is generally up but fluctuates based on how the team is doing.

"If we lose a little bit, it usually takes a while for attendance to pick up again," Harris said.

There have been rumors that the Student Senate has considered eliminating the incidental-fee subsidized ticket system and replacing it with a system like the one used at the University of Southern California, Student Senator and ADFC member Kevin Day said.

Students at USC who wish to

attend games pay for tickets at the beginning of the year and get a card that provides them with access to all the games, Harris said.

Day said there is some talk, but nothing official has been put into motion. Day also said he thought the change would be a bad idea.

"There are rumors, but there are always rumors," said Day. "I don't see the point of changing a working system."

More information about sports tickets can be found at www.go-ducks.com.

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