Yoga copes with stress

(Continued from page 1) and seem to be getting a lot out of it." Student sentiment toward the course varies. Many students are enthusiastic about Kennedy and his teachings, while others comment that they are having difficulty accepting all that Kennedy is trying to get across.

Kennedy himself is trying to get his teachings to a group of students who met in the relaxation techniques of yoga after coming to the United States from Northern Ireland 12 years ago. He worked at the MIT Educational Research Center as an instructor of physics and also helped develop the set of experiments now contained in the Corridor Lab for freshman physics courses. By 1970 he was devoting so much time to work that his health suffered: "I didn't sleep, I got sick, and I lost weight." It was then, he says, that he discovered the "science of yoga."

As he gained control of his body, he taught these yoga techniques in a course on problem solving at the Sloan School of Management. After leaving MIT in 1972, Kennedy went on to form the nationally commended "Corporation Without Walls," dedicated to teaching these relaxation and problem solving techniques to people in private enterprise. Kennedy's IAP course is essentially an adaptation for students of his syndicated television series "Success Without Stress."

Dr. William Kennedy, nationally known yoga instructor, teaches an IAP yoga course to help students relax. (Photo by Steven Solnick)

Drop date

By Kent Plummer

"We're all here because we don't like the proposed fifth week drop date and other educational changes," Alfred Geller '79 said to a group of students who met during the past week to discuss the issue of stopping the faculty from instituting a fifth-week drop date.

Geller cited studies by the Carnegie Foundation which called for colleges to "inaugurate programs designed to discourage poorly motivated students from entering and from continuing once they have entered."

He urged the 40 persons present at the meeting to actively push to maintain the privileges currently granted to MIT students.

Topics brought out in the discussion were those for the fifth week drop date, limitation of enrollment into the Electrical Engineering department, letters of recommendation to be added to the records of students performing outstandingly in a course, the new early registration deadline, and the addition of grade distribution information to the students' transcripts.

The consensus of those present seemed to be that these things pointed to an unwarranted increase in academic pressure and limitation of flexibility for students.

* The New England Regional Computer Program (NERComp) will conduct a seminar on academic computing at Bentley College on Jan. 27. The relative advantages of using small, shareable computer centers and mainframe data processing for educational purposes will be discussed. Contact NERComp at 235-8726 x 125 for further information and to make reservations.

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