

ANNE CONNOLLY has ended her 40 day fast. The 21-year-old Dublin office worker was not on hunger strike nor trying to lose weight. She worked through-out the water fast, the fastest day of which was last Wednesday. On Thursday morning she broke it with fruit. Anne had plenty of support in her effort for several of her friends were also on fasts or had recently completed them.

What's it all about? Yoga. Or to be precise, Tony Quinn's Yoga Commune where I met a group of people whose lives have been changed since they took their first Yoga classes, classes in which I am satisfied are unlike the Yoga classes which hundreds of Irish people will enter during the next few weeks.

Quinn claims his classes are different. Rival teachers are often anxious to agree with him. In the winter, Yoga had really caught on in Dublin. There was the newspaper article about Tony and a young woman who allegedly joined the commune to join the commune. The result was that people dropped out of the classes all over the country.

Yoga teachers were often in their attempts to prove that Yoga is not Tony Quinn's. Nor did he come through the scandal too well. He found that parish was no longer available to his insurance on the St Columban's monastery which cost £200 to £900 and the monks were alerted.

BIG THINGS
With the gentle assurance of a guru, Quinn surprised his 36 followers. We are going to do big things this year, I don't mean that. We are going to achieve what that achievement is. Anne Connolly's fast.

It was quite a night at the commune. They are sincere and kind people. They all adore and believe they are rewarded with him from past times of Christ.

A man who knows, he was told me that I was a war correspondent in the First World War. He was executed at the age of 21 and buried at Dijon. That was your fear of electricity, he told me. True, I like electricity.

Alive and a half stone, Anne came down from 8 stone. She finished the fast she had started as if she was on Cloud Nine.

She hadn't been to a doctor, she said. Tony knew all about diets. She placed her trust in him completely. How did she feel? About the two weeks she had felt bad, like a sick person and often tired. She said Christ probably would feel well all the time on a fast. She was doing well. She explained to unite with God and the God of religion. The Energy that is the life force.

When she accomplishes this she will be able to help people to be healthier and stronger. Girls who suffer from the starve-to-death diet stop menstruating.

"IMPURITIES"

It had stopped, she said. On a yoga diet of fruit often menstruating, she told me. I said that was alright. There weren't any impurities in their bodies. I quizzed her on the purpose of the menstruation. Yes, she knew all that. It was hard to do. She told me. Tony knew about menstruation. So I rang Tony one night and asked him about it.

He bothered on him, he recalled. She wants to have all she has to do is eat biscuits. The yoga diet for fasting improves the much it becomes clean. There are no impurities to be afraid of.

The first time since I have been on that I can contradict myself. Absolutely. Impurities? So she said. Anne believes what she says.

She is the middle one of 14 children. Her mother died 11 years ago. Her father four years ago. Her eldest sister took care of the family until she got married. Then it was the turn of the next sister, then the next Anne's.

She sees her family often and there is a change in their lives. Since she put them on a fast she put them on a fast. She put them on a fast. She put them on a fast. She put them on a fast.

FOOD FADDIST
Anne Tony Quinn became famous for his yoga, he was called as a food faddist.

DEALER IN FACTS

It is a pleasure to listen to Mrs Blackmore on the subject of Yoga. She deals in facts. A social Scoutswoman with a yoga family who also do yoga. She refers to references and conferences and insists on the practice of Yoga is a discipline, not a power.

Now will she discuss religious matters. It is not the function of a yoga teacher to influence people spiritually. Even Swamis, she says, who are spiritual leaders, did not attempt to do that when they were teaching her.

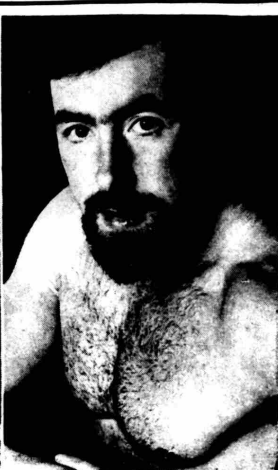
Udia Blackmore, whose classes in Yoga start at the Dunrum Community Centre



THE AMAZING IRISH GURU



★ ANNE CONNOLLY . . . 40 days fast.



★ TONY QUINN . . . a guru with a difference.

LATE NIGHT EXTRA

Words: JUNE LEVINE

Pictures: CHARLES COLLINS

Advertisement for Player's No. 6 cigarettes. Features a large image of a pack of cigarettes and a landscape with a river. Text includes: 'PLAYER'S No. 6 Your kind of cigarette', '...mild, smooth, satisfying', and 'PACKETS CARRY A GOVERNMENT HEALTH WARNING.'

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PAGE 10C