

KELLY'S CORNER

by Jan Kelly

There is something refreshing about a thunderstorm. You know the new season has finally begun. The timpani of climate announces and warns of the coming quarter of the year; it's late this year, May 24. Animals and birds shrink from it. The human race seems divided. Some find it exciting and romantic. Others run for rubber-soled shoes or the hiding place of sheets. Even the deaf don't miss it. Thunder has a vibration that varies on its travelling speed. The thunder that rumbles from a long distance reaches you seconds apart from jagged lightning that travels at a different speed, and so sounds to you at different times. The "thunderclap" reaches you all at the same time. It is also travelling from a distance, but all starting points are equidistant from you, and so it is in one powerful bang that you hear it all. The atmosphere is constantly in motion. We are receivers of it rather than controllers of it. Best thing to do is to enjoy.

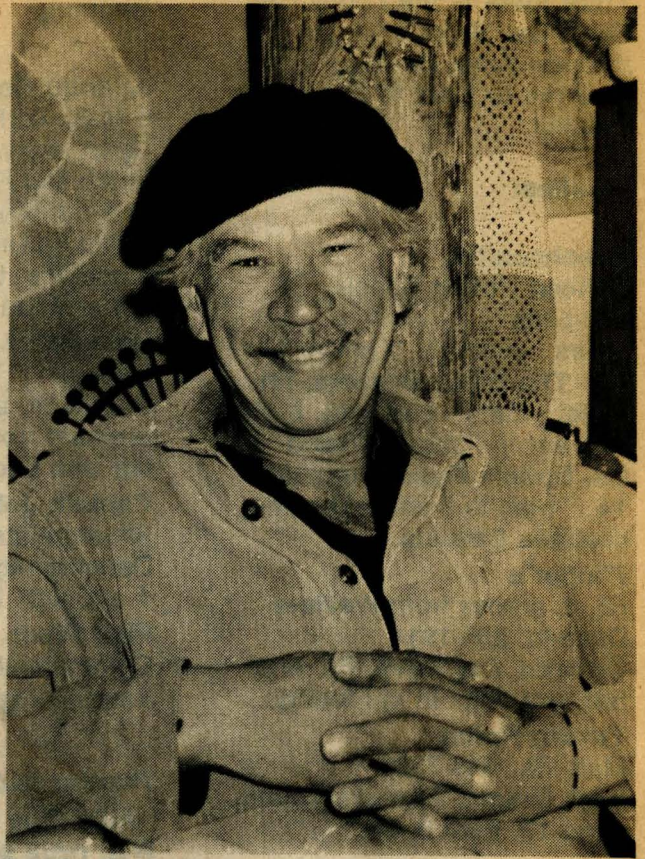
Last week we interrupted our series on alternative health to give the spotlight to Adele Heller, co-director of *Beginnings*, the conference on the cultural movement of 1915 known as *The Little Renaissance*. It describes how the movement affected art, women, psychology, and politics using the theatre as a forum. That was timing, too. The dates of the conference necessitated it. Nothing escapes timing; thunder nor your daily schedule.

Peter Stander or "Zero", as we familiarly call him, ever the gentleman, did not mind waiting and with a low bow invited Adele Heller to precede him in print. Peter Stander is the founder of Zero Yoga. For twenty years, Zero has been successfully practicing and teaching yoga to a grateful following. He has changed each of their lives. He began with his own.

Peter Stander was an artist and a construction worker in New York City. Chronic back pain and partial paralysis had Peter so uncomfortable and poorly postured that it eventually led to major surgery. This afforded Peter temporary relief, but gradually his overweight and cigarette-smoking body faced the possibility of further surgery. In despair over his misfortune, Peter was approached by a friend who suggested yoga as a therapy and an alternative to surgery.

Ready to try anything, Peter enrolled in a yoga class. Gradually the pain released itself. Gradually Peter lost weight, abandoned the smoking habit, and corrected his posture. He felt so good. He looked good: no surgery, no medication, no pain, and no mental anguish. It turned him to the teaching of yoga. Such a dramatic and permanent change in his life led him to guide others to this feeling of oneness, of well-being.

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Peter Stander—Zero

He enrolled for teacher training at the Integral Yoga Institute in New York City. He shared the completeness and joy which he experienced with the widest spectrum of human beings possible. He has taught at Halfway Houses, art galleries, health spas, churches, nursing homes, and at a Zen Buddhist center. He authored *Euphoria Express—Radio Yoga* and is co-author of *Body-Dharma: A Healing Journal For Cape Cod*. His studies continued at the Kripalu Institute for Yoga and Health in Lenox, Massachusetts, where he was awarded a yoga therapist certificate. Peter Stander, through this continuing work and study, became "Zero".

From his overweight, aching, and unbalanced body, Peter moved to the still point between two opposites, to polarity, to Zen Buddhist balance. Now, life is peaceful and pleasurable; all of life's activities revolve around the continuing practice and teaching of yoga. His method of teaching is self-styled and makes the practice of yoga enjoyable, even fun! From your first exposure, his emphasis of proper breathing and body awareness make personal growth and change reasonable and attainable on an ever-heightening level.

Postural alignment is the key, Zero teaches, to your personal well-being. Each of us is different, so our corrective needs are different and Zero is attuned to each of his students. He is so calm, gentle, and personally kind to you that you cannot fail to harmonize within yourself and move to better health, both mental and physical. Your flexibility and strength will increase; excesses will leave you. Alcohol abuse and cigarette smok-

ing can be conquered and discarded. Your body will demand health instead of distraction.

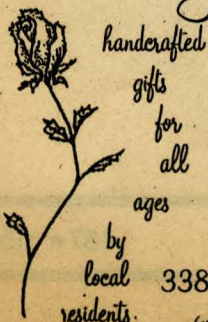
Yoga therapy is also good for athletes, as the toning and stretching of over-worked muscles increases their strength and ability. Breathing into and stretching sore spots cures and strengthens them. You can develop your personal health care program by paying attention to the idiosyncrasies of your body, whatever body type you are. Stress management through deep relaxation can help you avoid the problems that stress entails: bad back, nervousness or heart disease. Asthma can be relieved. Chronic headaches or stomach aches can also be eliminated. Yoga therapy can reverse aging. When your body is healthy and relaxed, it looks good. You move with more grace and ease, and your face will show the serenity. A grimacing face is in pain, whether physical or psychic. Neither condition need to be tolerated by the body. You can take over and change it through self-effort and the practice of yoga.

Peter Stander teaches at the Community Center daily from 8:15 am to 9:30 am. Show up for a class in comfortable clothing and carry along a towel for sitting. During the month of June, the classes will be held afternoons at the Tennyson Gallery in Whaler's Wharf on their sculpture deck overlooking the bay. During July and August the classes will be held there during the cooler mornings.

Peter and his wife Diana also run a shop of tarot card reading, Zingara, at 192 Commercial Street. Each has their own tiny personalized office within the shop. Even if you don't want your cards read, visit the shop to see another view of life. The caring of the precious gift of life permeates. Beautifully handcrafted small glass boxes show a concern for detail and beauty. Fractured mirror hangings and distinct paintings and photographs move your thinking from the nervousness of daily life to the eternity of all of us. The haven is an experience.

You will enjoy the Stander's company. You will realize that they appreciate you as a human being, whether it is a first meeting or a reacquaintance. It will make you realize again, just how diversified Provincetown is.

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