

The Listings

Wednesday 14th

The Masses - Cellar
Karaoke - Mama's Pub

Thursday 15th

*Little Feat - Bud Light Blues Tent
*John Lee Hooker Jr. - Aliant Mojo Tent
*Melonworks, Grand Theft Bus - Barracks Square
*Harry Manx, Fathead - Hoodoo House
*Christine Jensen Quartet - Playhouse
*Bootyjuice - Taproom
*Sister Mercy - Dolan's

Friday 16th

*Cyril Neville & the Uptown All-stars - Bud Light Blues Tent
*Daniella Cotton - Bud Light Blues Tent
*Fathead - Barracks Square
*Cat Bones - Dolan's

Saturday 17th

*David Gogo - Bud Light Blues Tent
*E.C. Scott - Aliant Mojo Tent
*Futureman - Barracks Square

Locations

After Dark Club, Tannery
Bugaboo Creek Pub, 422 Queen
Capital, 362 Queen
Cellar, SUB (UNB Campus)
Dolan's, 349 King
Gallery 78, 796 Queen
Mama's Pub, 245 Main
Nicky Zee's, 375 King
Phoenix, Tannery (above Capital)
Playhouse, 686 Queen

* Denotes Harvest Jazz and Blues event.

Faster, faster! Slowcoaster and All Of Green ravished Cellar-goers Friday night



Nicole Gifford / The Brunswickian

Home again: All of Green and Slowcoaster kicked off The Cellar Pub's 2005-2006 performance season with a show last Friday night. The solid gathering of longtime fans and curious new scenesters kept the energy and the beer flowing for a rocking party. Check out the full story on Page 15 for all the details, plus info about upcoming Cellar shows.

Tantra is more than just great orgasms

The ancient Indian art of Tantra is a pathway to greater intimacy between couples, but can also help you cultivate peace within yourself

by Greg LeBlanc



Michele Legendre / The Brunswickian

This year's Sexuality Awareness week will feature a workshop on the ancient yogic art of Tantra, taking place this Friday in the Blue Room.

Tantra - you've probably heard of it before, in some article describing how to get multiple orgasms, on some TV talk show about achieving sexual superpowers, or in some spam email about how to satisfy your lover. Needless to say, Tantra has gotten a distorted image.

So much more than just better sex, Tantra is an expansion of yoga (from Sanskrit, meaning 'union'), a practice of centering the mind, body and spirit in order to gain tranquility of the self. As that expansion, Tantra incorporates the practice of yoga into a philosophy, a way of life, of action and thought. Sex, as an important part of life, is therefore necessarily a part of Tantra.

Originating in ancient India, Tantra is also associated with such famous sex-texts as the Kama Sutra, a book describing a huge variety of sexual positions (and serving as a bible for many sex enthusiasts).

"The Kama Sutra is the how, but not the why," explains Nadia Hanna, who will be instructing a session on Tantra Sex for Sexuality Awareness Week. "Tantra teaches the why."

In her session on Friday, Hanna will clarify many of the misconceptions that people have about Tantra. After giving some background and history, Hanna will go on to explain the role of spiritual energy, or Chi, in developing Tantra.

With sex being one of the strongest traits of being human (manifestations of humanity?), it is also one of the most powerful forms of energy. It is because of this sexual energy, and especially the focus and control of it, that sex is such an important aspect of Tantra.

In order to control spiritual energy, Hanna will then go on to teach exercises in how to become more comfortable with yourself and your lover. But beyond just making love, Tantra is also about developing a better way of expressing love.

"It's not just a way to get better sex," clarifies Hanna, "it's a way to get a better relationship, and the sex will follow."

It follows because with this deeper comfort, this heightened sense of peace and purity, all of one's sexual energy can be focused into the act of lovemaking. Through the concentration and control of this energy, it is possible to lengthen and intensify the sexually ecstatic state, and enhance the harmonious union of the lovers' bodies. It is in this way that orgasms can be controlled, multiplied and intensified.

"It's not just about the sex, the long orgasm," states Hanna, "because you have to think about how that long orgasm was created."

Hanna also wants to make clear that this session on Tantra is not just for couples; it is for singles too - because you have to be comfortable with yourself first.

Just as all myths have some kernel of truth, so to does the myth surrounding Tantric sex - it is a way to better sex, but it is so much more.

If your curiosity is aroused (among other things), why not satisfy it? Don't be shy, this session is sure to change your (sex) life. The session begins with a lecture on Tantra and will be followed by an interactive workshop. It all gets underway this Friday at 2:00 p.m. in the SUB Blue Room. Call Counselling Services at 453-4820 to register.

Finding the lost in the art of the Holocaust

New Art Center exhibit holds a contemporary mirror up to the past

by Alex Pope

The Department for the Search for Missing Relatives asks, who knows and who is informed?

Canadian artist Yehouda Chaki may have never met the 200 anonymous Holocaust victims whose anguished faces stare from the shadows of his paintings, but he has found them in the most secret places of our collective memory, and beautifully rendered their suffering in his latest exhibit, *Mi Makir: A Search for the Missing*, on display now at the UNB Art Center in Memorial Hall.

Chaki drew his inspiration for this, his most prolific and personal exhibit, from a radio pro-

gram, Kol Yisrael, that he can remember his mother listening to for information about missing family members. "Every day at 2 o'clock after the news, they would broadcast an item about missing people," he writes in the guide that accompanies his exhibit. "Ha'mador le'khipus kruvim shel ha'sokhnuth ha'yehudit sho'el mi makir ve'mi yode'ah," which means 'the department of missing people of the Jewish Agency is asking, who knows or who has information about...'"

The image of his mother running to the radio to listen to the 40-second broadcast had a profound influence on young Chaki, and the body of work exhibited in *Mi Makir* was created over a thirty year period during which he was consumed, in essence, by his "search" for those who had been

See *Mi Makir* on page 16



Michele Legendre / The Brunswickian

Mi Makir: A Search for the Missing by Montreal-based artist Yehouda Chaki is a stirring look at the Holocaust through the faces of its victims.

THE
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SUBZERO
Launch Party

Wednesday Sept 21 from 8pm to close
No cover with this ad

