



December 2018

### Christmas/New Year Timetable:

We are open over the Christmas/New Year period, closing only on Christmas Day itself. Every other day there are at least two classes and often three to choose from.

The timetable can be viewed here: <https://apollopoweryoga.com/timetable/> and we have hardcopy of the timetable from and including Monday 24 December 2018 to and including Sunday 6 January 2019 at reception at the studio.

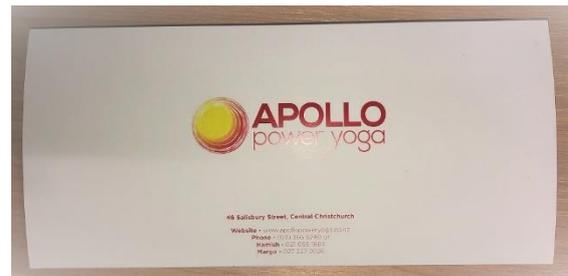


Be aware of what classes are on and come on in to practice. We are here for you!

### Christmas Gift Vouchers:

If you are thinking of giving a real gift of love to someone over Christmas in the form of yoga, we have vouchers at the studio. You may purchase a voucher for any amount that you

choose and the voucher may be redeemed at any time convenient to the bearer. There are so many people in desperate need for yoga in their lives, you would be helping them so much by giving them the opportunity to practice.



### Gratitude:

Thank you, everyone, for your part in Apollo Power Yoga during the course of the last year. 2018 has seen more student attendances at Apollo Power Yoga than in any other year, notwithstanding a surprisingly quiet quarter through July, August and September (where did you all go then?!).

We love teaching to you and we love watching your growth, in all aspects of your being, as you practice over time.

Margo and I are blessed to have the services of a great group of teachers. We thank Alice and James, Karen, Rachel and Jim, Ceri, Laura, Camila and Elena for their work throughout the

year in maintaining the consistency of practice and high standards of methodology that we seek to provide at Apollo Power Yoga.

In August in this magazine when we mentioned Apollo Power Yoga's five-year anniversary we said we had some big plans for Apollo Power Yoga. Here are some of the great things we have to offer you in 2019:

- **A new Ferrymead branch!!!** We have signed an agreement to lease for premises at The Estuary (on the Humphreys Drive side looking out to the estuary). With a planned opening date in late-February/early March 2019 we are keen to expand our reach and our availability to all those who want authentic power vinyasa yoga.
- Regular group classes. We will, through Salisbury Street and Ferrymead, offer great group classes of power vinyasa and restorative yoga taught with the consistency and great methodology that are hallmarks of Apollo Power Yoga's excellence.
- Private lessons to get you over a hurdle, past an injury or into new possibility.
- Workshops, to take your practice ahead and to give you renewed awareness, alignment, strength and confidence.
- 40 Days to Personal Revolution courses. These are a great way to re-imagine yourself, bring vitality to your way of being and spring clean the way you feel.
- Retreats. An immersive experience in a beautiful location where the focus is on you has to be good.
- Teacher training/yoga intensives. Our training courses/intensives are crucibles for transformation. Our students transform from doubt to trust, from fear to courage and from hiding to shining. Make 2019 the year for your transformation on our courses called Step into your Power!

Merry Christmas everyone. Have a safe and happy holiday season and we hope to see you in the studio(s) for a class soon.

### **Italian Yoga Retreat:**

There is still time to sign up for the trip of a lifetime with Apollo Power Yoga and Connectitalia-NZ.

In June 2019 we will travel to Tuscany under the guidance of Beniamino Petrosino, chef, author, Italian teacher and amazing personality. This is an exclusive opportunity that allows you to maximise your experience. Sign up now!

We meet in Rome on 23 June, to travel to San Gimignano by deluxe mini-bus. On the way, we will stop at Orvieto for refreshments and a peek in to the famous Cathedral.



Our base is in the countryside, within walking distance of the medieval town of San Gimignano: the Hotel and Spa Relais la Cappuccina. This Art Nouveau villa features hydro massage, Turkish bath, chrome therapy, aromatherapy, many other spa treatments, as well as indoor pools and a large outdoor swimming pool. We will have beautiful areas in which to practice yoga, both indoors and

outdoors, as the weather and day of time dictates.

Yoga practices, including meditation and discussions of yoga ethics, will be offered each morning (not too early!) and late afternoon. We know that many of you have endeavoured to keep up your regular yoga practices while travelling, and have encountered the same difficulties that we have: either there is nowhere near your accommodation to practice, or you have spent a considerable part of your precious holiday time travelling to a studio only to find that the practice was not what you were expecting.

On our Yoga Tour of Tuscany, Hamish and Margo will be providing you with the same excellent Power Vinyasa and Power Restore classes that you experience at Apollo Power Yoga, but in the convenience of your accommodation, in the glorious setting of the Tuscan landscape.

With both Hamish and Margo along, we even have the option of offering more basic instruction to those who are very new to the practice, at the same time as more experienced practitioners receive workshop-style instruction to extend their practices. Anything is possible!

Our daily tours into the marvels of Tuscany will be conducted at a leisurely pace as befits those who appreciate the yogic qualities of presence and equanimity. It is entirely up to you whether you venture out with the group on any day (or stay at the Spa and partake of its offerings), and if you do venture out, whether you remain with the group at our destination or explore on your own.

Daily tours include:

- Volterra, a walled mountain-top town thought to have been continuously inhabited since the end of the 8th century BC;

- Siena, the famous “red city”, with its historic fan-shaped Piazza del Campo;

- Firenze (Florence), with its many museums and cathedrals. This trip will also feature an evening meal in the lovely village of Fiesole, overlooking Firenze;

- Monteriggioni, a medieval town in the heart of the Chianti wine-growing region;

- Colle di Val d’Elsa, a fortified village, which we enter through the ancient and monumental Porta Nova. The village currently produces 95% of Italy’s crystal glass production and 14% of the worldwide production of crystal glass, and boasts a famous crystal museum;

- San Gimignano itself, a picturesque walled town, which is a UNESCO World Heritage site. It is magical.



Our tour will conclude in Firenze, taking in Certaldo (home of Giovanni Boccaccio, author of the “Decameron”) along the way.

As you can see, this is no ordinary tour. We have made the conscious decision to partner with Connectitalia-NZ because the quality of their tours and their attention to detail aligns closely with the way in which we teach yoga at Apollo Power Yoga.

Just as we offer you the very best yoga experience at Apollo in acknowledgement that you have invested your resources in coming to us, Connectitalia-NZ offer you the very best experience of Italy when you invest your resources in travelling to Italy with them.

An aside... some of our yogis have noticed the serendipity of the timing. The tour dovetails nicely with taking in Wimbledon 1-14 July, and also the once yearly concert which Andrea Bocelli gives in his hometown which is very near San Gimignano. All good!

### **Giving:**

What can you give in this season to mark Christmas?

Give yourself. Spend time with the people you care about. Engage with them truly. Use eye contact. Use physical affection not to satisfy your baser desires but to create connection. Show an interest in the people you love. Put your attention on them. Listen to them. Value what they have to say. Drop your assumptions about them and what you think you know about them and use your undiverted attention to draw out the very best of them.

You can give all you like in terms of things, items, property to any value you like but ultimately if you can make someone feel valued in themselves then you have given them a tremendous gift. Shakespeare, on the subject of defamation, said that "Who steals my purse steals trash; 'tis something, nothing; 'twas mine, 'tis his". Things and property may have sentimental value but are just property – stuff.

Buying things for your loved ones can be nice and receiving things can be nice. But investing in the sense of self-worth that your loved ones have of themselves is a gift that they can carry with them wherever they are and for their whole life long.

Give love.

### **Step into your Power:**

You may think it is too late to be part of our yoga intensive/teacher training but it is not. Opt in now, not as a whim but as a moment of resolve and commitment to seize the opportunity for personal development, to learn more about yoga, to advance your practice in asana and meditation, and to create new awareness and open new doors of possibility in your life.



Visit our website, <https://apollopoweryoga.com/yoga-intensive/>, to read all the details and contact Hamish by phone, 0210551884, or email, [hamish@apollopoweryoga.co.nz](mailto:hamish@apollopoweryoga.co.nz), for any further information you require.

We will have an amazing week of practice and growth together in January and would love to have you join us.

As one participant has said:

*I highly recommend this course! Hamish and Margo are brilliant facilitators and will bring out the best YOU! It will be tough, but*

*trust me: it's well worth it... I am very grateful for the massive shift that happened for me on the course and have continued to reap the benefits ever since... and they're still going. DO IT!*

The programme runs for 8 days from **12 to 19 January 2019** at Wainui on Akaroa Harbour. **APPLY NOW!** Places on this course are limited and an application is necessary. Get your application in today. You are ready for this. You are up to this. Do this course now.

### **Meditation Class:**

Our new meditation classes at 6:00 pm on Sunday evenings have been running for five weeks now. They are a great way to wind down after the week and to refresh mentally and spiritually for the coming week.

You may attend these classes on a casual basis or make them part of your weekly routine. In each session we will discuss meditation, its theory and practice, and we will meditate together.



These sessions are covered by your unlimited passes (annual membership, month passes and starter two week passes) or there is a \$10 drop-in fee.

### **Dan Fanthorpe Workshops in February:**

Plan ahead now for the visit of Dan Fanthorpe to Apollo Power Yoga for the weekend of 16 and 17 February 2019.



Dan's two workshops, each running midday to 2:30 pm, one on Saturday 16 and the other on Sunday 17 February, will be:

- Pain-free Back Bends, and,
- Hip and Back Opening.

The fee will be \$70 per workshop or \$120 for the two workshops. (There is no discount for annual members in respect of these workshops).

We are greatly looking forward to Dan's visit. To learn more about Dan visit:

<https://danfanthorpe.wixsite.com/yoga>

### **Asana Spotlight:**

Eagle pose (garudasana) is not easy. I have never met anyone who finds it easy. Like all poses, the power of the pose lies in the fact it is not easy. Let us look at it in detail.

- Begin in samasthiti, standing at attention with your arms alongside your body. Reach your arms skyward to extended mountain pose (tadasana). Sweep your right arm beneath your left arm such that they cross at a point above the elbow joint on each arm. Then cross your arms again at the wrists with your right forearm closer

to your face than your left forearm. Open your palms and spread your fingers. Press the palms of your hands together.

- Lift your elbows to shoulder height and press your wrists forward until they sit vertically over your elbows.



- Align your arms at the centreline of your body.
- If your shoulders are very broad, your upper arms relatively short, your shoulders rather immobile or for any other reason you cannot cross your upper arms above the elbow you have options. One is to hold your upper arms straight forward from your shoulders, bend your elbows and rest your right forearm on top of your left forearm in front of you. Another option is to bring your elbows together in front of you at shoulder height and press your forearms and palms together in a vertical line over your elbows.

- Ensure your left foot is set straight forward on 12 o'clock. Lift your right leg up and over your left leg. As you do so, bend your left knee forwards and lower your hips.
- Rotate your right thigh internally. That is, turn the top centre of your right thigh in towards the centreline of your body.
- Create a neutral pelvis. It is easy to tip your pelvis forwards in eagle but this can place excessive strain upon your low back or cause you to lose alignment in your upper body. Reach your tailbone towards the floor and lift the front of your pelvis up towards your navel to neutral. Pull the pit of your belly in towards your spine.



- Align your spine tall and upright and set your shoulders over your hips.
- Draw your chin in towards your throat (jalandhara bandha) and press the back of your head towards the back of the room.
- Rest your gaze straight forwards. This means looking at the back of your forearms. Resist the temptation to tilt your head to the side or shift your arms to

one side or the other in order to peek and see around your arms. Create a long focus – to the horizon - and let go the need to see. Turn your awareness to the quality of grounding of your standing foot, the engagement of your core and neutrality of your pelvis and heighten the influence of senses other than your sense of sight to balance.

- The most vulnerable joint in this joint-focused pose, is the knee of your standing leg. Do not let your standing knee be forced laterally inwards towards the centreline of your body. It is better to have your hips a little off centre to the left (when standing on your left foot) than to force your hips to be square with the front of the room and create a strain at the medial (inner) aspect of your left knee.
- Breathe calmly and be equanimous in the face of the many challenges to balance and coordination that *garudasana* presents.

The eagle has powerful and acute vision in a way that we humans do not. Our most powerful vision is that of our spiritual eye. In eagle pose, strengthen your spiritual gaze and make the higher call to be a better person.

### From Baron Baptiste:



*Personal strength and presence of mind is no longer a luxury, it is an absolute necessity.*

*Our families need us to be present, our communities need us to be present, the world needs us to be present.*

### Apollo Yogis Up to Big Things

Isaac Giesen: Isaac Giesen, the Blue Rower, has commenced his solo attempt to row across the Atlantic Ocean in the Talisker Challenge. Isaac is not doing this for his benefit but to raise funds for several charities whose mission is to improve mental health and help prevent suicides. Follow his progress on the Talisker website:

<https://www.taliskerwhiskyatlanticchallenge.com/>



Go to Isaac's website:

<https://thebluerower.com/> to donate to his causes.

Namaste

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