



January 2019

The Big News – Our New Ferrymead Branch:

Our new branch will open on **Wednesday 13 February!** The studio is at The Estuary, 21-23 Humphreys Drive, two doors along from Café Metro. There is ample free parking outside.

For our opening week we are offering a special Bring a Friend for Free. Existing students of Apollo Power Yoga can bring a friend to practice with them in our first week. Our intention is not only to offer convenience to our existing students who live in the Sumner/Redcliffs/Ferrymead/Heathcote/Mt. Pleasant areas but also to attract new students who have been denied what Apollo Power Yoga has to offer because of or central city location.



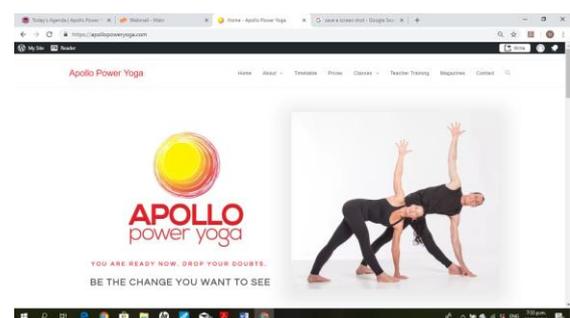
We look forward to bringing around 15 classes per week to you at our new branch. When we first opened Apollo Power Yoga in 2013 we started offering 17 classes per week. That

number quickly grew and we currently have 41 sessions per week at Salisbury Street. We intend to expand the number of classes we have to offer at Ferrymead as our class numbers build.

We will post the timetable in the near future so keep your eye out for fresh fliers and updates to our website.

New Website:

Over the last few months Margo, our son Vincent and Apollo Power Yoga student Pia Titus have worked hard to build a new website for the studio.



The new address for the studio website is **www.apollopoweryoga.com**. If you are after the timetable or any of the other information available from our website including our monthly magazines, teacher profiles, information about poses and so on, check in to the new address and the new look.

Dan Fanthorpe Workshops:

We are hosting Dan Fanthorpe for two workshops over the weekend of Saturday 16 and Sunday 17 February.

On Saturday he will bring us **Pain Free Backbends** in which we will look into the physical and psychological obstacles that can arise with backbends.



On Sunday the workshop is **Hip and Back Opening** in which we will explore the anatomical dynamics involved in hip and back opening.

Each workshop will run from midday to 2:30 pm and costs \$70. There is a discount for attending both workshops – the fee for the two together is \$110.

Book now, as these workshops will be popular and places are limited. Payment is required at the time of booking and no refunds can be given.

To learn more about Dan visit:

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

Step into your Power:

We had an amazing week of transformation and growth at Wainui from 12 to 19 January in our Step into your Power teacher training/yoga intensive.

We had 13 people train with us from Christchurch, the Wairarapa, Rotorua and Auckland and the group came together well and everyone was very supportive of one another. We enjoyed great meals prepared by Samson Sammikannu of The Rolling Om who caters for a variety of dietary preferences and does so with good humour and helpfulness.



Whether you wish to become a yoga teacher, or wish to enhance your practice and knowledge of yoga, or pursue personal development, this is a powerful programme to meet your needs. Plan now to join us from 21-28 September 2019 for our second intensive of the year.

As one participant has said:

You've helped me reshape my thought process of myself and helped me begin letting go of things that have weighed me down for so long. I'll forever be grateful.

And another:

The practice teaching sessions helped immensely in my knowledge to (sic) the sequence and understanding of the teaching methodology. I feel like I have developed a lot in practising teaching and really enjoyed doing it. I was very amazed at how much joy I get from teaching.

And yet another:

I very much enjoyed the experience of practicing meditation and was surprised at how well [I] took to the practice. I am now convinced of the benefits of meditation and am trying to find time every day for meditation.

Selfless Service:

A theme that recurs throughout the *Bhagavad Gita* is that of selfless service. In Book 3 of the *Bhagavad Gita* there is a powerful verse (shloka 9) that says (roughly translated), “The world is bondage when actions are done just for your own sake. Therefore, make every action a sacrifice, utterly free of personal attachment”.

The first thing is to consider what is bondage? Bondage is attachment to something such that it governs you and imprisons you in its clutches. The sportsperson who loses the joy of the game and becomes attached to the adulation they receive from fans experiences bondage. The musician who loses connection with the creative process and the expression of themselves through music and becomes attached to the financial returns from sales and concert revenues is in bondage to those rewards.

The issue arises in losing sight of what you can give from your work and in being dominated by what you can gain. The question “What is in it for me?” is ultimately disempowering.

What is sacrifice? It does not need to be a dramatic action of hurling yourself at the guns or taking responsibility for others’ wrongdoing. In this context the word is used as a verb to mean giving up something of value for other higher considerations. In the shloka quoted, sacrifice means to perform your work

and duty for the benefit of others rather than for your own sake.

When I selected a career for myself as a young adult leaving high school I chose the law as a profession that I perceived I could be good at, that would earn me good money and offer me a lifestyle that I desired. Nowhere in that brief description of my motivations do the interests of the clients, the people for whom I would be acting, appear.

My motivations in becoming a lawyer were driven by what I could get out of it. It did not take long for me to learn to place my clients’ interests at the forefront of my actions and work. However, with fee targets to be met, ever-present deadlines creating work/time pressure and competition for seniority within the firm I was working for, I did not always have my focus solely upon “sacrifice” by separating myself from any personal gain or attachment in my work.

One occasion where I did do so stands out in my memory. I ran an appeal against sentence for a legally aided client. The legal aid fee for this work was fixed rather than time-based and even had I shirked on the work the hourly rate would have been well below what my charge-out rate to private fee paying clients was. As it was, the more time and effort I committed to the job, the lower my rate of return became. Those considerations were completely absent from my mind and I was committed to doing my utmost for my client.

In his judgment, Justice Tipping, the judge who heard the appeal, had this to say:

In the Court below the learned judge recorded that Mr Kenworthy had made an elegant address. I would like to compliment counsel. He has done his client more than justice. All points were well made. No point was overlooked.

This was an example of an occasion where I had worked hard for my client without attachment to the remuneration I might receive for my efforts. I had worked hard at sentencing in the District Court, had seen the possibility for an appeal arising out of the sentence passed at that level and had pursued an appeal against sentence in the High Court all for the good of my client. My client was not someone about whom many people had ever given a damn. In that circumstance, however, he needed me to give of my best for him.

I enjoyed the work. Appellate advocacy was something I enjoyed and had some skill in. I gave of my best for my client. Tipping J. recognised something in my efforts and energy and chose to comment upon it in his judgment. I was very gratified to receive Tipping J.'s commendation but I had not been fishing for it at all. My work had been a sacrifice – for the benefit of my client.

The beauty was that Tipping J.'s comments meant more to me than another few hundred dollars of fee would have done. By making my efforts a sacrifice in the interests of my client I received rewards in my own knowledge of a job well done and in the praise of a senior judge.



Margo and I meet with this ideal of our work as a sacrifice every day. We run a business and draw from it our livelihood to provide us and our family with a home, with food and clothing, our sons with education and so on. But if we look at class numbers and be resentful of the

“distressed inventory” – the empty spaces in the room – or get too caught up in whether money has come in on a particular day then we cannot be of service to our students.

I, and Margo too I am sure, found that I had to let go of personal attachment to the fruits of my teaching in the first couple of years of us running Apollo Power Yoga. It took over two years for us to begin to take any money at all out of the business and, in fact, we had to subsidise the business outgoings from our personal resources for a long time after we first opened.

It was my process to just show up and do the best that I could in class for anyone who came. If there were 2 or 3 people in class then so be it, I would give them the best class and best experience that I could. The practice of being of service let me put my focus on the students of the studio and the income from the studio ultimately took care of itself as an incidental to my work, much like the judge's praise was an incidental.

In the *Bhagavad Gita* Krishna speaks of Karma Yoga as a path to contentment and enlightenment. Apply yourself selflessly to your work. Put aside concerns of what is in your work for you. Be witness to the joy of those you touch with your work. Appreciate the actions of your work and apply your skill with dedication.

There will be many rewards from your labour. Some may be financial. Some will be interpersonal in the response of those for whom you are working. Some will be in personal satisfaction at having done a good job and knowing that you have carried out your role well, whether anyone else acknowledges it or not.

However, do not work for the sole purpose of receiving these fruits of your time and effort. Be prepared to be unacknowledged. Put aside

all personal attachment to the fruits of your work. In that way, the rewards of whatever nature when they come will be real and fulfilling.

Asana Spotlight:

Aeroplane pose (*dekasana*) is a staple of many vinyasa practices in the standing balancing phase of practice. Alone, it is a powerful pose but I value it greatly for the all variations and options that arise out of it.

- Begin in *tadasana*. Set your feet together on 12 o'clock such that the inner edges of your feet touch at the base of your big toes but your heels are apart slightly and the centres of your heels are aligned with the third toe of each of your feet.
- Create a neutral pelvis. Reach your tailbone straight down towards the floor and draw the front of your pelvis up towards your navel to neutral. Pull the pit of your belly in towards your spine.
- Lift your shoulders up towards your ears, expand your chest and upper back, pull your shoulders straight back and press your thoracic spine in towards your chest.
- Draw your front ribs in towards centreline.
- Extend your arms up towards the sky then, in one coordinated movement, sweep your arms down alongside your body and extend your right leg straight back behind you towards the back of the room. Hinge your torso forwards to rest approximately horizontal with the floor.
- Firm your standing leg to create a powerful underpinning for your pose. Generate stability and balance in your standing foot by pressing down the big toe mound of your left foot. Pull the thigh muscles of your left leg to the bone. Create strength in your left leg through muscular

engagement rather than by hyper-extending your knee.



- Internally rotate your right leg. Point the toes of your right foot straight down towards the mat. Turn your right hip down towards your mat to be level with your left hip. It is a very common misalignment in Aeroplane pose for the student to rotate their lifted leg outwards and to hike the hip of their raised leg above that of their standing leg. Resist this tendency and maintain a *tadasana* like balance between the right and left sides of your body from the hips upwards.
- Externally rotate your arms so that the palms of your hands face the floor. Draw your shoulder blades towards your spine and expand your chest. Do not drop your shoulders forward towards your chest and the floor. Strengthen your back and open space across your chest.
- Lift your right leg at least to hip height. If you overpower this action by engaging your gluteal muscles you will also externally rotate your right leg. Create balanced action between the contractions of your right gluteal muscles to lift your right leg and the contraction of the adductor muscles of your inner right thigh to both align your right leg straight behind you to the back of the room and to internally rotate your raised leg.
- Hold your torso at least as high as your hips. Activate the spinal extensors down

the full length of your back and stretch the crown of your head forward towards the front of the room. Do not round your spine or collapse your head and chest down towards the floor. Bring a sense of cobra or upwards facing dog to Aeroplane pose and fly light.

- Set your drishti ahead of you on the floor rather than straight down. Use your drishti to give direction to your pose and to create length up the front side of your body from your right foot to the crown of your head.
- Warrior 3 is a variation of Aeroplane. For Warrior 3 extend your arms straight



forward towards the front of the room either side of your head.

- Another variation is to take Aeroplane with your arms bound as for eagle pose (see last month's magazine). In this variation use shoulder strength and mobility to lift your elbows off your chest and reach your hands forward towards the front of the room.
- Aeroplane pose is the staging ground from which to take half-moon pose, revolved half-moon pose, standing splits pose, and standing leg raise. In order to have integrity in each of these poses begin with integrity in Aeroplane pose. Your foundations in Aeroplane are critical for

success in the transitions into and execution of the other poses.

There is a point in the crossover between sleep and being awake in which a degree of volitional control can be exercised over your thoughts and, therefore, your dreams. In this moment it is common for people to dream of flying. In Aeroplane pose, realise your deepest seated desires and fly free above the earth and above all earthly cares and concerns. Free your body and liberate your spirit.

From Baron Baptiste:



In an instant, we can turn the arrows of strife into opportunities for profound change if we simply learn to relax with what is.

Apollo Yogis Up to Big Things

Isaac Giesen, the Blue Rower, has rowed over 1600 NM across the Atlantic Ocean in the Talisker Challenge. He has around 1100 NM still to go. Isaac has been slowed by head winds and light winds but he is in great spirits and is progressing well.

Isaac is raising 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/>



Donate via Isaac's website:
<https://thebluerower.com/>

Namaste

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