



July 2018

Last Chance – Book now for “Food is Medicine” talk on Ayurveda practices

On **Saturday, 28 July from 9:00 am – 11:00 am** at PIKO Wholefoods, 229 Kilmore Street Ancients Best are running a Talk on Ayurveda.

In this talk **Vaidyar Mani** and **Nicky Hewett** will share the healing art of Food as Medicine and explain why certain foods suit some people but may disturb others. They will explain the key concepts of Ayurveda with the focus on food & digestion.

The **Key to Life** and how to live well has always been extremely simple... In Ayurveda, the first principle is the most fundamental and although obvious it is often overlooked. That is, we are all unique individuals and have different needs. Self-knowledge is the starting point.

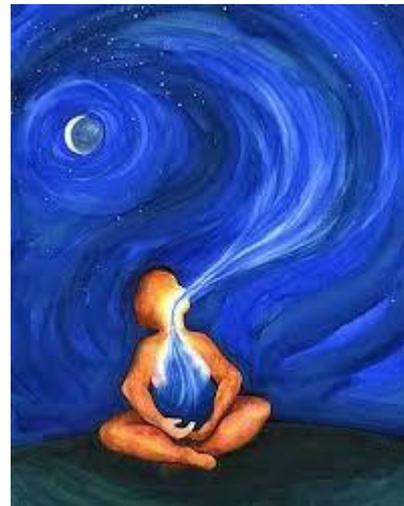
Cost and Registration: Individual appointments with Vaidyar Mani for Naadi Parikshai (pulse diagnosis) can be booked in advance. This reading determines your birth and current constitution, and will help you understand underlying disturbance and what food and lifestyle will best support you. Cost is NZ\$150.

Cost to attend talk: \$35 (Early bird price of \$25 if paid before 30 June 2018). To register for the talk (or Individual Appointment) please contact Nicky at: info@ancientsbest.co.nz or 021 025 92428

Forthcoming Workshops:

Breath of Life workshop with Margo: Sunday **12 August** 11:30 am – 2:30 pm.

In this workshop Margo will lead a full vinyasa class interspersed with breathing inquiries and pranayama techniques to give you access to your greatest breathing, presence and power. Fee is \$80 (annual members \$40).



Budokon Basics with Hamish: Sunday 9 September, 12:00 – 2:00 pm.

This workshop will give you the basic foundations of the Budokon Yoga practice taught at Apollo Power Yoga on Saturday mornings at 9:00 am. Drop what you know, embrace a powerful way of movement and lift your practice to a new level of strength and mobility. Fee is \$60 (annual members \$30).

Class Cancellations – No Budokon® Yoga on 28 July, 25 August and 29 September

Hamish will be away on 27 and 28 July teaching classes and workshops in Dunedin. As a consequence there will be no Budokon® Yoga class on Saturday 28 July.

Hamish is away in Auckland, again teaching classes and workshops, over the weekend of 25 and 26 August so there will be no Budokon® Yoga class on Saturday 25 August either.



Margo and Hamish are away leading the Marlborough Yoga Retreats weekend in Nelson on 29 and 30 September. There will be no Budokon® Yoga practice on Saturday 29 September.

Our apologies to those affected by these cancellations. Budokon® classes will run as normal on 4, 11 and 18 August and on 1, 8, 15 and 22 September, and finally, from 6 October onwards.

Winter Blues Getting You Down? Show Up!:

Last month we had this message for you; show up for class to keep yourself vital and healthy through winter. We repeat that message again this month.

Two students recently made comments referencing the benefit of coming to practice. One, just last night, observed that the classes would have been big recently because practicing yoga is the best way to ward off ill-health and to stay vigorous during the colder

seasons. You would think so but, in fact, class numbers have been down. Show up – for yourself to be healthy and energetic. Hamish and Margo practice daily and we remain extremely healthy in a way that we did not when we worked in offices and had other forms of exercise. Power yoga works.

The other student observed that she had been travelling and practicing other classes of yoga on her travels but there was nothing quite like what we teach at Apollo Power Yoga. Baron Baptiste, who created the sequence that we practice at Apollo Power Yoga is steeped in yoga from his early childhood. His experience is broad and deep and his wisdom in developing this practice is tremendous. Margo and Hamish have not encountered a better practice and we are committed to this style because it works.

Come on in. The studio is warm. You will appreciate taking off your layers and getting free and expansive in a warm environment. The group energy will lift and inspire you. As much as practicing itself is advantageous, practicing with and drawing inspiration from others will be still more advantageous.

Re-ignite your practice and be the cause of vigour, mobility, strength and an improved outlook mentally, emotionally and spiritually in you by practicing at Apollo Power Yoga today!

Thank You:

Thank you for your best wishes with respect to Margo and Hamish travelling back to Canada in late June and part of July for Margo's mother's funeral. We appreciate your kindness.

We also value the help and support provided by our teachers who stepped up to assist and cover the classes normally taken by Margo and Hamish during our absence.

In that time you were introduced to Katie and Elena and saw plenty of Laura, Ceri, Jim and Rachel as well as Karen and Camila. We are fortunate to have their help.

All our teachers have trained with us through our yoga intensive/teacher training programme, **Step into your Power**. If you are interested in training as a yoga teacher or if you are interested in the personal development opportunities of a yoga intensive, plan ahead now for Step into Your Power 2019. Our first intensive will run 12-19 January at Wainui on Banks Peninsula. Check our website for more details about our programme: <http://www.apollopoweryoga.co.nz/Yoga-IntensiveTeacher-Training/>

Book Now – Marlborough Yoga Retreats:

We're looking forward to working with Marlborough Yoga Retreats again, this time at beautiful Fairfield House in Nelson.

The retreat runs **from September 29 at 8:45 am to September 30 at 6 pm** at the beautiful Fairfield House, 48 Van Diemen Street, Nelson, New Zealand 7010.



The cost of the retreat is \$400 per person. You need to arrange your own accommodation.

For more information including booking details go to the Facebook event page: <https://www.facebook.com/events/1889512621106761/> or contact Anne Brooker: yogaretreatsnz@gmail.com

We are going to have a great weekend and would love for you to join us.

Complaining versus Contentment:

In class the other day I started musing upon complaint. In asana I often find myself thinking in the way of complaint: the pose is too long; the language is not right; the sequence is not right; the teacher should be dealing with this not that, and so on.

When I am in complaint I am not content. Complaint is an expression of *discontent*. Complaining in my head does not change anything either. It just creates a state of disconnection from what I am doing that denies me fulfilment.

Action is a powerful response to sensations or ideas of complaint. Not actions to vent the complaint but actions to shift from complaint into accountability and responsibility. For example, if I perceive a pose is being held for too long I have choices: I can choose to come out of the pose. This action will relieve any strain upon my muscles or joints or allow me to restore my energy and will make me responsible for my well-being rather than in a process of complaint and blame towards the teacher.

I could also choose to recommit to the pose – to refresh my muscular engagement, to relax tension from my body, to renew my *ujjayi* breath, to re-focus my *dristhi* gaze, and , in short, to be responsible for my pose and my experience in the pose and to treat a long hold as a chance to grow.

When I choose action over complaint I feel much better in myself. I feel responsible for myself and my interaction with my circumstances. Accountability and responsibility feel truer to me than blame and malcontent.

It is like when elections come around. There are some who complain about "the government" but do not vote. Whether your vote is for a winning candidate or party or not, exercising your right to vote means that you have done what you can.

If I complain and no one is there to hear me complain, is there anything to complain about? After I arrived home from our recent trip to Canada but Margo was still away in Canada recently, I found I was not complaining about things. There was no one to complain to so I stopped complaining. The day she returned I found myself complaining about trifles to Margo.

It made me realise how complaint was just an unconscious habit. It reinforced for me the importance of being in action and stepping away from complaint.

The yogic principle of *samtosha* (I sometimes see it written as *santosha*) which is the second of the five *niyamas* from Patanjali's *Sutras* means acceptance or contentment. The sage did not recommend whining and grumbling and complaining. Instead, a state of contentment with one's circumstances and with events was urged as a means of living.

In the class I was teaching when the notion of complaint came to me, I thought of Nelson Mandela. Having been imprisoned for over a quarter of a century by an apartheid regime he may have harboured grievances and nursed a state of complaint. However, upon his release he disavowed complaint but took action.

He stood for election and became President of the Republic of South Africa. With respect to the injustices done during the apartheid era, rather than seeking to blame and find and punish the wrongdoers, he instituted the truth and Reconciliation hearings. This action was to clear the air, to bring injustice into public conversation, to allow those whose conscience was troubled to make their apologies and to create a platform for a united future.

Contentment and acceptance do not mean resignation to unsatisfactory circumstances. They contemplate, as Gandhi so well put it, be the change you want to see. If there is injustice, rather than griping and complaining, stand up and act to create the world you wish to exist.

A ten breath holding of Warrior 2 pose may be tiring. You may be tempted to complain to yourself that the teacher is wrong, the practice is wrong and the studio is wrong. You may be drawn into complaint that your body is weak and no good. But these (incorrect) complaints alter nothing.

Come to a state of contentment/acceptance with what is: this is a long hold of Warrior 2. Be in action with respect to those circumstances: rest your hands at your hips if your shoulders won't support the uplift of your arms. Take downward facing dog or child's pose if you need to rest. Firm up, focus upon the necessary contractions of the pose and breathe long and powerful to rise to the challenge of your circumstances.

Recognise complaint when it intrudes upon your thoughts. See the futility and ultimately unsatisfactory state of being in complaint. Choose action that will give you the power of contentment in the moment or power by changing your inner experience of your situation. Or accept your situation and choose

the power of action to change your circumstances.

Asana Spotlight:

Warrior 2 (Virabhadrasana 2) is our focus pose for this month. This is similar pose in name and general outer form to Warrior 1 that was our focus last month. However, it is distinctly different and it is the differences between Warrior 1 and Warrior 2 that give them their power.

- Start in downward facing dog and step your right foot forward to take Warrior 1. Critically in Warrior 1, rotate your left inner thigh inwards towards the back of the room. Draw the whole right side of your body towards the back of the room and the whole outer left side of your body forward towards the front of the room. Reach your arms up to the sky.
- For Warrior 2, rotate your left leg outwards, open your hips towards the left side of the room and turn your chest to face the left side of the room. Extend your arms in one line at shoulder height straight up and down the length of your mat.
- The essential distinction between Warrior 1 and Warrior 2 lies in the action of your back leg and the orientation of your hips and torso. Internally rotate your back leg for Warrior 1. Externally rotate your back leg for Warrior 2.
- Turn your hips and the front of your torso towards the front of the room for Warrior 1. Open your hips and the front of your torso to face the side of the room for Warrior 2.

In every class many students, even very experienced ones, practice a form of Warrior 2 when they do Warrior 1. They may have their arms up in the air but their leg actions and the alignment of their hips and torso betray a lack of integrity in their Warrior 1. Be very present

and create the alignment distinctions that differentiate Warrior 1 and Warrior 2 in your practice.

- In Warrior 2 set your front foot on 12 o'clock such that it points straight forward along your mat. Stack your right knee at a right angle straight over your right ankle.
- It is a strain to both your knee and ankle joints to have your right knee out of alignment. A common default is for your front knee to drift inwards towards the centreline of your mat. Another default is for your base to be short such that when you bend into your front knee it bends further forward towards the front of your mat than your ankle. Be present to these tendencies and have high intention around stacking your right knee over your right ankle both side-to-side and front-to-back.
- Draw your right thigh bone in towards your spine and core to create stability, integration and power in your Warrior 2 pose.
- Some teachers, not at Apollo Power Yoga, cue the transition to Warrior 2 from Warrior 1 by instructing students to turn their back foot out to a 90 degree angle off centre. Some students may find they have the capacity to do this and it aids in giving full expression to external rotation of your back leg. However, it also creates the potential that your front knee will be pulled off-centre towards the mid-line of your mat. It is more important that you keep your front knee stacked over your front ankle than that you turn your back foot outwards.
- Lift the inner arch of your back foot upwards and press the outer edge of your back foot to the mat. Engage and tone the muscles of your back leg all the way up to your hip.
- Create a neutral pelvis. A common tendency in many students is to drop the

front of their pelvis forward and sway their low back. Instead, lift the front of your pelvis up towards your navel to neutral. Engage *uddiyana bandha* by drawing the pit of your belly in towards your spine.



- Set your hips no lower than the height of your front knee. It may be that your mobility necessitates your hips being higher than your front knee. That is acceptable and from that starting point you can, over time, work towards lengthening your base and deepening your lunge.
- It is not helpful, however, to have such a long base that your hips sag below the height of your front knee. In this situation stability in your pose will come simply from your muscles being stretched to their limit. If you have your hips at or above the height of your front knee you will create stability from eccentrically engaging the muscles of your legs – that is contracting your leg muscles even as they are stretched by the lunge you are in.
- Align your spine straight up and down over your hips. Many students tend to lean their torso forward towards the front of the room in Warrior 2. Do not do this. Stack your spine straight over your hips for balance and vitality.
- Often students turn the right side of their body forward but under-rotate the left side of their torso. Consciously work both side of your torso to turn your right ribs

and shoulder forwards and your left ribs and shoulder towards the back of the room.

- Draw your shoulder blades away from your ears and your shoulder blades in towards your spine.
- Firm the muscles of your arms to their bones and hold your arms steady at shoulder height. In the picture Hamish's back arm is a little above shoulder height. Better that than having either or both of your arms drooping below shoulder height.
- Turn your chin towards your right shoulder and set your drishti gaze straight over your right middle finger towards the horizon. Hold your gaze steady at one point with no distraction. Radiate purpose, energy and power in the single-pointedness of your focus.
- Breathe strong, powerful *ujjayi* breath.

Lengthen and strengthen the muscles of your body. Enhance your mental focus and determination. Radiate energy in a clean, laser-like stream, forward and backward along the line of your arms. From total body integration, create total energetic expression.

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 Power Yogis Up to Big Things

The Blue Rower

Apollo Power Yogi Isaac Giesen set off for Europe last year with the aim of competing in the 2017 Talisker Whisky Atlantic Challenge. He hadn't come up through the ranks as a rower, but the suicide of several people close to him motivated him to row solo across the Atlantic in order to raise awareness of depression and mental health issues.



But, the completion of Isaac's boat was delayed, and this prevented him from finishing the mandatory pre-race hours on the water before the other rowers. This deferred his entry until 2018. He resolved to come back then and smash the challenge.

So what happened next?

A team of rowers from the Faroe Islands needed an 11th hour replacement for their independent, trans-Atlantic expedition. Isaac stepped up!

They set out from Portugal, and landed 74 days later in Cuba, after a wild ride, including five storms, equipment failure, two crew members dropping out, and one nasty stomach bug. The 7,700 kilometre journey cemented Isaac's determination to compete in the 2018/19 Atlantic Challenge solo row commencing in December 2018.

Isaac is still on track to be the first Kiwi to row solo across the Atlantic. The silver lining is that he'll also be the first Kiwi to complete the journey twice in one year.



As Isaac says, "The fight against depression is a cause we can all get behind. It's my motivation to row oceans and it's probably a big part of why you're involved."

Head to <https://thebluerower.com/> and follow Isaac on Facebook and Instagram.

Alison Aitken – Literally 1 in a Billion!

Our yogi **Alison Aitken** has been up to big things. She is the first agent in Harcourts' history to have accrued \$1 Billion in settled sales! This equates to an average of 100 properties sold every year for the past 28 years. :)

This success builds on Alison's established record as the #1 agent for Grenadier Harcourts, the #3 agent for Harcourts Canterbury, and the #10 agent for Harcourts NZ in the last year.

Ali's practice at Apollo has supported her work in selling properties, keeping her physically fit, giving her space to be calm at heart and mind, and expanding her vision of what is possible.

Keep up the good work, Alison!

You can get in touch with Ali at alison.aitken@harcourts.co.nz or 0274 332 327

Filtered Kangen Water at Apollo Power Yoga

Are you loving the Kangen water at the studio? We are! Please feel free to fill up your water bottles at the studio (**get a teacher to show you how to operate the machine** if you don't know – please **do not** run hot water through the filter).

The last of our stock of plastic water bottles will soon be exhausted and we will not be renewing our order. Bring your own water bottle to the studio. If you forget we will have a supply or re-useable bottles and cups for you to drink our clean, filtered water.

If you would like to purchase a Kangen machine for yourself, get in touch with our supplier, Sally Couper: supersally00@gmail.com

Here are some testimonials:

"I have been involved in Martial arts most of my life through being a competitor and trainer. At the moment, I hold 3 NZ MMA Titles. Drinking Kangen water has helped me in so many ways. My eczema has gone completely which would annoy me when I trained. I can train for longer than before... One problem that all fighters get is inflammation and bruising. My shins would get this after competing which would take over a week for the swelling and bruising to go down. Now the inflammation lasts no longer than a day and the bruising gone after 3 days. I get asked all the time whether I take protein shakes or pre-post workout drinks. The answer is, "No, I only drink Kangen water. That's all I need to get me through my workouts and recover for the next day." Melissa Mackey-Huriwai

"I have suffered from acid reflux all my life. I would get a pain in the top of my diaphragm after exercising or certain foods. Since purchasing a Kangen machine I have never had this reflux return! Amazing!" Hannah Ward

"I had a malignant cancerous lump removed, had glaucoma, prostate problems, kidney stones, memory loss, all prior to drinking Kangen water. In other words, I was going

downhill fast! At about 66, I discovered Kangen water, drank it and the rest is history!!! No more problems and now not on ANY medication!" Alex

"I have suffered with eczema all my life. After drinking Kangen water 9.5pH for a few months I have found that the eczema has cleared up without the use of any prescribed creams." Maureen Vonder

"I started on Kangen water and in 4 weeks I was feeling a great difference in myself, so I bought a machine. I suffer from Rheumatoid Arthritis and was experiencing a great deal of pain every day, my pain levels have dramatically reduced." Karen Davis

"About 10 Months ago I broke my back falling off a horse. I am very lucky I didn't damage my spinal cord in my accident, my spinal specialists were concerned about my long-term prognosis (Osteoporosis in the family history) and a 46% compression fracture of my T12. I was introduced to Kangen Water a month later and my life really did change, immediately I felt more energised and slept really well at night, deep heavy sleep also little to no pain in my back. Bloating and pain that I had in my tummy and bowels within 2 weeks were gone. My skin and hair are more hydrated and younger looking and I feel absolutely AMAZING and no longer do I have concerns about my back. I know I have taken the best health precaution possible." Rebecca McEwan

Namaste

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