

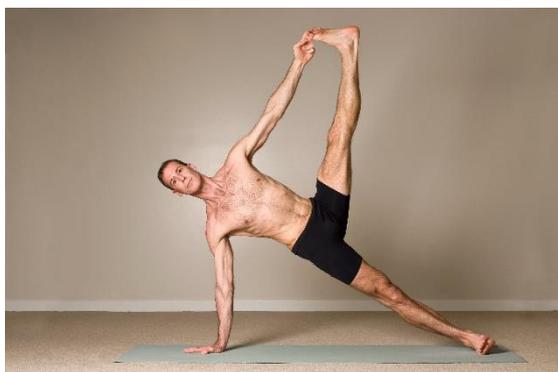


June 2018

Winter Blues Getting You Down? Show Up!:

I have been practicing yoga over ten years now. I began in a practice that I now would prefer not to practice. I have had classes with overly dogmatic teachers, with overly creative teachers, with teachers with what I perceived to be a poor sense of sequence, with really inexperienced teachers who betray their lack of familiarity with teaching, and generally classes that are not my idea of a good practice. And yet, I do not regret attending any class.

I practice a lot by myself. Very often it is a drag to get on my mat and I procrastinate and dither about getting into practice. As soon as I start moving and breathing I feel better and by the time I need to get on with greeting the next class or being at my next appointment I am so fully engaged in my practice that I do not want to stop. Once I have made the initial commitment to practice I am rewarded and I never regret getting on my mat.



Right now, you may be feeling a bit down. As of 18 June the city had only had 13 sunshine hours for the month! The cold, the overcast and wet nature of the weather may be sapping you of vitality and enthusiasm and your yoga practice may be suffering as a consequence. The best answer is to get in to class because, like me, you will not regret it!

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!

All Blacks:

Two of Apollo Power Yoga's regular rugby playing practitioners have been part of the 33-man All Blacks squad for the three test series against France that concludes this Saturday in Dunedin.

Ryan Crotty has been first choice second five – eighth for the first two tests and his defensive excellence, incisive attacking play and good

options have earned him good reviews from the first two tests.



Jack Goodhue was not part of the playing 23 for the first two tests but has been named to start at centre for the All Blacks for the third test of the series in Dunedin on 23 June.



We wish these two well along with the other Crusaders players in the All Blacks squad who have Apollo Power Yoga as part of their pedigree: Codie Taylor, Richie Mo'unga, Scott Barrett, Luke Whitelock, Joe Moody, Jordan Taufua, Luke Romano and Matt Todd.

Margo and Hamish Away:

Margo and Hamish will be away, Margo from 24 June to 15 July and Hamish from 24 June to 5 July. This is not so much leave as bereavement leave and is the first time we have been away together since July 2014. The date is not a typographical error. It is almost four years since last we were away.

We are grateful to our teachers who are, very helpfully, taking on extra classes to cover the timetable. The only class that will not be held in our absence is Budokon® Yoga on 30 June.

We will still be in email contact while we are away so do feel free to be in touch if necessary or direct an inquiry to one of teachers who will help if they can.

40 Days to Personal Revolution:

40 Days to Personal Revolution has concluded with our last workshop on Sunday 10 June and day 40 of the programme on Thursday 14 June.

Many thanks to all our participants. *40 Days* is an opportunity. It is an opportunity to develop meditation as a regular and beneficial part of your routine.

It is an opportunity to build greater independence and awareness around your asana practice and to hone your skills.

It is an opportunity to become more aware around the way you get your nutrition, what works for you and the consequences, good and not good, of the foods or edible food-like substances that you consume. From this awareness comes the power of choice to create your healthiest self.

40 Days is an opportunity to be truthful with yourself. People who sign up for the course are drawn to it because they perceive there is some disharmony within them. The course affords the chance to inquire to the heart of your way of being and root out that which causes disharmony within you and generate

new patterns of thought and behaviour that will bring you happiness.

Here is some feedback from one of our latest participants:

"I've had progress literally EVERYWHERE. Calmer (whilst shaking!). More in control of my emotions, at peace with whatever happens and that nothing is that big of a deal. Helped me through a break up (as I start to cry). More grounded, accepting and loving of both myself and others. Okay with things going wrong and knowing that everything is workable. Stronger. Fitter. More toned. And ultimately PROUD of myself.

THE OWNERS OF APOLLO POWER YOGA ARE SO MEAN! I mean, how dare they over deliver on every single possible aspect of my 40 Day to Personal Revolution & help me grow so much?!

I honestly could not be more grateful & would hate to think of how I'd be right now without it. Thank you, thank you, thank you."

Our next 40 Days course kicks off in October. Decide now that this will be what you are committed to in October. Decide now that you are the person to whom you will be committed to in October and November. Be prepared to shake off and give up everything that is not you and create your best way of being.

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/>



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

Be Prepared to Come Apart:

One of the principles we work with throughout the 40 Days course states, "Be prepared to come apart". It is a concept relevant at all times, not just as part of the programme.

Being prepared to come apart means to be open to relinquishing the chains of habit. It means to be open to living your heart's desire. It means to be available to experience fulfilment in your life.

I met a woman in 2010 who had been overweight. When I met her she still was a bit overweight but had already lost 100 lbs from where she began.

When she was overweight she identified herself with her body and she viewed her body as ugly. In that state she felt worthless and unlovable and allowed herself to be treated poorly.

Fortunately, the providence of the universe led her to Baptiste style power vinyasa yoga (just as we teach at Apollo Power Yoga). In class,

she initially struggled. The practices were tough and physically demanding. She felt out-of-place in the company of leaner, fitter practitioners who were doing the poses “better” than her and doing the fancy extra poses while she was just trying to keep up with the foundations of the practice.

Her spirit was listening, however, and heard the words of her teachers and her fellow students that she was welcome; that she just needed to do her best; that the story in her head that she was not good enough was a lie. She started to grow in response to the practice.

Little by little her body grew physically stronger. She became drawn to foods that would fuel her active body rather than comfort foods that would smother her emotional pain temporarily but leave her over-fed and under-nourished. Her body shape began to change.

Most importantly, the repeated lies she told herself as a matter of habitual, pre-programmed thought lost their hold on her. Everything she had been telling herself about herself was the exact opposite of what she heard in yoga class. She had to dismantle her way of thinking and feeling about herself. She had to unravel years of negative self-image and psychic harm.

She came apart. There is a Willie Nelson song called *Getting Over You* with the line, “See how all the pieces fit as you watch them fall apart”. That was her experience. As she came apart she was able to regather herself, reinforced with the messages she heard every time she walked in to yoga class.

By the time I met her she was well down the track and was a teacher to me as I was just beginning my own process of coming apart. She told me of herself: “The lie I give up is that I am my body and I am not beautiful”. The pain that these lies had caused her in her life was

evident. But she had embraced a new way of being of self-respect, love and possibility.

By coming apart and by dismantling a rigid and habitual pattern of seeing herself she had been able to re-create her experience in the world. She had freed herself from relationships in which others treated her as she had seen herself – as worthless and undeserving. She had developed new connections with people who accorded her respect as she now respected herself.



Her example was inspirational to me and I began a process that week in February 2010 when I met her that sparked something new in me. A year later, Margo and I were at a Baptiste training programme. In the middle of that week I found myself confronted by the lies I had been habitually telling myself. For a whole day I collapsed into misery, self-pity and despair. I felt awful.

But like my friend the year before, I took the message to dismantle the hold of the lie. I received the lesson to come apart. I chose to embrace a new way of being. I saw how the old patterns of thought had determined my perception of myself and had created a self-fulfilling prophecy. I woke the day after my day of gloom re-defined – no longer by the lie in my head but by the enthusiasm in my spirit.

Coming apart is not pretty and there are challenging moments but taking apart your story of yourself allows you to re-create yourself. In my case there was no need to

change my circumstances at all. I just needed to re-work the way I perceived myself.

Be prepared to come apart. It starts with your inner perception. It may result in changes to your circumstances (work, relationships, where you live *etc.*) but coming apart is not about external circumstances.

Coming apart is about untying the knots of patterned thought that leave you feeling unwanted or unloved, worthless and of no importance. Think less, trust your spirit more and know that a new way of being of peace, love and happiness is available to you now.

Asana Spotlight:

Warrior 1 (Virabhadrasana 1) is our focus pose for this month. This is a powerful pose that encapsulates so much of Apollo Power Yoga's ethos: strength, mobility, mental focus and inner purpose.

- Start in downward facing dog and step your right foot forward to your right thumb. Turn your left foot inwards and downwards to the floor. Lift your torso and arms upright over your hips.
- The actions just taken create an adequate approximation of Warrior 1 but the refinements are what gives the pose its true integrity and transformational power.
- Set your right foot on 12 o'clock such that it points straight forward up the length of your mat towards the front of the room.
- Set your back foot to about 10 o'clock or even 10:30. That is, about 45° to 60° off-centre.
- Bend your front knee to a 90° angle and align your right knee straight up and down over your right ankle. Resist any tendency of your right knee to angle inwards towards the centreline of your mat. Press your right knee outwards towards your

right little toe and hold it there. The picture shows a good 90° angle in Hamish's front knee.

- Press the outer edge of your left foot to the floor and lift the inner arch of your left foot up from the floor. Squeeze your back leg straight from your ankle to our hip.
- If you find it difficult to press the outer edge of your back foot down or your front knee drifts towards the centre of your mat or your back knee tends to bend, lift and spread apart the toes of each of your feet and activate the mounds of your feet and your heels. This action will awaken your feet and lower legs and initiate an energetic uplift to empower your entire pose.

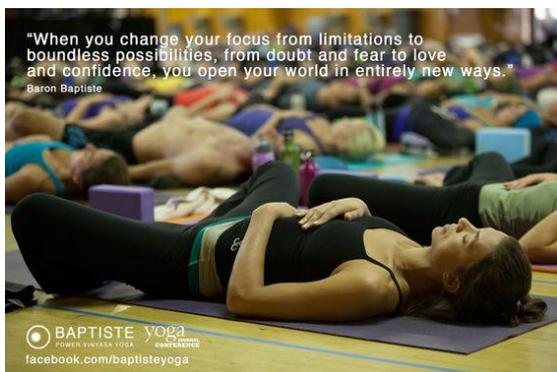


- The next actions are characteristic of Warrior 1 and are critical to receive the best the pose has to offer. Pull your right thigh straight in towards your torso, in towards centreline and core. Rotate your left thigh inwards towards the back of the room.
- Between these two actions, rotate the front of your pelvis towards the front of the room. Your pelvis does not need to be perfectly square on to the front of the room but the critical action is one of squaring towards the front.

- All the poses of the sun salutation are based on your hips being square to the front of the room: tadasana, forward fold, halfway lift, the planks, upward facing dog and downward facing dog are all square faced poses. So, too, is Warrior 1.
- Take a slight downward tip of your tailbone and lift your pubic bone towards your navel. Engage *uddiyana bandha*.
- Stretch your low back upwards. Reach your arms and hands enthusiastically and energetically upwards but draw your shoulders back and your shoulder blades inwards towards your spine.
- Draw your front ribs in towards centreline and arch backwards from your shoulders down.
- Lift your drishti to the sky.
- Breathe strong, powerful *ujjayi* breath.

Be the warrior not a worrier in this pose. Use Warrior 1 to create and experience the energy of self-esteem, purpose, courage, confidence and triumph. Expand that energy off your mat and into all the circles of your life.

From Baron Baptiste:



When you change your focus from limitations to boundless possibilities, from doubt and fear to love and confidence, you open your world in entirely new days.

Apollo Power Yogis Up to Big Things

Rebecca Lee:

Apollo Power Yoga student Rebecca Lee has established a kombucha and cold-pressed juice business called ***Born and Raised***. Rebecca is formerly a lawyer and she has set up Born and Raised with her financier partner, Graham Moore.

Born and Raised is committed to ethical and organic products with a no nonsense approach. Rebecca says she sources only raw, organic and Fair Trade products right down to the cleaning materials. All waste products go to the local horse riding school or farm for animal food or compost.

Rebecca has been practicing yoga for 20 years and says she lives by the philosophy strong mind, strong body, and strong spirit. Having children enhanced her commitment to healthy eating and a healthy lifestyle. She observed how food and physical activity affected the behaviour of her twin daughters. She believes good nutrition is an easy method to enhance mood in children and adults.

Kombucha is a fermented product made from tea and sugar, however, the sugar is converted into beneficial acids by a culture called a SCOBY (a jellyfish like structure).

Rebecca calls kombucha is a 'functional beverage' because it provides beneficial probiotics, antimicrobial, antioxidant and anti-cancer properties (as evidenced by lab test on animals). With growing interest in gut health and how it affects mood and energy the kombucha industry is now one of the fastest selling beverages worldwide.



Through Born and Raised, Rebecca is educating the public on the different quality of kombucha products on the market. Rebecca believes Born and Raised's kombucha has advantages in being unpasteurised, has no concentrates or artificial sweeteners such as stevia, and only raw cold pressed juice is added for flavour (turmeric, ginger and beetroot). These factors ensure optimum health benefits of the product are maintained.

Rebecca points out that kombucha should have small 'bits' in it. Rather than being a concern these are beneficial bacteria and yeast! Rebecca recommends that you check the label and look for 'bits' in the bottle for quality.

Rebecca draws the name Born and Raised from the Maori concept of tūrangawaewae (place of belonging). She says it is a matter of being true to your roots and how ones identity has been shaped by place and gives a sense of being anchored. We all need that on some level.

Food is Medicine – Ayurvedic Talk:

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

Namaste

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