



May 2014

SAVE THE DATE! It's Apollo Power Yoga's first birthday on 27 July 2014, and we're having a **MID-WINTER BEACH PARTY** at the studio to celebrate. Our favourite poet, **SAM HUNT**, will join us to perform some of his wonderful poems - what could be better? We'll kick off at 1pm, so dig out your loudest Hawaiian shirt and board shorts, bring your rug or deck chair, and settle back to hear Sam Hunt at his lyrical best. Refreshments will be provided.



This great event is free for everyone who practices at Apollo Power Yoga. Additional tickets can be purchased for \$25, for those who haven't yet found their way to us. But numbers are limited, so book in as soon as you can, by emailing margo@apollopoweryoga.co.nz, or let us know when you're next in the studio.

Workshops:

40 Days to Personal Revolution: This programme is well underway. We have a great group of people participating bringing yoga into their way of being through meditation, asana practice, healthy nutrition and personal inquiry.

If forty days seems too much, Hamish will be taking a day-long workshop called **Walk the Path of Yoga in Your Life** in early August. This will be a great day of asana, meditation, discussion and community. Further details will be available in Apollo's June magazine.

Yoga and Spinal Alignment: Apollo is hosting Marina Locke who will lead this gentle-paced three hour workshop on **Sunday 13 July from 12:30 to 3:30 pm**. Please book with Marina (mlocke@ihug.co.nz or phone 021871818). The cost is \$50 if booked before 1 July or \$65 after that date.

Apollo Power Yoga Teacher Mentoring Programme: Some teacher trainings are designed to teach students about yoga, rather than training them to teach yoga. This may

result in teachers whose classes lack structure, coherence, and integrity. Alternatively, such teachers may be able to produce a rote sequence of poses, but lack the principles and methodology to vary practices so that students are appropriately challenged.

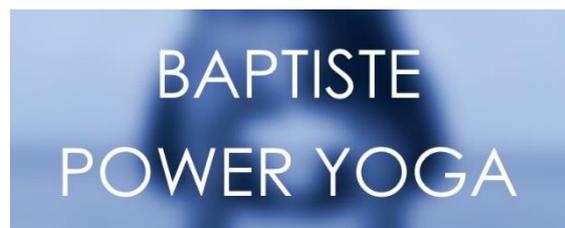
Hamish runs a mentoring scheme for teachers offering:

- A year's unlimited practice at Apollo Power Yoga.
- Regular paid teaching opportunities at Apollo Power Yoga.
- Twelve months of tuition from Hamish, including:
 - Monthly meetings to receive detailed feedback on classes taught at Apollo Power Yoga;
 - Quarterly private practice sessions to discuss aspects of the student's private practice.
- The feedback sessions give direction to students in Baptiste methodology so that the teacher can find their greatest power and connection with their students.

This mentoring programme is designed to help participants shine powerfully as teachers.

If you have qualified as a teacher and want to take your practical skills to a new standard of excellence then contact Hamish on 0210551884 or email him, hamish@apollopoweryoga.co.nz. Conditions apply.

Baptiste Teacher Training Courses: Baptiste Power Yoga Institute runs 2 or 3 Journey into Power Level 1 Teacher Training programmes every year, in different locations.



For 2014, there are currently two Journey into Power Level 1 Teacher Training programmes being offered: Sedona (Arizona) in June, and the Catskills (New York State) in August. You can check out further details on the Baptiste website www.baronbaptiste.com.

You will not regret training with a master teacher whose work can be imitated but not replicated.

Employer Subsidy For Yoga? Some of our yogis have been pleasantly surprised to find out that their employer will pay for part or all of their yoga classes with us. Companies, government departments, and other employers are recognising the benefits of helping their employees to stay fit and focussed through our practice. Check with your employer to see if they are willing to help with your yoga class payments.

Ease Your Partner Into Yoga With Private Lessons: Do you have a partner or friend who really needs to get into yoga, but is reluctant about stepping into a classroom full of more experienced practitioners? You can ease them into the practice with private lessons. We often find that people who haven't practiced yoga before are apprehensive about what is involved, and how they will "perform". Men, in particular, tend to get worried that they might look foolish trying out yoga in a room full of women. We offer private lessons (\$60/hour for 1 person, \$90/hour for 2-4 people) which can be a good stepping stone for the newbie. Once they have a private lesson under their belt, taking part in a class is a much less daunting proposition. If you want to book a private lesson, just give Hamish a call on 021 055 1884, or email him: hamish@apollopoweryoga.co.nz

Asana Spotlight: Extended side angle (*utthita parsvakonasana*) features in the Vitality portion of the Baptiste practice. It deserves that classification as it is a powerful pose, full of energy and life force. It is a pose with a

number of variations to meet the strength and mobility of all practitioners.

- From Warrior 2 with your right foot forward bring your right hand to the floor just inside your right ankle. If you cannot reach all the way to the floor you can rest your right hand or fingertips to a block or rest your right forearm across your right knee.
- Some practitioners can bring their right hand to the floor but do so at the cost of turning their chests down towards the floor too. In extended side angle your chest should be open to the side wall, just as it was in Warrior 2 where you came from. If you lose this alignment you are better to use a block or rest your forearm to your knee.
- The longer the base of your pose and the deeper you bend your right knee towards a 90° angle the greater freedom and depth you will find here.
- Keep your right foot pointing straight forward and press the inner edge of your right foot firmly into the floor.
- Press the outer edge of your left foot into the floor. Lift the inner arch of your left foot and engage all the way up through your inner left leg.
- Lengthen your inner right thigh muscle forward but draw the right thigh bone into its socket at your hip.
- Turn your inner left thigh outwards towards the back of the room.
- Reach your left arm straight up to the sky. Draw your left shoulder blade in towards your spine and spin your left lung up towards the sky.
- Here is where the range of options really begins to open up. A first variation is to reach your upper arm forward towards the front of the room over your left ear. Keep the upper arm on the same plane as your left leg and spine (see the first picture).



- Another variation is to bind the arms behind your back. Reach your left arm to the sky, turn your left palm to the right wall and fold that arm behind your back. You can stop here with a half bind if you wish. If you take just a half bind, work towards slipping your left fingers to the inside of your right thigh.
- To take a full bind bring your right arm back beneath your right thigh from the inside. Fold that arm up outside the right thigh and bind your hands or grasp your left wrist with your right hand (see the second picture).



- Many people tend to swing their hips to the right and their head and shoulders to the left when taking a bind in this pose. If you do, once you have your bind, endeavour to swing your hips straight towards the back of the room and elongate the entire front side of your torso.
- In all variations the default direction of your *drishti* gaze is to the sky. If your neck

is stiff or you experience any pain trying to look up you should look straight to the side or even to the floor.

What a fantastic, strengthening, opening and energising pose this is! Practice it with joy and feel it flood your body with power, cell by cell.

Chakra Theory: The throat chakra, *Visuddha*, is the focus of this month's magazine. This chakra is centred at the throat and is associated with the throat, the neck, the thyroid gland and the sense of hearing. It is sometimes also associated with the arms and hands.

As we rise up through the chakras we move from the very corporeal and personal towards incorporeal and unified states of being. From earth at muladhara where we realise our presence, our grounding and our physical anchoring we begin to ascend to other levels. At chakra two, svadhistana, we entertain personal pleasure. At chakra three we find a fire quality in us that stimulates power, autonomy and will, allowing us to move from one place or state into another, to interact and create. At the heart chakra we begin to extend our consciousness to others through empathy and healing. Now, at the throat chakra we come into communication.

Communication is the essence of this chakra. Communication is essential to our being. We cannot move without our brains communicating with our muscles. We cannot heal or fight infection without our cells communicating, recognising harmful or damaged cells and taking action to repair or destroy cells appropriately.

Communication extends to what it is to be human through our interaction as social animals, our passing of information between ourselves by verbal and written stories and our defiance of time and space with global

instantaneous communication and written and film/video records of the past.

Our creativity is expressed through our communication of ideas and images in works of fiction or art. The arms and hands were discussed last month as means of expressing healing and love from the heart. As the throat chakra is a centre of self-expression and creativity, the arms and hands are a key means of expressing that creativity – even a key means of communicating as shown in sign language and the use of gestures in face to face interaction.

Anodea Judith in *Wheels of Life* puts it this way: *It is clear that communication can direct consciousness in both directions of the chakra spectrum. Communication can be seen as a symbolic system that mediates between the abstract and the manifested idea. It formulates our thoughts into controlled physical vibrations, which in turn can create manifestations on the physical plane.*

Visuddha means purification. Purification of the body is necessary to open us up to the subtle characteristics of the higher chakras. Sound is regarded as purifying, being a wave resonating in all things.



The chakra is represented by a 16-petalled lotus (there are 16 vowel sounds in Sanskrit) within which is a downward pointing triangle and a white circle. A white elephant, Airavata, is typically present as may also be Sarasiva (a variant of Shiva) and Gauri (a goddess of beauty and brilliance). The colour is a bright blue. The seed sound is *ham*.

The element of the fifth chakra is ether as it is here that we comprehend and make use of the etheric plane, appreciating the ways in which we can influence and are influenced by thoughts, emotions, words and actions of others and of ourselves.

Hearing and sound are essential elements of Visuddha. Hindu creation myths (or truths) assert that in nothingness before the creation of the universe the nothingness became aware of its emptiness and that it was alone. It yearned to not be alone and sent out a vibration that wrapped and doubled upon itself and gave birth to a vibration that is the eternal sound, Om. Out of this were all things created.

A vibration, or sound wave, has a uniform pattern to it. If we set a pattern or vibration for our day by rushing and feeling pressured that will resonate for our whole day. If we create a pattern of calmness, perhaps by taking time to meditate in the morning, we will feel peaceful and composed for the whole day.

Many times people have observed that if a number of clocks are in the same room and set running together they will initially be ticking out of sync but will, over time harmonise such they are all ticking at the same instant. This is an example of resonance – two or wave patterns coming into phase with each other. The science here may explain how two people fall in love with each other, or how some people become horse

whisperers or dog trainers through a special rapport with creatures.

Chanting and mantra are an aspect of the fifth chakra. Chants are full of vibration in which we seek to create a connection with the cosmos, offering our love and peace and opening up means for receiving love and peace.

Yoga poses for this chakra include gentle neck rolls (elongate your neck then gently roll your head around in a circular motion, pausing where there is tension and massaging those areas of tension with your fingers) and head lifts (from apposition lying on your back lift your head just using your neck muscles and look towards your toes). Shoulder stand and plough pose (with deep forward flexion of the neck) and fish pose (with extension of the neck) are good fifth chakra actions too.

Other exercises to tap into the power of this chakra include observing a noble silence (where you abstain from speaking and enhance your listening), communicating by gesture alone (charades) and by recording your conversations so as to listen back to the way you communicate (do you interrupt people or allow them to complete their sentences, do you speak rapidly or slowly, loudly or quietly).

Namaste

Hamish and Margo

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