



April 2015

ANZAC Weekend:

All normal classes will run on Saturday 25 and Sunday 26 April – as well as Sunday's workshop, Baddhas and Bandhas. On Monday 27 April, which is a public holiday this year as ANZAC Day is observed, the following classes will run:

- 8:00am – PAL 60
- 10:00am – PAL 60
- 5:30pm – PAL 60
- 7:00pm – PR 60

Parking Situation – Tell the Council About It

Are you finding the parking situation in the Central City challenging? Join the club.

Over the next few months, the City Council will be making important financial decisions, including decisions about providing parking and charging for parking in the Central City and beyond.

Is the Council doing enough to enable the Central City recovery? Or should it be providing better parking facilities, both on-street and off-street? Why is it so expensive to park in the Central City when parking on Council-owned streets in the suburbs is free?

If you would like your thoughts to be heard, now is the hour. Let the Council know what you think about the current situation and what you think should be done in the future. Make a submission on the Long Term Plan,

which will govern Council spending over the next 10 years.

You can go online: <http://www.ccc.govt.nz/thecouncil/policiesre/portsstrategies/ltccp/index.aspx> to look at the relevant documents and make your submission, or you can use the forms we have available in the studio. We'll get them lodged with the Council by the **closing date, 28 April 2015**. Do it now or your voice will not be heard!

Thank you for taking the time to be involved.

Apollo Power Yoga Teacher Training:

We are in the process of working with Yoga Alliance to have approved a curriculum for a 200-hour teacher training course. This training will school you in Baptiste-style power vinyasa yoga and give you the tools to take your seat as a powerful teacher.

The programme will likely be run in two one-week long modules. The first can be attended separately from the second as a retreat/intensive for those seeking to learn more about this great practice we share and to delve into some greater appreciation of meditation and the philosophy of yoga without wanting to progress to be teachers. The whole programme will involve practice in the arts of teaching yoga but the second module will involve more of the methodology that we use in Baptiste-style power vinyasa yoga.

We will keep you abreast of developments.

Blocks and Straps:

Please be tidy yogis when returning your blocks and straps after class and leave them as you found them. Thank you.



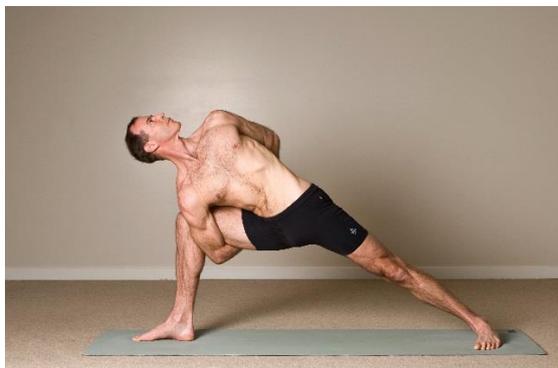
Before



After

Workshops:

Baddhas and Bandhas is on: Sunday, 26 April 2015 at midday. This workshop will help you learn about engaging the main bandhas (stabilising muscular locks) but more generally



learning about stability in your poses, as well as twisting and binding. The ability to bind your arms in a pose comes from an ability to twist.

We will help you to access your fullest range of mobility in this workshop.

The cost is \$50.00 (annual members half price). See the posters around the studio, on the website and BOOK NOW with Hamish.

40 Days to Personal Revolution – Wrap Up:

40 Days to Personal Revolution finished on 31 March and we had an optional session on 14 April with meditation, asana and a beautiful fresh, healthy lunch prepared by Margo. A big, heartfelt thank you to everyone who participated in the programme with us. We will offer it again in the springtime.



Yogis in revolved triangle, parvrtta trikonasana, some with very good alignment.

Asana Spotlight:

Classical headstand (*Sirsasana*) is the focus pose this month. This is not a pose to be fooled around with. If you are inexperienced, are uncertain or have neck or back issues, consider only doing this pose with supervision from a teacher or experienced practitioner.

- The foundation for headstand is a triangular base formed by your forearms. Kneel down on your mat. Rest your elbows at the floor, shoulder width apart, and cup your hands to the opposite arm biceps. This is a general guide for good spacing. Too wide with your elbows and the triangular base you form becomes very shallow and it is easy to overbalance one way or another.
- Once your elbows are appropriately spaced, loosely clasp your hands with the outside

edge of your hands at the floor, creating an open cup for the back of your head.

- Bring the crown of your head to the floor and your hands cupping the back of your head. The placement of your head is important here. Most people do not get right onto the crown of their head when first trying this pose. When they go to stand on their head their neck is required to bend if they want to be upright which places undue strain on the small bones of the cervical vertebra. If they keep their neck straight but do not have the crown of their head at the floor they will not be able to vertically stack the joints of their body and they will have to work extremely hard in the pose. Take the time right at the outset to get your foundation right. Place the very crown of your head at the floor.
- Lift your hips up high and walk your feet in small steps forward until you feel your hips stack as close to vertical over your head as you can. Tightness in your hamstrings, hips, back and shoulders can limit the degree to which you will be able to do this. The pose is much easier to get into if you are able to bring your hips over your head at the outset.
- Hug in muscularly at your core, engaging *uddiyana bandha*. Your mid-section needs to be firm and stable throughout the pose.
- One at a time, or together if you are stronger, draw your heels up towards your buttocks. At this point, many people try to hop or jump up into the pose. Resist the urge to do so. Work slowly and powerfully by degrees. Hopping up involves guesswork as to where your point of balance is and frequently results in overbalancing.
- The process of bringing your heels up involves a posterior tilt of your pelvis. The front of the pelvis tilts towards your ribcage and the back of the pelvis tips towards your feet.
- Once your heels are tucked up, the next step is to lift your knees vertically over your hips. To achieve this you need to work your

hips, drawing the back of your pelvis towards your shoulders and the front of your pelvis away from your ribs. The motion is not with your legs but with your hips. This will neutralise the balance of your hips.

- As you bring your knees up over your hips, keep your legs bent. It is tempting to try to straighten your legs skyward at this point but is counter-productive. Stay as hugged up and integrated into a compact ball as you can at the hips and legs.
- Stacking your knees over your hips brings your lower legs behind you where to this point they have been to front side of your body. Know that this will happen and will shift your balance somewhat. Prepare for it by engaging at your *bandhas* and use your elbows to help support you. If you are too light on your elbows at this point it is possible to topple over backwards. Allow weight to come into your elbows to counter the shift in distribution of the weight of your lower legs.
- The final step coming into the pose is to lift your lower legs from knee to foot, one at a time or simultaneously, over your knees vertically to the sky.



- Maintain your strength through the full length of your body. Reach upwards to the

sky through your feet. Firm your thighs and do not allow your legs to drift and wobble around. Hug in at your core. Firm the muscles of your back and neck. Do not allow your shoulders to drop towards the floor. Draw your shoulder blades along your back, skyward towards your hips.

- Maintain a calm, deep flow of ujjayi breath.
- When performing an inversion, choose to come down while you have strength to do so. The dismount from headstand is a simple reverse of the process to come in. First, bend your lower legs.
- Second, draw your knees into your chest by tilting your pelvis into a posterior tilt.
- Third, lower your feet to the floor, then your knees.
- Rest in child's pose for as long as you need to relax your neck and back.

Head stand is a wonderful balance and can be sustained for prolonged periods of time when you have the technique. As you stack your joints vertically you come into the natural balance of your skeleton. Allow gravity to work against the normal flow of your fluid body. Find a meditative tranquillity as you disrupt business as usual and watch the world from a new perspective.

From Baron Baptiste:



Bhagavad Gita:

Chapter 13 in the *Gita* is called Yoga of the Field and its Knower. It begins with Arjuna asking to

know more about these concepts. Krishna explains that the field is all that he has made manifest. All of the supreme God's creations are the field. The knower is that divine element in everyone where the supreme god resides and that has the capacity of observing and experiencing the field.

Krishna says that the idea is to understand the essence of things rather than names and forms. An example is two children debating the merits of two different chocolates. One prefers the elephant-shaped chocolate. The other prefers the lion-shaped chocolate. The chocolate salesman or manufacturer simply sees them both for their essence: chocolate.

Krishna gives a non-specific description of the field – deliberately so as it can be virtually any specific thing from an ocean to a mountain to a single-cell amoeba to a grain of sand, to a rusting and discarded refrigerator.

The field is a combination of five elements:

- Egoistic sense of individuality.
- Discerning intellect.
- *Prakriti* (nature) in its unmanifest state, out of which everything else evolves.
- The ten senses and the mind.
- The five sense objects.

Arising in the field are:

- Desire and aversion (love/hate).
- Pleasure and pain.
- The body as the physical form holding these other things together.
- Intelligence.
- Perseverance/will.

Krishna tells Arjuna that whatever is constant and unchanging is the *Purusha*, the knower. Whatever is variable and ever-changing is the field, or *prakriti*.

Krishna says that those who connect to the *Purusha* have seen the mischief that lies in identifying with their bodies and minds. They choose to remain dispassionate in the face of sense objects and are free of an egoistic sense of separateness. Instead, they realise the

seamless thread of spirit that runs through all things.

Krishna advises Arjuna that the absolute God, Brahman is in all things and sees through every eye, hears through every ear and speaks through every mouth. Brahman creates all things and then devours them to re-create them anew. Krishna states that when one has the wisdom to see this process and detaches from all personal desires and ties to the field then one is freed from the cycle of recreation and reincarnation and becomes one with Brahman.

Sloka 34, concluding the chapter, states:

If you have uncovered the eye of wisdom and can distinguish between the field and its knower, between the path of absolute freedom and the bondage of nature's illusions, then you have attained the supreme.

Chapter 14 is Yoga of the Three Qualities of Nature. The three qualities of nature are:

- *Sattva* – harmony.
- *Rajas* – restless activity.
- *Tamas* – inertia/inactivity.

The *sattvic guna* is luminous and pure but has the potential to bind the individual who experiences because it creates happiness.

The *rajasic guna* is the cause of passion and creates desires and thirsts which are the essence of selfish attachment. Once one is in the grips of *rajasic* desires one is prone to compulsive behaviour.

Tamas veils the mind in ignorance and causes lethargy and lazy carelessness.

At different times different *gunas* can be dominant. If *sattva* is dominant when the mortal body dies the soul will be freed. If the *rajas guna* is dominant the soul will be re-born into a family attached to compulsive actions. If *tamas* is dominant the soul will be reborn to deluded, ignorant people. In other words, you pick up where you left off.



Krishna says that enlightened people realise that the different *gunas* create the physical body so those who transcend the *gunas* and do not allow them to hold sway over their behaviour and way of being, also transcend the cycle of birth, pain, decay and death. Such a person is a *jivanmukti* – one who is liberated while still living in a body.

Krishna avers that those who maintain their equanimity in the midst of pleasure and pain, friend and foe, praise and blame; those who identify with the true Self identifying the same in a clod of dirt and a nugget of gold; and those who let go of every selfish pursuit, will have gone beyond the forces of nature and will join with the immortal and unalterable supreme God.

Private Lessons:

Book with Hamish to work on a particular pose or series of poses or to have your alignment reviewed in a private session. If you wish, he will video record you in certain poses or in transitions and you can see for yourself how you are moving and where even subtle shifts in alignment will bring you into a more powerful expression of your body and aid your practice and its development.

Introduce your friends or colleagues or sports team members to power vinyasa yoga in a

private practice where Hamish or Margo can give you strong cueing in the foundations of the practice so that you can come to group classes full of confidence.

Call Hamish (021 0551884 or 3656740) or email hamish@apollopoweryoga.co.nz, to arrange a session to make your practice the best it can be.

Margo can work with you privately to teach you modifications to use during pregnancy. E-mail her, margo@apollopoweryoga.co.nz or call her on 027 2272026.

More Great Things About the Central City

Have you been into **Clockwork Emporium and Cafe** in New Regent Street? Created and operated by our fabulous yogi **Paula Garcia** and her fiancé, this is the **Steampunk** capital of Christchurch. Browse and buy Steampunk jewellery, clothing, accessories and objets d'art, then have a great coffee and something wonderful to eat. Amongst their offerings:

- Muse Jewellery Design for steampunk, funky and vintage jewellery
 - Hills Hats, fine NZ-made felt and tweed hats
 - Shazart Clothing and Steampunk Bugs
 - Vintage Heart Mice, miniature handcrafted Steampunk mice
 - Flint Lock / Hanley Soloway Ray-guns and Tesla-rifles
 - Clockwork goggles, corsets, waistcoats and fashion accessories
- Do check it out – you will be amazed!



Namaste

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