



April 2016

Step into your Power Teacher Training and Yoga Intensive:

Apollo Power Yoga's inaugural teacher training programme, *Step into your Power*, wrapped up at Maruia Hot Springs on Saturday 23 April. We had a small group of five people attend the first stanza of the training in Methven in January. One of those people fell ill during the training and had to leave. The remaining four all returned for the April stage in Maruia Hot Springs and were joined by seven others, making a very good group of eleven.



The group trained in and practiced the elements of meditation, asana and personal inquiry with tremendous breakthroughs, physical and emotional, experienced by everyone.

Margo and Hamish are extremely grateful to those who showed such trust in training with us. Details will be released a little later this year about the next training we will run.

40 Days to Personal Revolution

Our 40 Days to Personal Revolution programme is booked out! What an amazing response from everyone for this transformational programme devised by Baron Baptiste!



We are running a waiting list so if you are interested do let us know.

The programme begins with the first workshop on Thursday, 5 May at 6:00pm. Because of these workshops the Thursday evening 6:00pm class is cancelled from 5 May through until 9 June, both dates inclusive. It resumes again on 16 June.

Class Cancellation:

Due to the *40 Days to Personal Revolution* programme, **Thursday evening 6:00pm PAL90 classes are cancelled from 5 May through to and including 9 June 2016.**

Asana Spotlight: Skandasana

Skandasana (or drop stance) is the next point of focus in our run of positions in the Budokon® Yoga sequence.

Pick up where you left off with last week's position, Double Block:

- In Double Block with your right foot forward your left leg is bent, your right leg is straight and a preponderance of weight is in your left foot. These elements remain for Skandasana.
- From having your drishti set towards the front of the room, turn your head and gaze towards the left-hand side of the room.
- Reach your two arms towards the left wall with your arms at shoulder height, your palms turned towards one another.
- Sink your hips slowly towards the floor but stop just short of the floor. The lowering must be done slowly and with control. If you collapse your hips towards the floor without your thigh muscles and hip flexor muscles engaging you will simply overload the tendons around your knees (in particular) and hips and create soreness. There is, as there is in your power vinyasa yoga practice, a tremendous benefit in engaging the muscles of the thigh and around the hip as you come into lunging poses or other poses with deep knee bends. This is called eccentric engagement of muscles and this is both strengthening and shaping for the legs as well as being joint safe.
- As you lower keep your left foot flat to the floor but allow the toes of your right foot to turn straight up towards the ceiling.



- It is easy here to let your torso fall towards the left side of the room. Draw your tailbone down towards the floor, engage *uddiyana bandha* to stabilise your mid-section and pull your shoulder blades towards one another at your mid-back.
- Further, press the back of your head towards the right hand side of the room and stretch upwards through the crown of your head towards the ceiling.
- It is easy to feel cast here with your weight pulling you towards the floor. Instead, engage your legs, pelvic floor, abdomen and back to feel tremendous spring potential - anything can happen if you choose to unleash your coiled power!

At times in the Budokon sequence we take quite traditional yoga hip-openers (pigeon and dragon for example) and hold still in these positions. At other times we move to the limit of our mobility in a more dynamic way. Skandasana is a great example of the latter. It strengthens and mobilises creating both power in your legs and openness in your hips and groins. At the same time it calls for the integration of your upper body with your lower body to maintain balance and postural poise while moving through this point of transition. Make this Saturday the day you step into a new way of being by trying Budokon Yoga: Saturday, 4:30pm, only at Apollo Power Yoga.

From Baron Baptiste:



Matters of Philosophy:

On Apollo's recent teacher training/yoga intensive, we listened to several recordings and readings from Osho (aka Chandra Mohan Jain). Aside from Osho's wit and humour, we were all impressed by the simple wisdom of his talks – that is why we offered them to our students.

Osho would sit with an audience of students and receive their questions on issues of life, the universe and everything and, *ex tempore*, give answers that sound as if they have been well-prepared and reasoned in advance. His skill in this respect was remarkable.

In one such discussion (a transcript of which appears in Osho's book *Living Dangerously*) he sets out a list of requests which he specifically says are **not** commandments. The requests are:

Don't Let your Doubt Die – Osho says that people are forever asking you to have faith and to believe in something. However, belief kills doubt and inquiry and takes away curiosity and discovery.

Osho says keep doubting until you discover and do not believe until you come to know yourself.

Never Imitate – The universe only creates unique beings so there is no point in trying to

imitate and be someone else. Osho asserts that Christians are trying to be like Christ, Buddhists like Buddha, Mohammedans like Mohammed and so on. Instead they should be learning who they are and being themselves. Imitation is a way of avoiding being and knowing yourself.

Whoever helps you to remain yourself, determinedly, at whatever cost and whatever the consequence, is your friend.

Beware of Knowledge – Osho uses the argument that people tend to only know the information they have received from books (he died in 1990 so for present purposes add in the internet) without knowing the truths within themselves. He argues that bookish people read so many books that all they are then able to do is write a book themselves to spill out all the knowledge they have gained from other books.

Do not allow your knowledge to obscure from you reality and your own personal truth.

Love – Love is something intrinsic and universal in humans. It requires no belief system. Love is simply an expression of feeling for all that we can see and touch: people, trees, animals, oceans and nature. As Osho says, spread your wings of love as far and wide as you can.

Live Moment to Moment – this is an exhortation to be present. Thinking of the past wastes the present moment. Thinking of the future is wasted also as no-one knows what tomorrow will bring. Being in the moment is meditation and it never loses its lustre. In the moment time ceases to exist – you just breathe, live, feel and be open to all that is happening around you.

Be Just an Authentic Human Being – in nature there is no hierarchy. Instead there is just potential and each thing seeks to fulfil that

potential. A small tree grows to its potential and is fulfilled with no sense of lack relative to a large tree. A large tree grows to its potential without any sense of superiority relative to a small tree. Humans have spent too much time competing and out-doing and judging and building hierarchies into their societies. It is time to simply be a true human being.

Don't Fight with your Body – Be in harmony with your body and look after it in the way you eat and rest and exercise but also enjoy your body fully and all the experiences it can give you.

Live, and Try to Know what Life Is – Osho is critical of the belief systems that advocate sacrificial behaviour in this life on the basis that all the drama will take place once you are dead. He advocates living this life to the fullest.

Respect Life, Revere Life – Enjoy the minutiae of life such as inhaling the aroma of a cup of tea, sipping it and fully experiencing its taste and its warmth in your throat. By appreciating every moment and the details of your day you will experience a full and fulfilling life.

Be Creative – Osho asserts that bliss is a state born out of creativeness. The creativity he refers to is creating something for yourself for no reason other than the pleasure of the process of creation – whether it be painting or writing or dancing or whatever.

Be Ordinary – The endeavour to be extraordinary dooms people to disappointment and a sense of failure. True bliss and contentment lie in simply being ordinary without any grudge or bitterness or resentment.

The Golden Rule for Life is that there are No Golden Rules – Osho argues that life is so

vast, strange, immense and mysterious that there can be no maxim or rule by which all circumstances can be governed. He states that a truly authentic human cannot live by maxim but must simply live and in so doing will discover themselves rather than contorting themselves to fit someone else's rule.



Live Dangerously – Life is full of choices. We can choose the convenient, the customary, the easy or we can choose the challenging, the mysterious, the unknown. Osho recommends the latter course. He calls it living vertically rather than being stuck in a horizontal plane of comfort and familiarity and docility.

He cites the example of Socrates. Socrates was convicted of corrupting the youth of Athens and was given the option of leaving Athens. He chose to stay saying that he would choose to live rather than choose convenience even if choosing to live meant dying. Then the judges offered him the choice of staying in Athens but not teaching. Again, Socrates would not agree, saying the judges

may as well ask the birds not to sing and flowers not to bloom.

Socrates had the opportunity to slip away quietly, unnoticed and even the poisoner went very slowly about his work preparing the hemlock. Socrates would not run away and sent word to the poisoner to hurry up. Socrates' friends and disciples asked him why. He said either death was nothing and he would not be aware to be upset at such a state or the soul survived and he would be aware to experience that new form of existence. Either way, he was ready.

Osho says, "Living dangerously means: don't put stupid conditions between you and your life – comfort, convenience, respectability. Drop all these things and allow life to happen to you, and go with it without worrying about whether you are on the highway or not, without bothering where you are going to end."

Live Watchfully – We are watchers. Distinct from the level of thinking, there is a consciousness that watches all we do. Most often we operate at the level of thinking and acting heedlessly of ourselves. But we have the capacity at all times to remember and return to watching.

By watching and acting in full awareness we can have a strong energetic aura about us. The expression to be "touched" by someone without a word being said and without physical contact speaks of energy. If we can be aware and conscious and watch our actions we can affect everything with our energy.

Osho speaks of this vibe or aura or these rays spreading to people, animals, trees and rocks and ultimately the watcher will be touching the whole universe from within. Osho calls this experience godliness.

Osho is well worth listening to or reading what he has said as he is, if nothing else, highly thought provoking and entertaining.

Yoga Clothes to Support the Africa Yoga Project:

We now have men's and women's yoga tops, and women's yoga pants, for sale.

Our teacher, William Martin, has completed his stint as an assistant on the Africa Yoga Project, helping to train 48 people to teach yoga in Africa. We're carrying on our support for the project by sponsoring and mentoring one of those teachers. We've committed to donate the teacher's monthly wage of US\$125, which enables them to provide free yoga classes in their communities. We're also committed to have monthly Skype meetings with the teacher(s) to help them grow their skills as teachers.



Our Sunday morning Contribution Classes will carry on, with your donations of \$5 or more to take the class being donated to the Project. In addition, we're selling this yoga clothing to enhance our contribution. Each item costs \$45, and of that \$20 goes to the Africa Yoga Project.

Anything we raise in excess of the US\$125 per month will be donated as extra.

In the words of Henry Ford, you can have any colour, so long as it's black. Women's tops

and pants come in sizes 8-14, and men's tops in sizes M-2XL.

You can drop in to the studio to buy the clothing, or if you're not in Christchurch, email us to let us know what size you want and we'll sort out postage and a direct credit to the Apollo Power Yoga bank account.

Apollo Power Yoga Students Up to BIG

Things:

Sia Svendsen: Sia was a member of the Yealands Family Winery team that won the GODZone adventure race in the Nelson region in early April in a time of 3 days, 12 hours and 44 minutes. The race gained some additional publicity this year because of the participation of a former All Black (that team, Cure Kids, took 5 days and 56 minutes and came in 20th out of the 57 teams participating).



The gruelling event requires teams to run, mountainbike and kayak their way over rough terrain and navigate their way from checkpoint to checkpoint. As the teams

endeavour to have as little downtime as possible they race through the night and as the dark and fatigue, physical and mental, confuse the senses and make decision-making difficult, there is a great premium on calm heads and good teamwork.

Sia's team kept their energy up by eating hot pies at every point of civilisation they passed through to the point that Sia does not want to see another pie again.



Well done Sia on your achievement!

Namaste

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