



August 2015

Apollo Power Yoga Teacher Training:

Yoga Alliance has approved our curriculum for a 200-hour yoga teacher training. It is a big job devising a curriculum to meet Yoga Alliance's requirements and to deliver what we believe is effective in producing good teachers. We have invested much time in this process and are delighted to now be in a position to offer training.

We shall now proceed to make arrangements for the timing and venue of our first training with a view that it be held over the course of the coming summer. The training can be used as a means of stepping into yoga teaching or can be used as an intensive experience in the philosophy and practice of yoga.

Keep watching this space for updates!



More Great Things for You at Apollo:

Our recorded class, *Inspire and Move*, has been proving popular. If you live remotely from Christchurch and find it hard getting in to the studio to practice, or if you travel often or for long periods of time, or if you like to

practice at home but find it helpful to be kept accountable during your home practice, then *Inspire and Move* is for you.

The class is saved to a USB stick so is highly portable and compatible with a wide range of devices. At just \$40 this 65 minute vinyasa flow is great value.

Other products we stock are *Yogi Teas*. These cost \$10 for a box of 16 tea bags. There is an extremely wide range of varieties with varying properties for your health. All taste great so buy a pack next time you are in at the studio. We have some varieties for you to try free of charge so make yourself a cup with a tea bag from one of the open boxes on top of the stand with the kettle on it.

Journey into Power and *40 Days to Personal Revolution*, both by Baron Baptiste, are great sources of the physical practice, meditation technique, nutritional guidance and spiritual focus. Baron has a long history in yoga, is a fantastic teacher and captures what it is to bring body, mind and spirit together in the 21st century. These books are excellent guides for yoga practitioners and the unfortunates who have yet to embrace yoga practice.

On Hamish's first yoga teacher training he met a guy who had, until quite a short time before the training, been an inmate in an Australian prison. That man had found *Journey into Power* in the prison library. He read it and started practicing yoga in his cell and during

exercise times. The practice, the meditation and the wisdom in the book were transformative for that man. They can be transformative for you too!

Journey into Power and ***40 Days to Personal Revolution*** are each just \$45.



Class Change on 12 September:

On Saturday 12 September Hamish will be away teaching at a retreat in the Marlborough sounds. The Budokon class that day will be replaced by a 90 minutes Power All Levels class taught by William. Normal Budokon transmission will return the following Saturday, 19 September.

Who's Backing CHCH CENTRAL? Be in to Win the Ultimate 'CHCH CENTRAL' Experience Valued at over \$2,000!

Got a Central City business that ticks all the right boxes for you? The Chch Central Business Association wants to know who you are backing in Christchurch and why they deserve every Cantabrian's support.

Whether it's a barista who knows your coffee order as well as your name, a retail store where the staff value you more than your purchase, or a particular company that embodies conscious practices...

Let the CCBA know which Chch Central business you can't get enough of! Hop onto their website www.chchcentral.co.nz and enter the draw. **Entries close 4 September 2015.** You could win the following fab prizes:

- ibis Christchurch - One nights accommodation including dinner and breakfast for two
- Novotel Christchurch - Dinner for two in The Square Restaurant & Bar
- Hapa - \$100 voucher
- Untouched World - \$100 voucher
- BASE Woodfired Pizza - 4 x large pizzas of your choice (valued at \$60)
- 3 Wise Men - \$120 voucher
- RDU 98.5FM RDU Prize Pack - music, tickets, posters
- Apollo Power Yoga - 2 x Unlimited Monthly Passes (valued at \$300)
- Baretta - \$100 voucher
- Mexico - \$100 voucher
- Scorpio Books - \$50 voucher
- Beadz Unlimited - \$100 voucher
- Welcome Aboard - Annual Family Pass on the Tram and Gondola
- Go Kiwi Gifts & Souvenirs - KIRI Manuka Beauty Gift Pack (valued at \$70)
- The Caffeine Laboratory - \$50 voucher
- Therapy Café - \$50 voucher
- Blue Penguin Boutique - \$50 voucher
- Sakimoto Japanese Restaurant - \$100 voucher
- Ballantynes - \$150 voucher
- Mrs Higgins Cookies - \$50 voucher
- BreakFree on Cashel - One night's accommodation in the City Urban King Room including breakfast for two
- Nyspre Red - Cut and BlowWave with luxury moisture treatment

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Workshops: Tricks & Transitions

On **Sunday 23 August** we held **Tricks and Transitions**. It was a great workshop with lots of fun and discovery. The feedback is not all in from Sunday but here are a couple of things that participants have shared with us:

- *Workshops are fun and give attention to detail, more time, for the body and mind, and it was interesting when I observed in [another person on the workshop] that their body was automatically doing something that her mind may have stopped them from completing.*
- *Overall it was an excellent workshop and heaps of fun. I made progress on a number of things that I have been*

struggling with in class because of not having enough time to work it through, or because we just don't do some of those things in class.

Workshops: **bMoved**

bMoved is a global event to be held on Saturday 26 September at the instigation of the Baptiste Power Yoga Institute. At Apollo we will be participating in **bMoved** by holding a complimentary **two-hour meditation and vinyasa class** at midday. You may, if you wish, make a donation to the Africa Yoga Project that we will forward on to the Baptiste Power Yoga Institute.



40 Days to Personal Revolution

This Transformative Programme begins on Sunday 18 October. There will be 6 Sunday sessions finishing on 22 November. An optional seventh session with a lunch provided by Margo and Hamish will take place on 29 November.

The second session is during Labour Day weekend. Attendance at all the weekend sessions is not necessary. If you were planning to be away over the long weekend of 24, 25 and 26 October you can still participate in the 40 Days programme. The cost is \$300.00 (including a copy of Baron Baptiste's

book, *40 Days to Personal Revolution*). For annual members the cost is \$170.00 (including the book). For more details email hamish@apollopoweryoga.co.nz, and reserve your space.

Asana Spotlight:

Vrschikasana (scorpion pose) is a variation of *Pincha mayurasana* (feathered peacock) which featured in last month's magazine. It allows the practitioner to lower their centre of gravity somewhat (and therefore acquire greater stability) but brings the practitioner into a deep back bend so a healthy, strong and well-balanced spine and back are desirable.

Our cues for *Vrschikasana* will pick up where we left off last month with *pincha mayurasana*:

- From *pincha mayurasana*, begin to bend your legs at the knee, pointing your toes down towards the floor behind you.
- At the same time, lift your chin further away from your throat at extend your *drishti* along the floor behind you.
- As you bend your legs and your neck allow your spine to ease into extension (back bending). The counter-balance of your legs going behind you allows you to send the weight of your torso in the opposite direction towards the front of your mat.
- Avoid collapsing into the back bend in this pose. Ease into the back bend with control, firming the muscles of your hamstrings, buttocks and back and eccentrically toning your abdominal muscles as they stretch but under control, slowing the rate at which your lumbar spine is being allowed to bend backwards.
- Every pose begins at the base. Be very conscious and aware of the distribution of weight in your forearms and hands as you make this transition into spinal extension.

Feel the weight of your body pressing down evenly through the full length of your forearms and hands from elbow to fingertip. If you are too heavy in your elbows you will need to draw your chest further towards your fingertips and reach your legs further over behind you. If too much weight comes into your fingertips, before you even are aware of it your fingers will grip down and you will recoil from that edge as if you had touched a very hot surface.



- You will notice from the picture that the practitioner's pelvis is in an anterior tilt – tilted upwards at the back towards the shoulders and downwards at the front away from the ribs.
- To return out of *Vrschikasana*, the posterior tilt of the pelvis needs to be returned to a neutral position and then to a posterior tilt as your feet return to the floor. Keep pressing strongly through your arms onto the mat, firm inwards at your belly and straighten your legs towards the sky.
- Reach through your feet and elongate your body upwards. Allow the curvature

of your neck to lessen a little as you return to *pincha mayurasana*.

- Draw your heels to your buttocks and your knees to your chest. Unhinge your knees allowing your feet to land at the floor. Rest in child's pose, with your arms alongside your body.

Back bends are powerful and are igniting to the nervous system. Back bends in an inverted position can seem almost overwhelming and we can lose a sense of where we are in space. Being in love can be like that too. The feelings are so profound they cause us to lose our compass. The expression "head over heels in love" is apt. Just as we wouldn't miss being in love, don't miss the sensation of an inverted back bend!

Next month we shall begin a series on grounding poses.

From Baron Baptiste:

**Living greatly
is not born out
of solitude but
in standing for
others.**

Baron

Matters Philosophical:

The concepts of *rajasic*, *tamasic* and *sattvic* were referred to frequently in our overview of the *Bhagavad Gita* and, to a lesser extent, the *Yoga Sutras*. Like god, meditation and invisibility, the Baby Boomers and Generation X and Y beings of the 21st century CE (or AD if you prefer) may wonder at the relevance of *rajas*, *tamas* and *sattva*. The relevance is

great because these are characteristics of temperament and disposition. They speak to natural inclinations. The human condition has not changed so very much, if at all, over the last few thousand years – for a species with a generation time as long as that of *homo sapiens sapiens* a mere two millennia is a bare moment in evolutionary time.

Rajas refers to a disposition in which the individual is driven by a desire to satisfy the senses through engagement with and possession of the sense objects. If a *rajasic* person sees food they want to eat they seek to obtain that food. If they see clothes they want to wear they seek to obtain those clothes. If they see another person they are attracted to they want to be with and have sex with that person. For *rajasic* people, the desires outweigh other considerations. The food they crave may be sugary and sweet or high in fat or overdone with sodium and may be unhealthy for them but, nevertheless, they defy better judgment and seek to eat that food (or edible food-like substance). They will spend money on consumer items like clothing and accessories like smart phones or cars or whatever, regardless of these purchases placing them in debt through credit card companies or prejudicing their ability to meet more essential obligations. People of a *rajasic* disposition will jump from partner to partner pursuing each object of their lust even when to do so will break commitments and adversely affect others such as their existing spouse and their children.

These are straight forward examples of *rajasic* behaviour and show extremes. *Rajas* can vary in degree and can manifest itself in all other aspects of human behaviour. Modern-day examples are sporting drugs cheats and white collar criminals. In the case of the former, elite level sportspeople become so driven to win (and thereby secure the adulation and glory of winning and the financial rewards

now offered) that they lose their ethical compass and resort to cheating. The late John Davies, an English-born New Zealander who represented his adopted country at Olympic Games in the 1960s alongside this country's great runners Peter Snell and Murray Halberg, became head of the New Zealand Olympic committee. Davies maintained that there was a quality he called "Olympism" which went beyond simple sporting success and the notion of winning. For Davies, "Olympism" involved moral and ethical standards, even in professional sport. He advocated that sportspeople resist the temptations to abandon doing what is in the spirit of sport for the goal of winning in sport. He was, in effect, counselling that *rajasic* tendencies be tempered with *Sattvic* qualities of honour and truthfulness and fair play.

So-called white collar crime is another area where *rajasic* tendencies hold sway. What prompts people who have well-paid jobs to perpetrate fraud, to embezzle from sources of money to which they have access but no personal entitlement? Ultimately, it is greed, a *rajasic* trait. Wanting more and more things – houses, cars, jewellery, overseas travel, luxurious surroundings and the trappings of enormous disposable income – lures some people away from their sense of right and wrong into the unprincipled and even illegal pursuit of monetary wealth and its outward signs. As it says in the Bible, "For what shall it profit a man, if he shall gain the whole world, and lose his own soul?" (Mark 8:36).

Tamas is effectively the opposite of *rajas* in that it represents a disposition to sluggishness, indolence and a disinterest in well-being. We have met people who are apathetic when confronted with injustice. Such people are prone to take the view that if the injustice does not directly affect them and their personal interests then they do not care

about it. Bishop Desmond Tutu addressed such an attitude in these terms:

If you are neutral in situations of injustice, you have chosen the side of the oppressor. If an elephant has its foot on the tail of a mouse and you say that you are neutral, the mouse will not appreciate your neutrality.

The *tamasic* types are disinterested in learning but opine from ignorance. They tend towards sloth, eating un-nutritious foods, avoiding exercise and caring for no-one and nothing outside their immediate circle. We have all encountered such people – perhaps as teachers trying to instill enthusiasm for a subject in a pupil who is utterly indifferent, perhaps as a sports captain trying to elicit a more vigorous and motivated performance from a player who just seems bored, perhaps as a fundraiser soliciting a donation from someone who looks as if they have never encountered the notion of giving for a good cause in their life.

Sattva lies in the middle of these extremes as a way of being based on truth. “Sat” in Sanskrit means truth. The truth is the truth at your heart, your conscience. It is the sense of right and wrong that enables us to navigate our way through the complexities of social life doing justice to ourselves and to others. *Sattva* allows a person to treat their body well, eating in a healthy manner, disregarding cravings and eating so as to be nourished rather than sated. It allows a person to exercise and maintain vitality, avoiding stagnation, malaise and disease. It allows a person to interact with others out of mutual respect and understanding, observing the golden rule (a feature of virtually every culture over time) and showing no bias or prejudice.

Once the distortions of perception have been removed then the truth is there for anyone to see. What are the distortions of perception?

They can be subliminal messages received from advertising (I will not be attractive unless I am as slim as the model I see). They can be repeatedly reinforced messages (every school report telling a child/young person they are no good at a subject). They can be misguided role models or mentors giving you an unhealthy view of the world (Gordon Gecko from the movie *Wall Street* proclaiming the mantra “Greed is good”). They can be all sorts of external impression that, like a stalagmite, grow and build and ossify with time to become firm habits of disposition and behaviour.

The wonderful thing is that one can always recognise the patterns of behaviour in them and make a change. Jon Gabriel, deviser of the Gabriel Method, a weight-loss programme, reverted from gluttonous obesity where he weighed in the order of 400 lbs to moderation and healthy living with a weight less than half that he began with. As the Turkish proverb says, “No matter how far you have gone down the wrong road, turn back”.

Re-establish your connection with your truth wherever it may be missing in your life and however the lack of connection may be manifesting for you (*rajasic* or *tamasic* behaviours). Listen to and live from your heart and the answers will appear. You will discover that the illusory appeal of the *rajasic* and *tamasic* behaviours is nothing compared to the joy of living your truth.

Mat Storage:

As from 1 August people other than annual members will be able to store their mats at Apollo Power Yoga. For only \$10 per month or part thereof you may keep your mat rolled up in a compartment in the new mat storage bin in reception. Please ask at reception if you wish to store your mat and we will

allocate you a spot, take your payment for the month and you may leave your mat at the studio for that month. If you choose not to store your mat at a future date just let us know and we will allocate your spot to someone else. If you continue to store your mat with us in succeeding months just pay us the monthly fee on your first visit to the studio each month.

Staff Happenings:

April is away travelling for about a month now – we know, it is sad. She will be back briefly in late September before being away again until mid-October.

Hannah will also be having some time away in the latter part of September. If you pop into the Lululemon store you may see Hannah there as she is working some shifts there now too.

Julia, who has regularly taught the Sunday afternoon classes, is returning to a “real job” but will be taking some weekday morning classes over the next few weeks, helping cover while April, and later Hannah, are away.

William, who people will recognise as having practiced with us last year has returned to Christchurch having trained with the Baptiste Power Yoga Institute. William shall be taking classes here and there as he brings his training to bear and we are pleased to have him with us.

The constants in all this are Margo and Hamish who you can rely upon to be there come what may. Margo and Hamish have exchanged times on Mondays, however. Hamish is teaching the morning and lunchtime classes and Margo is taking the evening classes after teaching the children’s

class which has been moved from Friday to Monday.

Namaste

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