



December 2014

Gratitude:

Apollo Power Yoga has had a good year. Our class numbers have continued to grow and our reputation as a yoga studio of great energy and dynamic, rewarding practice is well-cemented. Some, when purchasing annual memberships during our special a year ago, expressed concern that we would not last. We have grown on the back of a powerful practice and good word of mouth from our students. We now offer 35 classes per week – more than double what we had when we first opened. Thank you all for your patronage of our business over the course of 2014. Please keep spreading the word and we will keep providing you with the practice that gives you power in body, mind and spirit.

Thank you to our teachers who have taught at Apollo this year. Hannah taught most for us until she decided, for a variety of reasons, to stop teaching earlier this month. April is doing a great job bringing her distinctive style to classes. Julia has recently commenced with us and we look forward to having Julia teach a lot more for us in the future. We also thank Marina, a restorative enthusiast, and the teachers who filled in for us at times; Perla and John.

Diversity:

We celebrate the great diversity among the students practising at Apollo Power Yoga. Our

youngest student is a four year old practising the children's yoga class on Friday afternoons. Our oldest student is at least seven decades older than that. We are by no means a studio catering just for women. Men make up an ever-increasing proportion of our classes, drawn by the dynamic strength and integrity of our classes. Added to that, the melting pot that is Christchurch city at present, means we have students from Ireland, Scotland and England, France, Germany and Austria, Romania, Hungary and Russia. The Iberian Peninsula is represented with Spaniards among our regular yogis. We have an Italian, a Chilean and a Uruguayan. We have students from the United States of America (New Mexico is well represented), Canada and Australia. Japan, South Korea and China are all represented among our students as are India and Sri Lanka. Students from Syria and Afghanistan attend Apollo Power Yoga. There may be many other nationalities that we have not mentioned here. We love this diversity and the way that yoga has a universal appeal. Yoga gets past age, gender, ethnic, religious and cultural distinctions and speaks to what it is to be human.

Commitment:

Commitment is valuable to everyone. It involves setting right aim and bringing right energy to the pursuit of that aim. You can make a commitment to your health and way of being by signing on for

an annual membership at Apollo Power Yoga. Our annual memberships are on special at just \$1000.00 until the end of January 2015. This is incredible value. The membership runs for 12 months from the date of purchase or the expiration of your current pass. With annual membership comes the right to store your mat at Apollo Power Yoga's studio and you may attend workshops and programmes run by Apollo Power Yoga for half price.

Workshops:

There is one person who you might go to Wanderlust to see but you don't need to haul arse to Taupo because he's coming HERE, APOLLO POWER YOGA, in January. That's right, CAMERON SHAYNE will be returning to bring a couple of truly awesome workshops to us over the weekend of 24 and 25 January 2015. Keep the dates free and rock out with Cameron. Budokon® is badass.



Apollo Gift Vouchers:

The gift of yoga is a gift of love. Give someone who means a lot to you the gift of yoga with Apollo Power Yoga gift vouchers. These can be for any sum as a specific pass or as a contribution to classes. Let us know what you need and we will customise a voucher for you.

A box of beautiful Yogi Tea is another nice gift idea, as is one of our Baron Baptiste books, *Journey into Power* or *40 Days to Personal Revolution*.

Christmas/New Year Timetable:

We are open throughout the holiday period with the exception of Christmas Day and New Year's Day. We have at least three classes per day every other day of the holidays. See the timetable online or pick up a hard copy from reception at Apollo Power Yoga.

Asana Spotlight:

This month we begin a series on inversions. We will start with foundational poses that are a true part of the power vinyasa practice and will work up towards some of the more gymnastic poses.

First up is an inversion with no contra-indications but which, for all its simplicity, is a truly powerful asana: *Viparita Karani* (the Great Restorer or Waterfall).

- Begin by lying on your back with a yoga block or bolster handy. Bend your legs and support yourself with your feet as you lift your hips up and tuck the block/bolster under your sacrum. Your sacrum is the set of fused vertebrae just below the lumbar spine.
- Position the block/bolster so that it supports your hips but sits comfortably beneath you.
- Then simply raise your legs up to the sky, letting your legs come into a neutral balance over your hips.
- Relax your arms alongside you as you would for Savasana, close your eyes and be at ease.
- When you are ready to come down, bend your legs at the knee and lower your feet to the floor. Remove the block/bolster and rest in Savasana before rolling onto your side and pressing back up to standing.

- An alternative is to take this pose with your legs up against a wall. For this option you will need a cushion or pillow rather than a block.
- Lie on your side with your bottom against a wall. Roll onto your back bringing your legs up against the wall.
- Position the cushion/pillow beneath your lumbar spine (a little higher up than the position of the block in the free-standing version of this pose).
- Stay for as long as you like – you will notice the curvature of your lower back and your feet and legs may start to prickle as the blood flow to them is reduced.
- When you are ready to come out, bend your legs down towards your chest and gently roll over on to your side. Rest in a foetal position on your side for a few moments before coming onto your hands and knees and returning to standing.



Viparita karani deserves its name as the great restorer. You allow the fluids in your body to move differently to normal as gravity aids certain flows and hinders others. Key flows aided by gravity when inverted are the return of blood to the heart and the flow of blood, freshly oxygenated, to the brain, and the return of excess fluid in the legs, especially after a long day, to the organs of elimination.

Viparita karani has a wonderfully calming and soothing effect on the mind – a meditative effect in fact. Allow yourself to melt into yourself. Feel as if all the energy and goodness of the universe

is flowing into you. Receive that goodness as you deserve it.

Canterbury Crusaders:

We are delighted to be working with the Canterbury Crusaders as part of their preparation for another Super Rugby campaign. Kudos to their head strength and conditioning coach, Mark Drury, for his open-mindedness about the value of yoga. Yoga is part of the regular regime of major professional sports people throughout the world. Baron Baptiste devised the practice we all share at Apollo while he was yoga coach to the Philadelphia Eagles American Football team in the 1990s. It is inevitable that yoga's old ways adapted for modern times will be utilised increasingly by sports teams that are serious about player welfare. These professional rugby players have special needs and the classes we offer them are tailored to those needs.



Bhagavad Gita:

Chapters Five and Six in the *Gita* are the Yoga of Renunciation and the Yoga of Meditation.

Chapter Five begins with Arjuna asking Krishna about an apparent conflict in the advice from the previous chapter, namely whether he is advocating complete renunciation or action. Krishna says that both paths lead to freedom but of the two *Karma Yoga*, selfless action, is the better. However, *Jnana Yoga* (the yoga of wisdom) and *Karma Yoga* (the yoga of selfless service) are the same in that both lead to a

higher state of consciousness and being well-established on one path or the other you will receive the benefits of both.

The reason for *Karma Yoga* being the preferable path, Krishna explains to Arjuna, is that it is hard to be a true renunciate without selfless service as a means of purifying the mind. As one's mind becomes pure through selfless acts and meditation the senses quiet and you see your true self (Atman).

The remainder of the chapter sees Krishna describe for Arjuna what a renunciate is like. First, Krishna says that the renunciate discerns the difference between the Self and the senses as they interact with the objects of the senses. The Self is understood to be a silent, detached witness from the acts of tasting, smelling, hearing, seeing and feeling. In understanding this distinction you are freed from the pain brought on by the senses.

Yogis let go any attachment to the fruits of their actions and are unmotivated by personal desire. Their minds become disciplined and they know themselves to be the Atman. In this self-knowledge the Yogis become enlightened. All remaining flaws are shed and the Yogis are freed from the cycle of reincarnation.

The true Yogi/Sannyasin/renunciate, sees their true Self and sees that same self in all other beings. That is, they see the same eternal, divine essence in all beings. Yogis, says Krishna, become one with God and, meditating upon God, exist in bliss.

Being liberated from any desire for the gratification of the senses gives the true Yogi final liberation from all earthly bonds. In Sanskrit this is called *moksha*.

In Chapter Six, the Yoga of Meditation, Krishna begins by telling Arjuna that control of the mind is very important and that an uncontrolled mind is one's enemy. If you are

in control of your mind then you do not desire the gratification of the senses. Instead, you can look equally upon a lump of dirt, a stone or a nugget of gold. The same lack of bias to things applies to people, whether they be your friends, relatives, colleagues, strangers or enemies.

Gaining control of the mind is a constant practice cultivated through meditation. Krishna advocates the creation of a meditation seat – something like a cushion, a block, or a blanket – that is used solely for your meditation and that you imbue with the vibrations of peaceful sitting with a calm mind. In sitting for meditation, sit with your body, neck and head upright but with your gaze dropped downwards slightly towards the tip of your nose.

Sit in this way with your mind serene and fearless, committed to the control of your senses. Through persistent practice, mastery of the mind is achieved and the Yogi knows the peace that is the essence of God. This leads to *nirvana*. *Nirvana* literally means nakedness but in this context it means a state of liberation.



It takes practice, however. In the *Yoga Sutras* of Patanjali, practice is defined as that which is adhered to without rest for a prolonged period of time. It does not come easily. Krishna says the same thing: the meditation practice must be stuck at with determination, *abhyasa*

(steady practice) and *vairagya* (non-attachment).

Krishna says that one cannot practice meditation if one harbours extremes of behaviour or thought. He counsels moderation in all things (eating, sleeping *etc.*) In time you recognise the true Self (Atman) and can never be shaken from that peace.

Once you see your true self you see that same self in all other things. This empathy with all things identifies the Yogi with God.

Arjuna asks what happens if you lapse or if you have not attained identification with the Atman by the time you die. Krishna tells him that the progress made in one life will be realised and picked up upon in subsequent lives. Doing good, he tells Arjuna, can never lead to a bad outcome.

As you will see, there are some quite Buddhist notions being advanced by Krishna to Arjuna in the *Gita*. Next month, Chapters 7 and 8: the Yoga of Knowledge and Realisation and the Yoga of the Absolute Truth.

Nutrition – Have You Tried Body Balance?

No, we're not talking about that class at Les Mills. Why would you do that when you could be taking a great Apollo Power Vinyasa Yoga or Power Restore class instead? We're talking about a nutritional supplement which is an extraordinary mixture of 9 types of sea vegetables in an aloe vera base.

Body Balance is a natural, organic, whole food, liquid supplement. It contains over 120 essential nutrients, including the 15 vitamins, 90 minerals (both electrolytes and trace minerals), amino acids, enzymes and fatty acids that our bodies need every single day.

Because of Body Balance's liquid ionic form, its absorption rate is 98%, compared to a 10-20% absorption rate from most pill supplements. Pill supplements are not real food – they are chemical concoctions, and pass through our bodies largely undigested, because of the stabilisers used to construct the pill form.

Body Balance is real food – sea vegetables and aloe vera - and contains these important and rarely found nutrients:

Fucoidan, which is found in the colostrum of mother's milk, and is an essential support to our immune system.

Glyconutrients, which are necessary for cell to cell communication.

Enzymes, to assist with the digestion of other food. As we age, our bodies' ability to produce enzymes decreases, so we're not getting as much nutrition from a healthy diet as we used to. Supplementing with enzymes ensures that we get the most we can from a healthy diet.

Minerals, which are needed for the proper composition of body fluids, the formation of blood and bone, the maintenance of healthy nerve function, and the regulation of muscle tone including the heart. Our land-based diet is produced in soils that are generally depleted, so the food produced is also depleted.

The 9 sea vegetables contained in Body Balance are harvested from the deep waters of the Arctic Ocean. Minerals and other nutrients have been draining into this area for millions of years, yet it is probably the most pollution-free environment on earth. The aloe vera contained in Body Balance is obtained from a pristine alpine environment at the base of a volcano, the most mineral rich of soils.



We've been taking Body Balance for several months now, and have noticed some real benefits. This was a bit of a surprise, as we considered ourselves to be pretty healthy before we started taking it, having a good, clean eating regime, daily practicing power vinyasa and meditating, and generally taking good care of ourselves. But since we started taking Body Balance, we've noticed improvements in our digestive health, energy levels, sleep quality, and skin tone. These changes are indications that even a healthy eating regime such as ours can be lacking in some of the essential nutrients.

If you're interested in trying Body Balance, contact William Martin (027 287 5346 or willz_martin@hotmail.com). You've probably noticed William around the studio – the muscly blond guy who takes a rather interesting and impressive path between half-way lift and low plank. He can set you up for a 90 day trial of Body Balance with a money back guarantee.

Tales of the Enlightened:

We often get people telling us about the benefits they've noticed since starting a yoga practice at Apollo Power Yoga. Two recent rave reviews are from Brian Ellwood and Helen Davies.

Brian says: As a runner, I am finding with age and injuries you come to learn that there are some things which go well together and some that don't. Running and Yoga do work well together. I have just completed my fourth

Kepler Challenge, and had a pretty good experience except for a sore hamstring and tight glutes. I am finding that the Apollo yoga practice is helping improve my range of motion, stability and strength. It is building all round strength and better form. I am enjoying mixing the yoga practice into my morning routines, lightening the load on my feet and building speed. I am confident that other runners would benefit from the complete yoga practice shared at Apollo.

Helen says: Before I started practicing at Apollo Power Yoga, I was suffering from significant back pain. I do a lot of cycling and between that and sitting at a desk for hours every day, my back had tightened up so much that it was very painful. I was taking painkillers to deal with the problem. I went for a massage to see if that would help, and the massage therapist told me my back was too tight for her to work on. She suggested that I try yoga to loosen it up. Within 2 weeks of starting a yoga practice at Apollo Power Yoga, my back pain had lessened noticeably. Now that I have a regular power vinyasa practice at Apollo, I am not experiencing back pain and have been able to stop taking painkillers.

BearLion:

BearLion Foods Limited are a local business producing great food. They catered Apollo's first birthday party and now they have a new delicatessen at New Brighton (78 Brighton Mall). April is working there as is one of our students, Samantha, so you will be met by familiar faces.



Linden Leaves Miraculous Facial Oil Giveaway

The lucky winners of a trial size bottle of **Linden Leaves Miraculous Facial Oil** are: Bee Bathish, Ben van Opzeeland, Jenny Jones, Ella Bryce, Michela Carnevale, Sylvia Smyth, Quinn McNaughton, Kathryn Collie, Hassan Bukhari, and Katja Wache. Pick up your bottle when you're next in the studio.

Namaste

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