



December 2015

### We're Having a Party:

On 31 December we are having a 4:00pm Power Groove class and then, between about 5:30pm and 8:00pm we are having a little party to which you are all welcome. Bring a plate of finger food and something to drink and we shall enjoy a few hours of each other's company.

### Christmas/New Year Timetable:

We move on to a shortened timetable of classes for the festive season as of Thursday 24 December when our last class is at 12:10pm. This applies to Ferrymead classes as well. See the website or the hard copy timetables at reception for the details of classes that are on. Our full class schedule resumes on Monday 4 January 2016.

### Christmas Offerings:

Still looking for the last few Christmas gifts for your friends and family, or perhaps looking forward to a few treats for yourself after Christmas? We have some great options....

- **Bravi Cycling Gear:** These beautifully designed cycling clothes are made from excellent quality fabrics, and manufactured to a very high standard – but are still very reasonably priced! Bravi is owned by our yogi, **Jenessa Duddy**, who is generously donating a portion of every sale to the **Africa Yoga Project**.



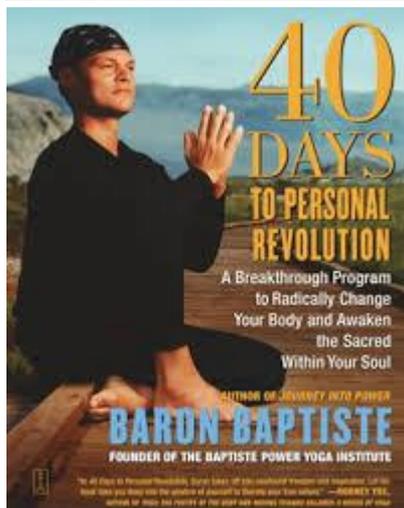
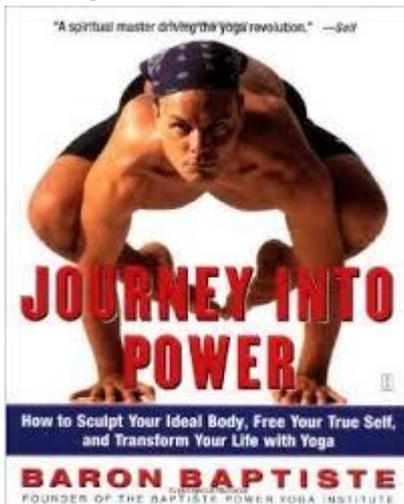
- **Yogi Tea:** We have lots of lovely flavours in stock, and at only \$10 for a box of 16 bags, they make a great little present for someone special.



- **Inspire & Move:** Our Power Vinyasa video is a great way to keep up your practice while on holiday away from Christchurch. Or to introduce our practice to your friends who haven't made it into the studio yet! \$40.00 for a 60 minutes practice on a travel-friendly USB stick, with Hamish teaching the practice and both Hamish and Margo doing the practice.



- Books by **Baron Baptiste**. We have both of our foundational textbooks, **Journey Into Power**, and **40 Days to Personal Revolution** for sale, at \$45 each. These are great texts to give you more information about each of the postures in the Power Vinyasa series, as well as the philosophical aspects of the practice and nutritional guidance.



- **Gift Certificates:** You can buy gift certificates for Starter Fortnights, Single

classes, 10 or 30 class passes, Monthly Unlimited passes, or even an Annual Pass. Just let us know by email to [hamish@apollopower yoga.co.nz](mailto:hamish@apollopower yoga.co.nz) which pass you would like, and with a direct deposit to our account, we can email the pass to you or provide you with a printed version.

- **Africa Yoga Project Op Shop** – don't forget to check out our Africa Yoga Project Re-use and Re-cycle scheme. People are bringing some fantastic items in for sale, and your purchase price will go 100% towards William's goal of raising US\$4,000 for the Africa Yoga Project. There is an extra large lululemon mat that was only used for a few months, some yoga towels, lots of jandals and other footwear, and many items of clothing still with lots of wear in them. No need to buy new stuff if we can re-use items that other people don't need anymore!

#### Step into Your Power:

Registrations for **Step into your Power** are still open to 31 December 2015 so if you have been considering participating in this training/immersion you still have time to commit to yourself and book in. This event is not just for advanced practitioners with outwardly superior asana practices. This event is for those who want yoga to play a serious role in their lives, physical and spiritual well-being, relationships and overall sense of vitality. Our first immersion is in Methven from 16-23 January 2016 and the second in Maruia Springs from 16-23 April 2016. The first may be done in isolation of the two may be done as a full and complete training.

#### Gratitude:

Margo and Hamish wish to express their thanks to everyone who has been a part of Apollo Power Yoga over the last year.

We extend thanks to our teachers, William, Julia, April, Hannah and Julian, who have all worked hard to maintain the high standards of tuition that we pride ourselves on at Apollo.

We thank all our students who have brought energy, enthusiasm, courage, humour and joy to Apollo. It takes a more courageous sort of person to practice the way we teach at Apollo. We congratulate you on your choice to be a part of a process of growth. Many of you have shared your personal experiences of the positive impact that practicing at Apollo has had upon you. We love hearing your stories and love sharing this great Baptiste-style power yoga practice with you.

### Your 2016 Commitment:

William Shakespeare put it beautifully in saying, "If it is done, when t'is done, t'were well it were done quickly". In class we often speak of the importance of now. You have the chance to commit to yourself now through an annual membership.

Annual memberships are on special until the end of January – just \$1200 - and we also have a time payment option (weekly, fortnightly or monthly payments totalling \$1560 for the year).

Make the commitment to practice daily – yes daily – and even if you do not get onto your mat every single day you will feel the positive results in body, mind and spirit expanding into every aspect of your life.

### Asana Spotlight:

Out of sequence but in no way out of order for the time of year our focus pose this month is savasana. This pose is outwardly extremely simple but is performed poorly by many. Afraid of falling asleep or utterly trapped in their minds and waiting to get on with what is

next, students will lie in a state of tension, their eyes restless, their hands fidgeting and the essential elements of the pose escaping them.

There is little special in the way of alignment other than to lie in a state of neutrality at the floor. Draw your shoulder blades inwards towards one another somewhat and down towards your hips somewhat. Elongate the back of your neck so that your head is not tilting backwards. Allow your arms to rest gently alongside your body with your palms turned open to the ceiling. Allow your legs to gently roll externally to whatever natural degree your body permits. If your low back is bothered you may choose to bend up your legs. This will alter the attitude of your pelvis and help remove any strain in your lumbar region or sacro-iliac arch.



Savasana (corpse pose) is the embodiment of letting go. Let go of thought. Let go of physical tension. Let go of the cares of the world to be in your body and sense your spirit. Allow gravity to take you to the earth and the earth to embrace you. Let your awareness rest meditatively at your slow, calm breath or the warm tingling of your cells in a state of post-practice vitality.

**From Baron Baptiste:**



Namaste

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