



February
2014

January 2014 was Apollo's best month since we opened late July 2013 and we are going from strength to strength. We are blessed to have the support of a wonderful and ever-growing community of fantastic yogis committed to their own personal growth and transformation.

Workshops: Our **Breath of Life** Workshop is almost upon us. **Margo Perpick** is leading this workshop focussing on enabling our full, natural breath by removing the restrictions which may be limiting it. We will do this through a number of inquiries into the quality of our breath, and the ways in which different movements can enable or restrict our breath. The workshop will incorporate a meditation as well as a full power vinyasa asana practice – we will break between the segments of the asana practice to carry out the breath inquiries. Be prepared to let your breath be the best it can be! **Date:** 23 February, midday to 3pm. **Cost:** \$40.00.

Budokon® Yoga Workshops led by Budokon® founder **Cameron Shayne!** Cameron is in New Zealand for Wanderlust and we are delighted to host him for two workshops: **Budokon® Primary Series featuring Animal Locomotion** and **Budokon® Yoga Floating and Inverting.** These two workshops are not to be missed. **Date:** Sunday 16 March 2014, 10am to midday and 2pm to 4pm. **Cost:** \$80.00 to attend both or \$50 to attend either one.

Book at the studio or by emailing hamish@apollopoweryoga.co.nz or phoning 021 055 1884.

Timetable Changes: We have a new Power Restore class running at 8pm for an hour on Monday evenings. This will mainly be taken by Marina Locke, a teacher with considerable experience and a speciality in restorative-style yoga.

As from Monday 3 March 2014 all early morning classes will begin at 6:15am. We trialled 6am and 6:30am and sought feedback from students. The end result is a compromise time and a consistent start time across the entire week.

Mat Storage at Apollo: This privilege is for annual members at Apollo Power Yoga only. If you have been keeping your mat at the studio and you are not an annual member please take it home with you.

Fruit at Reception

You may have noticed that we have a bowl of fruit in the reception area. Help yourself to a piece – you don't need to wait to be offered some – it's there for you!

At Apollo Power Yoga, we're all about helping you build a stronger body. Eating a piece of fruit straight after your workout is a great way to rehydrate and replenish the glycogens in your muscles, encouraging the growth of lean muscle mass.

We don't have a fridge full of juice and other bottled drinks at the studio – just water and real fruit. Although juice has some nutrients, you lose the fibre from the fresh fruit when you juice it, as well as many of the nutrients close to the fruit's skin. It's much better for

you to eat a piece of fruit and drink plenty of plain water.

Wanderlust:

WANDERLUST

FESTIVAL



Tickets are available for 23 March. The event is free but to reserve your place for high profile teachers and acts you can purchase “secure your spot” tickets for around \$15 each or get the full VIP treatment with a premium package for all events for around \$125. Visit the website to check them out:

www.akl.wanderlustfestival.com.

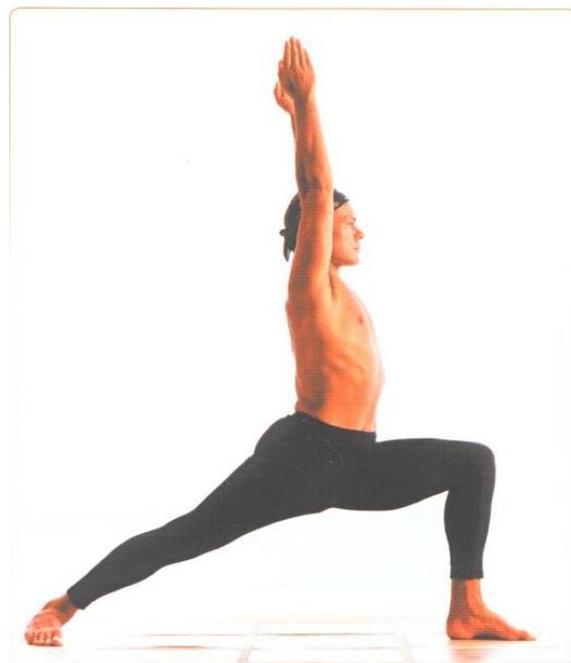
The timetable of events is now available. You can check it out here:

www.apollopower yoga.co.nz/Downloads

Asana Spotlight: Warrior 1 (Virabhadrasana 1) is a dynamic, strengthening and stretching pose. It is founded in leg strength, integrates fluid mobility in the hips and awakens spinal extension for deeper backbends later.

- From downward facing dog step your right foot all the way forward to your right thumb (step and step again if necessary – even use your right hand hooking to the back of your right knee to encourage the right foot forward).
- Turn your left foot down flat to the floor by spinning your left heel inwards towards the centre of your mat.
- Your heels are ideally in one line down the length of your mat and your right knee is ideally bent to a right angle. Until you have built sufficient strength and flexibility you may have a shorter base to this pose and less depth in the lunge. If your hips are less mobile you may have the back heel a little further to the left than it is when directly in line with the front heel.

- Lift your torso upright over your hips and raise your arms over your head. Spiral your pinky fingers inwards towards one another slightly and squeeze your elbows straight.
- Take aim with your eyes and come into a vision of calm determination.
- Many people allow their back leg to externally rotate with the front point of the left hip turning out towards the left side of their mat. Take the opposite action. Lift the inner arch of the left foot and spiral the left thigh inwards towards the centre of the mat. Draw the outer right hip backwards to the back of the room.
- Soften your front ribs. There is a tendency to blow out the chest here. Take the tops of your shoulders towards the back of the room, the base of your shoulder blades down your back towards your hips and the inner edges of your shoulder blades forwards into the centre of your torso. Relax your front ribs.
- Draw your tailbone down towards the floor creating a foundation at the pelvis for your spine to lift up.



- Hold for five breaths or more then take your vinyasa to downward facing dog and repeat with the left foot forward.

You can get stuck here, your mind tangled in the intricacies of the physical alignment, or you can come into a bigger mind, connecting with the vertical plane of creativity and give expression to your power.

Taking Yoga Into the Community

At Apollo Power Yoga, we're happy for you to come into the studio to practice with us – but we're also happy to take yoga out into the community.

Does your workplace, sports team, or community group want to practice yoga together as a team-building exercise? You can book a private session at the Apollo studio, or if you have an appropriate space to practice in, we can come to you. Hamish is currently working with Synlait Milk Limited and with SCIRT (Stronger Christchurch Infrastructure Rebuild Team) to provide team-building sessions incorporating yoga, meditation and breathing improvement.

Does your children's school provide yoga instruction? If not, your school can book a time to bring children into the studio, or we can come out to the school. Margo recently provided yoga and breath improvement classes to the kids at St James School in Aranui (see the thank you card they made her on the noticeboard). This very special school already incorporates a daily meditation into its routines. Enabling children to build these practices at an early age will serve them well throughout the rest of their lives.

Do you belong to a sporting group that would like to improve their performance and protect themselves from injury by incorporating yoga into their training regimes? You can book in with Hamish for a yoga session tailored to your group's needs. Hamish recently took a group of cyclists through a class designed to

counteract the "hooping forward" posture which cyclists develop. He has also arranged a class to work with a team of footballers. Your running group, rugby team, netball team or other sporting group will benefit by working with Hamish to add yoga to your training regime.

Apollo Power Yoga can also assist your sporting, school or community group with fundraising. You can book a private yoga class at the studio or another venue, and then sell tickets to the class. It's a fun and easy way to raise funds, and certainly much healthier and more enjoyable than selling boxes of chocolate bars. We have been contacted by a Christchurch Boys' High sports team to help them raise funds for an overseas trip in this way.

Chakra Theory: In last month's edition we discussed *Muladhara* – the root chakra and spoke extensively of stability and earth. The second chakra, *Svadhithana*, concerns water and we relinquish notions of stability and embrace notions of freedom and fluidity. As safe and secure and unchanging as is earth, water is creative, free-form and changing.

Water has the potential to flow. The second chakra creates an energetic flow and with that it stimulates life, change and growth.

The physical location of the second chakra is at the sacral plexus midway between the navel and the genitals. In women the uterus is readily identified with the second chakra. In men the distinction between first and second chakras is said to be less readily discernible.

Being associated with water, *Svadhithana* is associated with water and fluids in the body, urine, sexual fluids, blood flow and so on. Bodily organs such as the genitals, the kidneys, bladder and circulatory system are correspondingly connected with this chakra. Similarly, it is associated with food fluids. Just as the first chakra was associated with

proteins and meats – earthing foods – the second chakra is associated with the opposite.

Svadhithana is represented by the colour orange. The Tantric symbol for *Svadhithana* has an outer circle of six petals, red/orange in colour. Inside that is a further lotus with a Makara – a crocodile-like creature with a coiled tail ending in a fish-like fin. Inside the second lotus is a third. The makara is said to represent the animal desires over which we must secure some dominion before we can ascend to higher levels of consciousness. A half moon is also present representing water. Deities associated with this chakra are Indra, Varuna, Vishnu, and Rakini (or Shakti).



We spoke last month of the intersection of nadis at the root chakra. The *ida* and *pingala* cross below and above the second chakra. There is a strong sense of polarity in this. Beware of leaning too far in one direction or the other. Try to find a sense of balance and harmony between the contrasting energies of the spiralling nadis.

There are so many dualities: sun and moon (*ha* and *tha*), male and female, yin and yang. Many of these dualities overlap and are said to incorporate elements of each other. The second chakra is said to be feminine, related to the moon and yin. The functions of the second chakra are desire, pleasure, sexuality, procreation and nurturing.

The asceticism of some yogic philosophy almost suggests that pleasure is something to feel guilty about. The chakras originate in Tantric philosophy. There is no bar on that

which is pleasurable. If there were no pleasure in sex then there would be a disincentive to reproduce and the species would be in jeopardy. Again, it is a matter of balance.

Celibacy is sometimes regarded in yogic philosophy as a means to higher consciousness. But celibacy without other disciplines of mind can produce adverse behaviours and physical consequences. Sexuality among the deities is prevalent. Sexuality is an aspect and expression of the second chakra.

Tantra has come to be thought of in Western society as a sexual system but it is much broader in nature than that. Tantrism teaches that the body is sacred and the senses can bring enlightenment, ecstasy and joy. The dualities are recognised in Tantra and the merger of the dualities (masculine and feminine, spirit and matter, light and darkness, self and other *etc.*) is part of the path to *samadhi*.

Flowing out of sexuality is the notion of nurturance. Caring for others and providing them with succour through touch (a mother caring for her baby, a parent hugging an upset child, a funeral-goer communicating their sympathies to a bereaved person through a handshake or a touch on the arm) grows out of the interpersonal connection and intimacy of the second chakra.

Yoga poses that may be used to connect with this chakra are *supta baddha konasana* and scissor legs (lie on your back with your legs straight, then raise your legs a foot from the floor and move them apart and then together and apart again for as many times as you can manage. After resting repeat but with the legs help perpendicular to the floor). Pelvic rocks also awaken this chakra (lie on your back with your legs extended. Draw your feet halfway up to your buttocks with your knees bending

up towards the ceiling. Draw your tailbone towards your heels, flattening out your lumbar spine and drawing the front of the pelvis towards your chest. Then tilt your pelvis in the opposite direction, accentuating the inward curve of the lumbar spine and moving the front of your pelvis away from your chest. Do this rhythmically to your breath and after each round of breath press through your feet and slightly lift your pelvis to return it to a neutral position).

Meditating upon the cooling, cleansing, fluidity of water connects you with *Svadhithana*. Perhaps drink a glass of water immediately before meditating. Feel its moistness in your mouth, the fluid weight of it in your stomach. Sense the water content of your body. Bathing thoroughly and luxuriously with a sense of ritual cleansing is also appropriate.

Svadhithana is also associated with empathy – the subtle awareness of the emotional state of others. This may take the form of a twin being aware of events affecting the other twin, a mother being aware of a child's suffering or joy at school, or more simply picking up on someone's feelings when face-to-face with them. This awareness is the first stage of rising to a higher level of consciousness.

Namaste

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