



January 2017

Step into your Power:

What a great week we had in Wainui, 14 to 21 January, in our yoga intensive/teacher training, **Step into your Power**. Sixteen fantastic people worked intensively throughout the week and really did Step into their Power. Asked afterwards for their overall experience this is what they had to say:

- *I loved the training. It was a truly life changing experience. Such an awesome group of people and brilliant teachers. Thank you so much for the experience.*
- *Excellent – the support of Margo and Hamish was felt throughout the whole process, and the connection developed between the group was great.*
- *10/10.*
- *Highly satisfied. Exceeded my expectations.*
- *I really loved my experience. I was looking for something more than just a course and took a leap of faith with this training. Best decision ever!!!*
- *Awesome growth experience.*

The second intensive runs Sunday 16 to Sunday 23 April at Maruia Hot Springs. Some advance interest has been expressed by several people. If you are keen, confirm your interest by applying NOW. Do not wait. Most of our trainees from January wish to return and places at Maruia Hot Springs are limited. Cost

details are on the Yoga Intensive/Teacher Training tab on our website (<http://www.apollopoweryoga.co.nz/Yoga-IntensiveTeacher-Training/>) as is the application form.

Be the change you want to see in your life!

Bicycle Parking:

For those of you in the habit of parking your bicycle in the arcade around the reception door, please be aware that the doors at the back end of the arcade are a fire escape. Telecom workers need access to this exit to get to and from their work and in the event of emergency. Please do NOT leave your bikes resting against these doors. Thank you.

Asana Spotlight:

Yoga for Digestive Health

“Yoga can heal parts of our bodies that have been injured, traumatized, or simply ignored and neglected. Medical treatments can accelerate the healing process, but all too often, cannot tackle the source of the problem. The ancient yogis realized that the cure for diseases lay within ourselves. They formulated a therapy which worked on our very natures, to enable the systems of the body to function as

effectively and efficiently as possible, both preventing and curing disease.”

- BKS Iyengar

In a series of articles this year, we will explore the recommendations of Mr Iyengar and other yoga masters to use particular poses to address specific ailments.

This article focuses on the poses which are recommended for digestive health, and in particular, for the relief from and prevention of constipation. This is a common and sometimes serious condition which can make bowel movements difficult and painful, and can lead to other conditions such as haemorrhoids and anal fissure.

A high fibre diet full of fresh vegetables and fruit, whole grains and plenty of water can go a long way towards relieving the condition, but sometimes there are emotional and psychological issues which cause the bodily condition. An attitude of “holding on” to issues is thought to contribute to the bodily condition of constipation. A “holding on” attitude may result from a desire to avoid causing pain to ourselves or to others, a sense that it’s just not polite or socially acceptable to “let go”, or a lack of awareness that we hold certain beliefs or attitudes which we need to let go of.



The meditative aspect of our yoga practice, whether through practicing calm during asanas or through an additional practice of sitting in meditation, along with the call of yoga to look inward and discover our true selves, can be of great assistance in reducing the

emotional/psychological issues that may be contributing to constipation.

There are particular asana (poses) recommended by Mr Iyengar, and by Kareen Zebroff, for the relief and prevention of constipation and haemorrhoids. Most of these poses are included within the Baptiste Power Vinyasa series which we practice at Apollo Power Yoga, so a regular practice with us should help to address these conditions. And on days when you can't get into the studio to practice, focussing on these poses in your home practice is a good idea.

Adhomukha Virasana – Downward Facing Seated Warrior, or Extended Child's Pose
Adhomukha Svanasana – Downward Facing Dog

Uttanasana – Forward Fold

Uddiyana Bandha – Abdominal Lift

Utthita Parsvakonasana – Extended Side Angle

Ardha Chandrasana – Half Moon

Utthita Trikonasana – Triangle

Prasarita Padottanasana – Straddle Leg

Forward Fold

Parsvottanasana – Intense Side Stretch

Forward Fold – with hands clasped behind hips

Parivritta Trikonasana - Twisting Triangle

Salabhasana - Locust

Padangustha Dhanurasana – Floor Bow

Setubandha Sarvangasana – Bridge

Malasana – Yogi Squat

Salamba Sirsasana – Classical Headstand

(practice this at the wall, or with a partner, unless you can safely take the posture free-standing)

Salamba Sarvangasana – Shoulderstand (avoid this pose if you have weakness or injury in your neck)

Halasana – Plough

Viparita Karani – Waterfall, or Legs up the Wall

Matsyasana - Fish

Janu Sirsasana – Head to Knee, or One-legged Seated Forward Fold

Maha Mudra – Trunk Sealer

Paschimottanasana – West-side Stretch, or Seated Forward Fold

Ardha Matsyendrasana – Seated Twist

Akarna Dhanurasana – Shooting Bow

Pavanamuktasana - Wind-relieving Pose
Supta Matsyendrasana – Supine Twist

If you need help with the method for any of these postures, just ask Margo or Hamish.

From Baron Baptiste:



Give Up What You Must:

Our whole lives we are involved in a process of acquisition. We acquire knowledge, skills, relationships, belongings and so on. This process sees us grow more and more committed to acquisition. I have moved house four times in the last 20-odd years and there are things that I moved the first time that I still have with me that I doubt I would have used even once in the intervening years. Perhaps I have some sentimental connection to the item.

Perhaps I think it will “come in handy one day” or perhaps I just do not understand when an item is not part of who I currently am.

I hung on to old cricket and rugby gear long after I stopped playing – decades, in fact, so far as cricket was concerned. I still have not one but two sets of golf clubs even though it is seven years since I last played a round of golf.

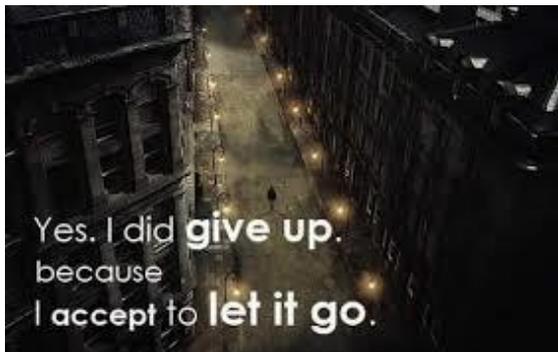
In my wardrobe there are some rather dated clothes (were it not for some of these I would have nothing to wear other than yoga shorts and t-shirts) and when I look at them I think to myself that I will never wear them again. And yet they hang there still. Why keep them?

It is not just the tangible acquisitions to which we cling. The notions we hold about ourselves are acquisitions that are intangible yet form very real impressions upon us. A dismissive word from someone influential upon us can cause us to carry a sense of unworthiness, stupidity or unattractiveness for years. The idea sowed in our highly impressionable minds and emotions that we are unloved or a disappointment can shape our sense of self-worth and our approach to social, work and recreational activities for the future.

As well as the dated and worn out sporting equipment and clothing of past years, what else am I carrying round with me? I carry a fear of failure. My elder brother is better than me at many things. He is smarter and a better runner. Two things prized in my family when I was young were academic achievement and participation in running. I have memories of feeling inadequate so far as my academic achievements were concerned because they were not the same standard as my brother’s. I remember sensing a gulf between my running and my brother’s (not helped by us running in the same junior boys harrier races even though he was two-and-a-half years older than me) to the point where in an inter-school race I took

myself out rather than compete my best and not win.

I hasten to add that my family were supportive of me but somewhere I got the impression that if I were not on a par with my brother then I was not living up to expectations. Being afraid of failing and disappointing has been a motivating force at times but has been a burden and has contributed to a lack of self-worth too. Trying to meet the imagined expectations of others is a cruel standard. Those imagined expectations will always be too great. Each failure in trying to meet unrealistic (and, in truth, non-existent expectations) contributes to a sense not just of having failed but of being a failure. That is a short jump to make in a person's mind: I failed so I am a failure; I was not loved by that person so I am unlovable; I did not understand that question so I am stupid ...



In *Journey into Power*, Baron Baptiste's first book in which the great modern-day yogi sets out the practice for an empowered way of being through meditation, asana, good nutrition and an ethically informed lifestyle, he addresses the mistakes of comparison and competition and not understanding one's resistance made by those new to yoga. Both of these mistakes feed into notions that we have acquired through life.

First, the mistake of comparison and competition. We are so conditioned to the idea of competition, of win-lose, that it is hard for new yoga students to embrace the idea of

simply doing their best without having to be as strong or as mobile or as well-balanced as others in the room. We are graded at school. We play sport and individuals and teams win and lose.

Winners are feted. Losers are sympathised with or pitied or criticised (I was in a weak under-19 rugby team. We were not strong, lacked size, had a number of players who had converted from soccer to play rugby and were in their first season and had first-time coaches in charge. Eventually the club decided something needed to be done about our poor record so they sent the club captain out to see us as we prepared for one game. He shouted, swore and harangued us for a few minutes. I felt totally disengaged from this supposed motivational process. It wasn't attitude that held us back so much as it was that we didn't have the players).

It is important to understand that there is no need to be good at performing asana. The yoga will do you. Even if you cannot get into pigeon and need to take a seated alternative, the pose will still be working effectively on your body and working transformational magic.

If you need to modify *chaturanga dandasana* that is fine. Putting your knees down on the floor is your means of getting access to the pose so that it can work its transformational magic upon you.

The prize in yoga practice is not being better than anyone else but is your own personal progress. Understand that and you will set in place a powerful precondition for your enjoyment and growth in yoga practice. If someone else can perform poses that you cannot or perform them in a way you cannot that says nothing about you. You are not bad at yoga and they are good at it. You are each simply participating in the practice. You do not

need to have your mental club captain come and tear strips off you.

Second, not understanding your resistance. Given that we are conditioned to an attitude that we must be good at whatever we do, the mental resistance to how challenging yoga practice can be can be great. If we do not feel immediately that we are adept at yoga practice we can feel that it is not for us. Certainly with power vinyasa yoga as we teach it the physical challenge is high and there are those who are turned off because they feel it is too hard.

Understand your physical limitations and where you are coming from. If your lifestyle has been very sedentary and you have been sitting a lot every day you may expect to have tight hip flexors, a weak abdomen, a sore low back and a lack of vitality.

If you have made a particular activity your main recreational focus you may have the effects of that activity ingrained in your body. For instance, as someone who had been doing a lot of running before I commenced yoga practice I came to yoga with tight hamstrings and gluteal muscles, especially the piriformis on my left side, an imbalance between the strength of my lower body and that of my upper body and core, and a mouth-breathing habit. We regularly see cyclists who have poor posture, very tight ilio-tibial bands, concentrically tight chests and eccentrically stressed back muscles.

If the student can come out of delusion into recognition of where they are at then that acceptance will open doors for progress in yoga practice.

Give up what you must. Start to let go of the acquired patterns of moving, acting and thinking to set yourself free. If a pattern of behaviour is making you tighter, causing you to experience pain, is creating imbalances in your body then give it up. It is not who you are. It is simply something that you do.

If a particular way of thinking or feeling about yourself is causing you unhappiness and is limiting you in fulfilling yourself, give it up. Choose to see yourself through new eyes, from a different perspective. Give up the old pattern of thinking and come back to something pure, unaffected by competition or the need to meet the expectations (or worse, the perceived expectations) of others.

Rather than acquiring more resistance, start the process of giving up your resistance and whatever blocks you. Start to be the change that you want to see and experience in your life.

Musicians at Apollo Power Yoga:

We often tell you about the sporty types who practice at Apollo, but did you know we also have some musically talented people in our community? Including....

Hera Hjartadottir

Icelandic born, New Zealand based singer-songwriter Hera, has toured the globe for many years playing and touring in Italy, Holland, Greenland, England, Scotland, Wales, Denmark, the United states at the SXSW music festival, the famous Glastonbury festival in the UK and of course Iceland and New Zealand. She has a gold record in Iceland, and was named 'best female artist' at the Icelandic music awards in 2003. Her song 'Makebelieve' was a finalist in the USA song-writing competition.



Hera's music is noticeably unique and has been influenced strongly by dual emotional investment in both of her cultures. She effortlessly blends foreign sounds and language within folk and acoustic pop, to create a journey of discovery. It's a refreshing take on what an acoustic singer-songwriter can achieve.

Hera will be playing on Sunday 5th February at 'Lazy Sundays' on the Archery lawn in the Botanic Gardens, at 3pm. It will be one of her last NZ concerts for a while, as she's heading back to Iceland at the end of February to work on her next album and some other new adventures.

Here are some links to Hera and her work: <http://www.herasings.com/> and <https://www.facebook.com/herasingsmusic>

Hera feels that her yoga practice goes very hand-in-hand with her singing and performing.

Bryce Carter

Bryce was born and raised in Christchurch, and enjoys the opportunities it provides for mountain biking, skiing, and hiking when he's not at work or strumming his guitar. He has recently deepened his yoga practice through Apollo's Yoga Teacher Training course, ***Step into your Power.***

Musically, Bryce draws his inspiration from the earth, sky, and within. As he says, "The earth grounds us, we look to the sky for hopes and dreams, and within these divides, the people, politics, cultures, places, and life events inspire my lyric and sound."



Bryce released three singles in 2016: Corruption Warrior, My Kryptonite, and Destination Unknown. His focus for 2017 is material for his debut album, and sharing music live with as many people as possible.

Many elements of yoga directly crossover into our lives outside the yoga room. "Musically, the ultimate moments happen when your intuition guides you. One of the things I love most about music is getting lost in the moment. Music provides an avenue for human expression, the opportunity to let go, to get out of your thoughts and feel. Yoga and music are very similar in that respect, they both facilitate being in the here and now, in life, that's where the magic happens. It is where you are able to connect, collaborate, and share with others, that's what life is all about" says Bryce.

You can check out www.brycecartermusic.com for updates on Bryce's musical journey, and stay in touch on social media for more info.

Rachel Bayliss

Yes, our very own yoga teacher, Rachel Bayliss, is also a talented teacher of singing.

Rachel studied jazz vocals at the Jazz School in Christchurch and started teaching while she was a student there 15 years ago.



Alongside of private lessons, Rachel runs singing groups where people can sing together in harmony, building a sense of community. "For me, singing is all about happiness. My theory is, the happier we are, the better we're going to treat each other. For some reason that is a bit magic, singing makes you feel happy, and when people sing together they can lose the sense of isolation that follows so many of us around. When I see my students walking out to their car and they're still singing, I feel I've done my bit to make the world a better place."

In 2017 Rachel will be running at least 3 adult singing groups,: The Harbour Singers (in Diamond Harbour); The Addington Haven Singers which is a community choir based in Addington (all newcomers welcome); and Moodswingers - a group of people singing explicitly to support their own good mental health- this group happens at MHAPS corner of Colombo and Peterborough Sts on Thursdays at 12.30pm.

Rachel loves working with students of all ages, especially beginners or people feeling vulnerable about singing. "Basically, most people need to learn how to relax, and then how to use their body healthily to get a strong, beautiful sound that they like."

If you are interested in joining in you can contact Rachel directly at songbird1nz@yahoo.co.nz
The Addington Haven Singers start for the term on Thursday February 9th 7.30pm- 9pm at The Addington Haven, 19 Church Square.

Charity Movie Night - REMINDER:

Peter and Janene, two of our yogis, are participating in the Pork Pie Run to raise funds for KidsCan. They will be driving their Mini from Kaitaia to Bluff at Easter 2017 collecting funds for the charity.



They are also having a fundraising movie night for the charity on **2 February 2017** at Hoyts Cinemas Northlands at 8:00pm for a showing of the remake of **Goodbye Pork Pie**. Tickets are just \$20. To order contact Peter by email, petermwalters@gmail.com or by phone 021678747. It is not too late. Get on board NOW!!

Namaste

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