



July 2017

We've Moved:

Thank you everyone for your cooperation and assistance while we moved from Hereford Street to Salisbury Street overnight on 13 July. It was quite a mission!

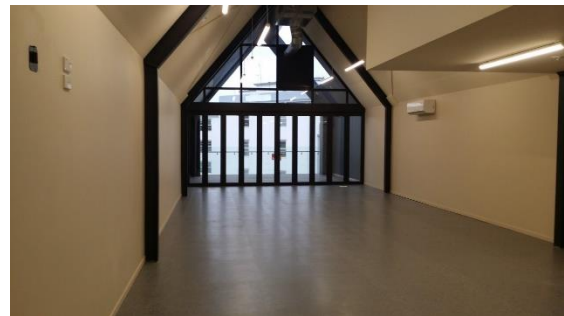
Thank you Margo for planning well ahead and seeking new premises for us a year out from the expiry of our Hereford Street lease. Without that advance planning we may not yet have found a new home for Apollo Power Yoga. The prevalence of new building in the central city led me to believe that finding a new home would be a piece of cake. Not so.

We got a long way through negotiations with a number of different landlords before we settled on Salisbury Street. Thank you to the landlords who worked with us, especially Patrick Fontein of Studio D4 with whom we would be only too happy to work again and to whom we would recommend businesses looking for premises.



The move overnight was made possible by yogi, electrician and good guy Peter Moss who worked literally throughout the night from 13 to 14 July to remove the heaters from Hereford

Street and install them plus new heaters at Salisbury Street. It was a big job but it meant that no classes were cancelled in the process of changing studio premises. That, you should know, is a world record. No one manages to move premises without cancelling classes.



It is our commitment to you that we run all advertised classes unless there is a very pressing reason why. We see at some other studios a regular pattern of cancelled classes. That surprises us at Apollo Power Yoga as we believe we are here for your convenience rather than you, the students, being here for our convenience as a business.

Many of you have offered us help with our move and many others have expressed your good wishes for our future in our new studio. We are grateful for all your expressions of support and encouragement. We are blessed to be able to work with such wonderful people!

Most of all, thank you to everyone who has come in to practice. We look forward to seeing a lot more of you in our new studio. You are the essence of the atmosphere and the

atmosphere at Apollo Power Yoga is one of positivity, strength and connection.

We trust you will enjoy practising with us at Salisbury Street. The changing facilities are substantially improved. The practice room is bigger, lighter and the floor is less slippery. The parking is more readily available for those of you coming to us by car and generally street access is easier. Yogi, I think this is the beginning of a beautiful friendship.

Baddhas and Bandhas Workshop:

This is a fantastic workshop built around a full Journey into Power vinyasa practice but detailing bandhas (muscular engagement for stability) and baddhas (binding of arms and/or legs in poses). You will gain access to new stability in your practice and to new freedom in how to express your body's potential.



When? **Sunday, 13 August 2017 from 11:30 am to 2:30 pm**

Where? **Apollo Power Yoga studio** at 46 Salisbury Street

Cost? **\$60 per person** (\$30 for Apollo Power Yoga annual members)

How to book? Email

hamish@apollopoweryoga.co.nz or phone

Hamish on 0210551884.

Please Respect our Neighbours' Carparks

Chère Chérie and Casa Massima, our neighbours at Salisbury Street, have two carparks each in the lane between our studio

and their premises. These carparks are for their customers. Please respect that and do



not use these carparks when these businesses are open. Chère Chérie operate from 8:30 am to late five days a week and are closed Sundays and Mondays. Casa Massima are open every day from 9:00 am to 5:00 pm.

International Yoga Day Celebration

The International Yoga Day celebrations at the Arts Centre were fun. Thank you Margo from Apollo Power Yoga and Georgia Summerton from Lululemon Athletica for being the principal organisers of the event. Thanks also to Lululemon Athletica for their kind gifts of yoga mats and journals and other goodies to those who attended. What a wonderful surprise that was!

The presenters did a great job. It is a shame some presenters only popped in to do their bit and did not attend other sessions. Tremendous musical entertainment was provided by Bryce Carter and Drew Ison (both yogis) who have a tremendous rapport. Their lunchtime concert was fantastic.

The venues, the Great Hall at the Arts Centre and the old Gymnasium, were good. The great Hall is looking incredible. Hamish, in teaching the earliest class on the day, found it hard to lift the energy and believes the group had an almost reverential feel for their surroundings as if they were in a church.



As with last year's event, Apollo Power Yoga students formed the bulk of those who attended. Thank you all. Perhaps the notion of oneness will reach out to other studios in town in time.

Pricing:

From 1 August 2017, Apollo Power Yoga will have a new pricing structure:

All casual class passes: \$20, discounted to \$16 for full-time students, over 65s, and community service cardholders.

10 class pass: \$180, discounted to \$150

30 class pass: \$450, discounted to \$390

Youth 30 pass: \$330

Monthly unlimited pass: \$170, discounted to \$140

Annual membership on time payment: \$33/week, \$66/fortnight or \$143/month (existing time payment annual memberships will continue at the current rate until the expiry of one year from their commencement or any longer period to account for time added on due to travel, injury or illness).

Annual membership discounted for upfront payment: \$1,400

Not My Studio:

In July 2013 Apollo Power Yoga opened for business. When it started I had done much of the work in readying it for opening myself. A working bee involving Margo, our sons,

Vincent and Roman, my parents, Jan and Lawrie and our good friend, Simon, had achieved a lot in putting up the window film and preparing the benches which have been used in the reception, changing and waiting areas.

When classes began, I was teaching most of the 17 we had on our schedule. Margo was still working as a lawyer at that stage and we did not have the number of classes or students or the income from the business to employ teachers.

Having the studio was also the expression of an intention I had created in 2010. In response to a question asking where I would be in 5 years' time I answered that I would be running a yoga studio and employing yoga teachers. In writing that answer I remember sneering at myself and not believing it to be true. The only thing not true was the time frame. It happened sooner than I expected!

Against this background I had the feeling that Apollo Power Yoga was "my" studio. I was then wrong (nothing new in that!) and every time since then that I have thought Apollo Power Yoga is "my" studio I have been wrong again.

First, the idea that Apollo Power Yoga is "my" studio utterly ignores the role Margo has played. She has been a motive force behind Apollo Power Yoga at all times. She provided impetus when I was stuck in doubt (I wanted to say conservatism but the truth is I was stuck in doubt and fear of failure). She provided the financial backing from her earnings as a partner in her law firm to set us up as Apollo Power Yoga and keep us afloat while we slowly (oh so painfully slowly) built up a clientele and lifted Apollo Power Yoga to a point where we could draw some income from it rather than simply keep investing further into it. When she resigned her partnership Margo immediately

became a full-time participant in the studio as teacher, administrator and promoter.

Not “my” studio then but “our” studio.

But that still does not do justice to the position. When I started teaching yoga professionally I started at a studio on its first day of operation. I took pride in teaching there even though I had no proprietorial interest in the business. I was simply the hired help. But I watched keenly with interest as the clientele built (in the immediate aftermath of the 2011 earthquakes when yoga studios and gyms across the city had closed it was a rather more rapid process building a clientele at that studio than it was in the centre of the CBD in 2013). I took pride in my part in that building process. I sought to bring high standards to my work and to do justice to the faith the owners (two of whom I had helped teach how to deliver a vinyasa style practice in my living room during the course of 2010) had shown in me in giving me the opportunity to teach.

I understand that many of those who have taught for Apollo Power Yoga over the last four years (Krissy, Marina, April, Hannah, Julia, James, Alice, Seanna, Emmalee, Rachel, Jim, Karen, Echo, Julian, William, Christina, Jonny, Ingrid) will have had and do still have a sense of belonging and an identification with Apollo Power Yoga. The teachers at the studio may not be the owners but they have a sense of Apollo Power Yoga as being their studio.

Again, not only not “my” studio but not just Margo’s and mine either.

But that is still not right. I, Margo and I, Margo and I and our teachers can have a studio and be open for business but that studio is nothing without YOU.

Before I owned a yoga studio I would go to my preferred studio of choice to practice. I did not think of it as another person’s studio. It was

“my” studio as a member and student of the practice.



Apollo Power Yoga is nothing if no one comes. In all that we do at Apollo, Margo and I and our teachers endeavour to create an environment and deliver a practice and an energetic experience that is rewarding for the students who come through our doors. Learning your names is part of that process. Delivering a consistent Baptiste-style power vinyasa practice is part of that process. Having fruit on the counter for you as a pick-me-up before practice or a reward afterwards is part of that process. Providing mat storage is part of that process. Honouring a commitment to run every class on our timetable is part of that process.

All these things we do not because it is “my” studio or “our” studio but because we want you to make Apollo Power Yoga YOUR studio. We may have moved premises but the intention on our part remains the same: we want YOU to treat Apollo Power Yoga as YOUR studio. Let us know how we can continue to help with that!

Asana Spotlight:

Bakasana (crow pose) is a fun introduction to hand balancing. There is a dividing line somewhere in a field of grey between what is yoga and what is gymnastics but at Apollo Power Yoga we regard crow pose as very much a yoga asana.

Crow requires a nice blend of strength, relaxation, courage and focus. Once you have the elements of crow in place the pose becomes quite restful as the emphasis is on the quality of balance rather than the struggle of strength or the inner conflict with fear.



There are different variations of crow. At Apollo Power Yoga we do not come from the stand point that one variation is right and any others are wrong. Rather, we teach a variation detailed in Baron Baptiste's practice, Journey into Power, which is a strong, versatile variation. Here is how:

- Begin in a crouch position with your feet at least hip-width apart. Reach your arms forward between your legs and place your hands shoulder width apart on your mat.
- Set your hands just as you would for plank pose or downward facing dog. Spread your fingers wide so as to create as large an area upon which to balance as possible. In saying that, if you have a lot of mobility in your thumbs and you separate your thumb too wide from the other fingers you may start to rotate onto the front pads of your thumbs. This will cause the palm of your hand and your wrist to start to lift from the floor. The cause is the opposable nature of your thumbs and their capacity to cross to the opposite side of your hand in a gripping action. Only separate your thumb from your index finger to the extent that the

outer edge of your thumb rests on the floor.

- Press your knees to your upper arms such that the inner edge of your knees sit just to the outside of your upper arm bones. (This is a point of difference with some other variations of crow). Many students have difficulty getting this aspect of the set-up in place and tend to have their knees around their elbows or even below their elbow joints. It is important to lift your knees in the set-up as high on your upper arms as possible. From your starting crouch position lift onto the balls of your feet and lift your hips up off your heels to give you height and access to the recommended position of your inner knees.
- Draw your elbows in to shoulder width. Crow pose is a variation of chaturanga dandasana (low plank). As with chaturanga, it is important not to let your elbows bow or bend away from your body. Keep the power in your arms by integrating them with your torso and holding them at shoulder width.
- Engage your inner thigh muscles, pelvic floor muscles and abdominal muscles with real strength and emphasis. These engagements are essential to generate lift and lightness in crow. Squeeze your inner thighs towards the centreline of your body and hold your inner knees firmly on your upper arms.
- Generate lift by contracting the muscles of your hips and pelvic floor and abdomen. Disengaged muscles and the bones to which they attach become dead weight, victims of gravity. Engaged muscles defy gravity. To have a sense of lift in crow it is necessary to turn on all you can around the mid-section of your body where your femur bones, pelvis and spine and the muscles supporting them are all heavy. Do so with purpose and conviction. Half-

hearted engagement will not produce the results you seek.

- Now, meet your fear of falling with courage! Slowly shift the weight of your head and shoulders forward. I set my gaze (drishti) about 50 to 60 centimetres in front of my hands and move towards that point of visual focus.
- Trust your hands and the sensitivity of your fingers to inform you of the moment when you are reaching the point of balance. Your hands and fingertips especially are very sensitive and will register any over-balancing that would cause you to fall forward.
- As you shift your weight further forward there is no need to lift your feet up. The moment of balance will result in your feet lightly floating off the floor. If you are hesitant and unsure you may wish to lift just one foot up and leave just the toes of your other foot at your mat while you accustom yourself to the sense of being on your hands.
- Crow takes courage. If you do not experience a moment in which you fear falling forwards you will not reach the point of being in balance over your hands. The more you repeat this process the easier it becomes and the more comfortable you will be with the sensations. Aristotle asserted that the virtues were acquired by habitual practice. Habituate yourself to the courage required for crow by taking crow. I was taught a species of crow as a child in a community hall gym class in Tawa where I grew up. When I returned to crow as a 42-year old I came to it with the confidence from my childhood. If you do not have a former experience of crow, free yourself from the fears and anxieties of your adult self and liberate the child within you.
- As your feet lift from the floor, press the inner balls of your feet together and

spread the toes of your feet wide like tail feathers.

- Breathe deeply and freely. Relax with the pose and be the cause for a sense of flight and play in your body and spirit.



It is said that when our conscious mind assumes influence over our dreaming, we dream of flying (<http://uk.iacworld.org/what-does-flying-in-a-dream-mean-maybe-an-out-of-body-experience/>). Embrace crow pose as an opportunity to experience flight. Once you are in crow you will immediately realise possibility: you could fly to low plank; you could press to handstand; you could lower your head to the floor and press to tripod headstand; you could get into crow by flying forward from downward facing dog. Open the door now to your potential!

From Baron Baptiste:



Apollo Power Yogis Up to Big Things:

BE PART OF THIS EPIC TALE! Last year, Apollo Power yogi [Jack Grinsted](#) and his friends Dave McKinney and Jase Blair travelled to the other side of the world, to a tiny archipelago, to climb a 313m troll's finger.

Their ambition was to climb a new route on a 300m high claw of rock, reaching into the moody skies off the coast off Vagar Island. The objective, named the Trollfingur (Trøllkonufingur in Faroese), is shrouded in mist and a good dose of local legend. High seas made it a challenge to even reach the base of the sharp sea cliff. The amount of gear they had to haul was diabolical. Above all the weather was hardly ever appropriate. After multiple attempts, it seemed the team had been beaten down, physically and emotionally. They had one more chance, and they gave it everything.



Despite no guarantee of their boat pickup returning, they committed to the conquest. Being pelted with all sorts of seabird excrement, they continued upwards. The climb was harder than expected, and it took two days longer than planned. Lack of food and a very near miss with a stray boulder were almost the last straw.

But the journey was successful literally at its darkest point, when Jack reached the summit

in the middle of their fourth night on the spire, closely followed by Dave and Jase. Their eventual success was not only due to their own energy, perseverance and passion. Their new route “Huffin and Puffin” was made possible with the help of many. The team forged irreplaceable friendships with the local Faroese people, which made the journey so much richer.

They now have a vision to create a film of their adventure. What does it feel like to be wet, cold, hanging off the side of a cliff for days, with no food, being bombarded with fulmar vomit? Not glamorous - but very real. They documented every step of their epic journey, and now they are working to turn their footage into a film. You can help them out through Pledgeme. Here's the link:

<https://www.pledgeme.co.nz/projects/5285-trollkonufingur-a-film-about-a-climbing-adventure-in-the-faroe-islands>

BeeBio Giveaway:

If your skin is showing the signs of a life spent having a good time outdoors, and perhaps not taking enough precaution against the effects of New Zealand’s sun and wind, check out the **BeeBio** range of natural anti-aging skincare at **Emrayce Beauty & Medispa**.

Owned and operated by our yogi **Tania Behrns**, and Robin Eathorne, **Emrayce’s** wonderful range of **BeeBio** skincare products contain the healing and anti-bacterial properties of New Zealand produced Active Manuka Honey, Royal Jelly, Bee Venom, and highly bioactive botanicals. These products are a natural anti-aging skincare range, helping to reduce the signs of aging such as “sun-spots”, and making skin that’s gone a bit “crepey” softer and smoother.

The Active Manuka Honey, Royal Jelly and Bee Venom used in BeeBio are from bees feeding on the flowers of the Manuka Bush. The honey produced in this way is world renowned for its antibacterial properties and high levels of bioactivity.

New Zealand's strong sun and plentiful rainfall, volcanic soils and low levels of pollution mean that New Zealand grown fruit such as kiwifruit and grapes have much higher levels of antioxidants than fruit grown elsewhere in the world. This allows production of fruit extracts with significantly concentrated levels of bioactivity.

BeeBio products contain no artificial colours, fragrances or parabens and are not tested on animals.

Visit the Embrayce shop in The Colombo, or check their website:

<https://www.embrayce.co.nz/collections/bee-bio-anti-aging-skincare>



Like *and* share Apollo Power Yoga's Facebook post about Bee Bio and be in a draw to win a jar of Bee Bio.

Namaste

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