



March 2016

Step into your Power Teacher Training and Yoga Intensive:

We have a great group of yogis from Christchurch and elsewhere signed up for Step into your Power in April. They will have an amazing time working together and creating transformation in multiple layers of their bodies and ways of being.

Step into your Power will run again in 2017. If you were unable to join us this year, make the commitment now, put aside the funds over the course of the year, save up leave from your job and set an intention to springboard yourself into your future by training with us in 2017. You will love the experience!

Feedback from some January participants:

"The training was life changing. What I thought would be my greatest weakness turned out to be my strength and my anchor. My orientation issues were not an enjoyable experience at the time, but I recognise I must and can overcome this weakness; which limits me in some areas, but can also debilitate my existing strengths. I see the experience "now" as a gift as I felt the fear and confusion and I pushed through it accepting that I may not be happy with the outcome. At the time I was at a loss as to how to remedy the situation, but hindsight enables me to research and find exercises to develop my orientation skills to overcome this weakness."

On a scale of 1 to 10 with 10 being the best what was your overall experience of the training?

"5 at the beginning and 10 at the end."

40 Days to Personal Revolution

From **Thursday 5 May to Thursday 9 June** we will be running our next **40 Days to Personal Revolution** programme.

Previously, we have run this programme with Sunday workshops. This time round we are offering the six workshops on Thursday evenings in place of the 6:00pm PAL90 class.

To enrol for the 40 Days programme speak to us at reception or send an email to margo@apollopoweryoga.co.nz. For annual members the cost is \$150 including a copy of Baron Baptiste's book, *40 Days to Personal Revolution*. If you are not an annual member the cost is \$350 which includes the book and your practice at the studio for the duration of the programme. Other written handouts are provided each week and daily emails are sent to keep you on track.

For more information about the programme, visit the 40 Days to Personal Revolution page on our website or ask for a handout from reception at the studio.

This is a much more holistic programme than the "30-day challenge" programmes which

are run at other studios; they just provide their regular asana practice for 30 days, but if nothing else changes, then nothing else changes! 40 Days to Personal Revolution gives you meditation, nutritional guidance, and personal inquiry as well as a range of asana practices which evolve in length and complexity to drive your personal revolution. This programme is your springboard into a whole new way of being: of vitality, peace and purpose. Do not wait or let this opportunity pass by. Register now!

Asana Spotlight: Double Block

The transition and pose we focus on this month from the Budokon primary series is a position called Double Block.

In stage two (called "Divided Mind") of the seven stage sequence there is a dance-like flow of offensive and defensive actions drawing on the martial arts and yoga origins of the practice.

Last month we looked at Revolved Archer, an attacking position. The transition to Double Block involves releasing the bow of Revolved Archer into Warrior 2 and then pressing away from the imaginary adversary at the front of your mat to assume a defensive position – Double Block :

- Begin in Revolved Archer with your right foot forward and your left arm extended before you at shoulder height. Begin to spin your left heel inwards and downwards to the mat.



- At the same time raise your left arm upwards and circle it overhead towards the back of the room until it is pointing straight towards the back of the room at shoulder height. In the process open the fist of your left hand to a flat hand with the palm turned down towards the floor and your fingers squeezed together.



- Simultaneously extend your right arm, which was drawn back to your right shoulder with the hand clenched in a fist, straight forward towards the front of the room. In the process open your fist to a flat hand with the palm turned up towards the ceiling and the fingers squeezed together.



- In squeezing your fingers together you make what are known as blade hands. Widespread fingers can be a problem for the martial arts practitioner as the fingers can get caught and hyperextended and spread fingers have less striking power than blade hands. There is no actual striking in the Budokon practice and the actions are not performed at fight speed but at a more Tai Chi-like tempo. However, the integration of martial arts principles into the practice is an essential ingredient.



- As your left heel comes flat to the floor and your arms extend forwards and backwards at shoulder height you find yourself momentarily in a variation of Warrior 2. Do not hold here but, rather, immediately begin to flow towards Double Block.

- In Warrior 2 your front leg is bent and your back leg is straight. Your front foot points forwards and your back foot points towards the side of the room. To begin the transition to Double Block you first commence to shift your feet by pivoting on the balls of your feet and turning your left foot on an angle towards the back left corner of the room and turning your right foot towards the left of the room.
- At the same time, bend into your left knee and straighten your right leg. In so doing keep your hips low, at the level they were in Warrior 2. This will challenge the strength of your legs and will place a heavy load on your thighs – very strengthening.



- While the lower body is moving raise your right arm straight up towards the ceiling and lower your left arm down towards the floor. Keep your arms circling until your right arm is reaching behind you and up towards the ceiling and your left arm is reaching downwards and towards the front edge of your mat.
- At this point oppose the position of your arms by shearing them lightly against one another, sending your left arm backwards and upwards behind you and your right

arm downwards and forwards alongside your now straight right leg.



- Keep your fingers squeezed together and have your fingers pointing towards the left side of the room.
- Throughout the whole process set your drishti straight forward in front of you, never letting your gaze part from your imaginary foe.

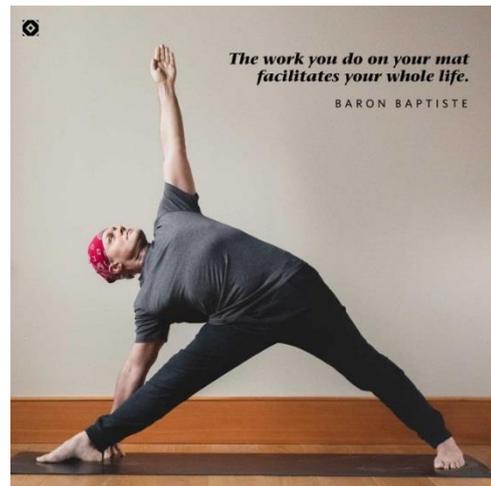


- These actions are performed at a tempo that requires you to breathe. Unlike vinyasa yoga practice the breathing actions of inhale and exhale are not coordinated to the movement. You must, maintain ujjayi breathing as a backdrop to the seamless transitions of Budokon yoga practice.

As you flow through the transitions of the Budokon sequence, watch the coordinated power of your body to make smooth, integrated movements across all parts but yet

to remain very steady at the eyes and the mind. There is great meditative focus in flowing yoga practices of the style we use at Apollo Power Yoga. You will love that balance of physical strength and mobility and mental clarity and calm.

From Baron Baptiste:



Matters of Philosophy:

Truth. Honesty. Lies. These are important concepts. The ten commandments tell us, "Thou shalt not bear false witness". The Yamas, the first of the eight limbs of yoga enunciated in the Yoga Sutras of Patanjali, include satya, or truthfulness, as a virtue to be observed. Honesty is generally considered to be a quality of character highly desirable in a person.

Yet, we are surrounded by lies and deceit. Fraudsters obtain money from their victims with plausible but entirely dishonest tales. People of all ages brag about their deeds or accomplishments to impress others whether they be classmates at primary school, prospective employers in receipt of a falsified curriculum vitae, potential partners who may be thought able to be seduced if they are convinced to think something about us, or whatever.

The field of American politics sees the players making all sorts of claims and allegations and in the swirl of news it almost loses relevance whether there is any truth in any of what is said. Did Hilary Clinton actually arrive at a foreign airport in a hail of bullets? That was a phrase she used but others present deny any such threat. Were Donald Trump's allegations at the time of President Obama's campaign to become President valid when he alleged Obama was not born in the United States? Obama could prove his birth in the United States but the repetitions of the allegation meant some were persuaded that Obama was not eligible for the Presidency.

A lie is a deliberate untruth. Honesty is telling what you believe to be the truth. Neither in lying nor in honesty does actual truth have a bearing. People may speak with utter honesty something that is not true. Their perception at the time, their quality of recall and many other factors bear upon whether what they are saying is true without in any way shaking their honesty.

Being honest is a practice that becomes reinforced as our moral compass develops. Children are prone to telling fanciful stories. As they learn more about notions of right and wrong their appreciation of truth and honesty is enhanced. For some time, however, children can be influenced to say what they think people will want to hear more than what they believe to be true. They can be more concerned with saying what they perceive will further their interests rather than what is objectively correct. Some people never grow out of these tendencies, or they revert to them when their interests are threatened or when they want to advance their interests.

In the animal kingdom there are innumerable examples of creatures engaging in behaviour that deceives other creatures (e.g. caterpillars

with bright coloured stripes that give them the appearance of being poisonous, or cuckoos laying their eggs in other birds' nests, or chameleons changing colours, or angler fish luring prey to their mouths with a dangling spine from their back that suspends itself in front of their jaws). The examples are endless. Yet, these forms of deception are not lies. They are adaptive behaviours that have developed over many generations.

Lying, deliberately telling an untruth, begins at the level of mind and thinking. Koko, the captive gorilla that was taught sign language by its trainers, showed the capacity for untruth. She had a cat as a companion in her enclosure. One time Koko did damage to her enclosure by ripping a sink away from the wall. When approached by her trainers Koko signed to them, "Cat did it".

It is in our minds and our thinking that we depart from the truth and use lies. Lies are inventions and only our minds have the capacity for deliberate invention. It stands to reason, therefore, that behind the level of thinking and mind, exists a state of truth. That state exists in all of us. It is pure and unaffected by our worldly desires.

The means of access to that truth is a process of separation from thought. By creating a critical distance between our consciousness and what we think we can rest in a state of peace without any thought-driven desire to alter that existence.

In that state of truth, events simply exist without us building a story of right or wrong about them. In that state, we are not victims of the internal dialogue that makes so many people unhappy or unfulfilled. In that state of truth, we have no need to distort what is to create an artificial world in which we can be content. Contentment lies not in battling to

warp or deny reality but in embracing naked reality.

Apollo Power Yoga Students Up to BIG Things:

Dan Abel of Fit and Abel



Our yogi **DAN ABEL** owns and runs “FitandAbel.com”, a swim coaching and touring company which operates here in New Zealand and in the UK.

Born in Christchurch, and a competitive swimmer from an early age, Dan competed at a National level from 1988 through to 2008. This 20 year elite career included national titles, and a 4 year stint in the USA at the University of Iowa (a Division I college) where he graduated with a BSc and academic accolades. Dan’s last National level pool swimming competition meet was in October 2008 at age 33, when he was a finalist in the men’s 100 Butterfly.

After graduating from college in 1999, Dan trained upcoming swimmers both in the water and in the gym, while working in the marketing profession for a well-recognised adventure clothing and equipment manufacturer. Living his ethos of making the most of life, Dan also used this time to become a qualified pilot and experienced scuba diver.

In 2001 Dan joined the Royal New Zealand Air Force as a commissioned officer. He immediately made an impact graduating top of his commissioning class in June 2001 and was awarded the trophy for top graduate in academics, leadership and personal qualities. Amongst his achievements during an eight year career, Dan qualified as a Navigator, was the air tasking officer during relief efforts in Indonesia and Thailand after the 2004 Tsunami, and also worked in the Demilitarised Zone in South Korea, providing an essential diplomatic role between international delegations, South Korean political and business interests and the military (a role for which he was highly commended).

During his career, Dan maintained a high level of physical fitness, focusing on swimming and general fitness, including winning multiple New Zealand National Masters swimming titles and records. Dan retired from the Royal New Zealand Air Force in 2010 after a satisfying and rewarding career. As a new challenge, Dan moved from New Zealand to London and started working as a manager at a health club for a well-recognised fitness brand. Dan also managed to ‘squeeze’ in an epic relay swim across the infamous English channel in October 2010, and with his team mates raised over £9000 for UK charities.

In 2011 Dan became a UK National Masters swimming champion for the first time.

In 2012 Dan raced and won age titles in the State NZ Open Water swim series. He also competed in the NZ National Long Course Masters Swim Championships winning multiple events and setting National Records in the process.

In 2013 Dan was the age group category winner (30-39 years) at the Epic Swimming championships in both the 10km swim and

the 2.5km swim held at Lake Taupo New Zealand.

On 22 March 2013, Dan completed the 88th successful swim crossing of New Zealand's 26km Cook Strait. His time of 6 hours 15 minutes is the fourth fastest swim crossing of Cook Strait.

In New Zealand, Fit & Abel provides swim coaching, open water swimming clinics, open water swimming adventures and swim safety services based out of Christchurch. It offers www.RealSwim.com Adventure Tours in locations such as Aitutaki, Cook Islands, Nelson Lakes, and Lake Taupo.

Dan is Head Coach for Fit & Abel in both hemispheres and also continues to write (contributing writer for H2Open Magazine), film, photograph and share his passion for swimming, especially in the open water.



Dan began practicing yoga in 2010 when he stumbled (literally) into a yoga class on his way to the gym to lift weights in London. The teacher was welcoming and spent time explaining some important fundamentals: ... "yoga is a personal journey, we don't all move the same nor should we, it's important to learn to take yoga practice to one's personal edge but not beyond'.

These fundamentals helped Dan quickly get comfortable on a mat, with no shoes in some strange positions. What also became quickly apparent was the physiological changes that yoga had. Dan 'grew' taller, his outlook on the world altered as his posture improved. His back problems disappeared.

In addition, the synergy between yoga and swimming became more and more obvious as Dan's yoga journey continued; enhanced recovery, improved range of motion, a focus on breathing and concentrating on a movement pattern rather than trying to 'force' it. Improved specific strength throughout the body has had a direct correlation on swim performance as well as a noted decrease in niggles and soreness after swim sessions.

Dan has enjoyed practicing under the guidance of Margo and Hamish at Apollo Power Yoga in Christchurch as they challenge students while paying specific attention to technique and the basics of a yoga practice. He says, "I truly believe yoga helps swimming and swimming is a great complement to yoga. I honestly wish I had found yoga earlier in life, but as the saying goes 'better late than never!'"

Finn de Boo at National Surf Lifesaving Champs



Our yogi **FINN DE BOO** recently competed in the National Surf Lifesaving Competition at Mount Maunganui 3rd March - 6th March. Finn competes for the Taylors Mistake club.

He represented the club in board rescue, tube rescue, board race, diamond, surf race (which is a big swim), sprints, beach flags and the board relay. His impressive results included getting to several quarter and semi- finals of the races.



CoYo Coconut Yogurt and Ice Cream

Our yogi **KAREN DENNISON** and her partners have brought COYO - Coconut Yogurt and Ice Cream alternatives - to New Zealand. These delicious products are 100%:

- Dairy Free
- Vegan /Paleo
- Certified Kosher
- Gluten Free
- Organic

COYO yogurt alternatives have no added sugars, and are vegan friendly with plant fed live probiotic cultures. They are currently offered in chocolate, mixed berry, passionfruit and mango flavours as well as natural.

COYO ice cream alternatives come in the following yummy flavours: raw chocolate, mango & lime, acai & blueberry, pina colada, sticky date & tamarind, vanilla & nutmeg, and natural.



Coconut products have important antibacterial, antimicrobial and antiprotzoal properties that make up the building blocks of a healthy immune system. Coconuts are nature's richest source of Medium Chain Fatty Acids (MCFAs), and around 50% of these MCFAs are made up of lauric acid, the most important essential fatty acid in building and maintaining the body's immune system. Apart from coconut oil, the only other source of lauric acid found in such high concentrations is human milk. CO YO® Coconut Milk Yoghurt has 8.3gms of lauric acid per 100g.

Coconut benefits include:

- Help with weight loss or maintaining your ideal weight.
- Reduce the risk of heart disease.
- Lower the levels of unhealthy cholesterol.
- Improve conditions in those with diabetes and chronic fatigue.
- Avoid Crohn's Disease, IBS, and other digestive disorders.
- Prevent routine illness with its powerful antibacterial, antiviral and antifungal properties.
- Increase metabolism and promote healthy thyroid function.
- Boost your daily energy.

- Rejuvenate your skin and prevent wrinkles.

COYO products are now available in supermarkets and specialty shops. If you would like to stock COYO in your own business, get in touch with Karen: karen@coconutculture.co.nz

Here is what Karen has to say about Apollo Power Yoga:

"I LOVE yoga. I've never been keen on sport, do a little bit of skiing but otherwise my only activity has been walking. I've tried going to the gym and did not like this. My daughter, Eliza, was keen to do yoga and then our friend, Catherine Muir, gave us a couple of intro vouchers. I didn't really think that I would get into it the way I have.

"I've now been going for at least a year and a half and try to get there 4-5 times a week. I love the meditative aspect to it and the fact that even though you get hot and I feel quite physically pushed at times it slows down and at the end you get to finish with a sleep!! I am the strongest I've ever been and have got muscles for the first time in my life.

"I love the atmosphere of Apollo and although I think that the teaching is taken very seriously, it's done with a lot of humour and no one minds if we get the giggles during class. I also love that it doesn't matter what your ability or level of fitness is. You can do it at whatever level you're at. The teachers are all, without exception, professional, warm and helpful. I am amazed at how attentive they are to students in what are sometimes quite large classes, I always feel very safe in the teachers' hands!"

Looking for a Housemate?

Our yogi, Pal Ricardson, is looking for somewhere to live. He says: "I am 40+, cook a lot, house proud, pay bills on time, well-travelled, creative, don't watch TV, ethical, arts, adventure... this is me." If you have room in your house for Pal, contact him: prichard2013@gmail.com, 022 071 6475.

Namaste

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