



March 2017

Lift your Practice Workshop – Saturday 25 March:

We are running a workshop on **Saturday 25 March, midday to 2:00pm** as a fundraiser for Africa Yoga Project.

The workshop is called Lift your Practice and will be led by William. It is open to all levels and will offer powerful foundations, extension and growth throughout the Baptiste Journey into Power practice.



Entry is by donation of \$25 (no annual members discounts apply to this charity workshop).

When William was raising the contribution funds he was required to donate to participate in training in Africa he was helped by his friend AJ. She is now heading to Africa and needs help raising her donation. Come along and contribute to her donation fund which will all be passed on to Africa Yoga Project.

Changing Timetable:

There are changes coming to our timetable as from 1 April:

- The 9:00am classes Monday to Friday are moving to 9:30am.
- The Thursday 9:30am Power Basics class will be a 60-minute class rather than a 90-minute class.
- The kids' yoga class is being discontinued. Instead we will be offering a Power Basics 60-minute class at 4:00pm on Mondays.
- On Saturdays the 9:00am Power All levels 90-minute class is being replaced with Budokon Yoga for 90 minutes.
- Also on Saturdays, the 4:30pm class is changing from Budokon Yoga to Power All Levels for 60-minutes.

We agonise over timetable changes. These changes are feedback driven but we understand that while some people will be pleased others will be disappointed. If what we are now offering from Saturday 1 April is not your ideal we do apologise. The changes are intended to provide the greatest good to the greatest number.

The full timetable will be updated on-line (www.apollopoweryoga.co.nz/Timetable) and will be available as a pdf that you can download

(www.apollopoweryoga.co.nz/Downloads).

New hard copy flyers with the timetable will be available at reception very soon.

Getting Started Workshop:

Thank you to those who came along for our **Getting Started workshop** last Sunday, 19 March. It is valuable to learn from demonstration, from hands-on assist and from breaking poses and sequences down and students attending this workshop took away some great tools to make their practice more powerful.

Feedback from participants:

"I loved the Getting Started workshop, the demonstrations were the most helpful for me, it was great to see how the adjustments you made improved the form and it was easy to understand with your explanations and discussion.

The explanations of the breathing foundations were also extremely helpful, I was sniffing through my nose until your demonstration and explanation of how to breathe fully into your lungs."

"The workshop was terrific - I particularly got much out of the demonstrations and how to include modifications into my practice.

The Q&A worked very well - we all have different strengths and challenges, so it was good to hear how others are negotiating these in their practice."

"I thought that the timing and the amount of information was about right. There was a good mix of talking/demonstrating and doing. I especially liked the demonstrations where you got a member of the class and explained how to align the pose. It was such a strong visual image seeing the person who was demonstrating become more powerful before our eyes."

We will run this workshop again but later in the year. In the meantime, if you need guidance, book Margo or Hamish for a private lesson. We charge \$90 per hour for 1 or 2 people. A private lesson can give you clarity and empower your practice in a meaningful way.

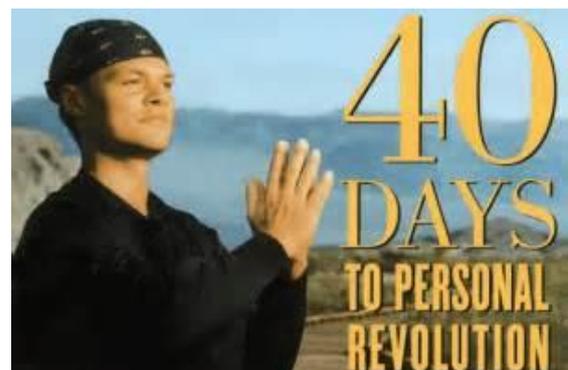
40 Days to Personal Revolution

From **Sunday 7 May to Friday 16 June** we will be running our next **40 Days to Personal Revolution** programme.

There will be six workshops beginning on Sunday 7 May and repeating every Sunday at 6:00pm. The duration of the workshops increases over the course of the programme from around 75 minutes for the first workshop to around 2.5 hours for the final workshop.

To enrol for the 40 Days programme speak to us at reception or send an email to hamish@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. For this fee you receive:

- Attendance at all six workshops.
- A copy of Baron Baptiste's book, *40 Days to Personal Revolution*.
- Daily motivational emails.
- Weekly hand-outs.
- For those not annual members, all your practice at Apollo Power Yoga for the duration of the 40 Days programme.



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 not like a 30-day challenge offered elsewhere where all that is done is 30 days of asana practice. This is 40 days of **meditation, asana practice, personal inquiry** and **nutritional well-being**. Shape for yourself a whole new way of being of vitality, peace and purpose. Do not wait or let this opportunity pass by. Register now! Places are limited and will be allocated on a first-come, first-served basis.

From Baron Baptiste:



Kriza Brown Mandela:

Our mentee, Kriza, from the Africa Yoga Project was one of the subjects of a series of short films about yoga, health and fitness in Africa made by a Brazilian film-maker, Patricia Esteve.

Here is a link to that film: <https://vimeo.com/185451762>

It is just about 4 minutes long but gives a glimpse of what Kriza is up to and what is made possible by your weekly donations at our Sunday morning contribution class – Sundays at 7:30am, minimum donation \$5.



Asana Spotlight:

Continuing our series of asana spotlights on hip openers, we this month look at pigeon and its many variations.

- Begin in downward facing dog. Step your right foot forward to your right thumb and then walk your right foot across your mat towards the left side. As you do so lower your right shin and knee to the floor.
- Lower your left knee to the floor and reach your left leg long towards the back edge of your mat.
- Align your right thigh straight up and down the length of your mat parallel with the right edge of your mat.
- In the fullest expression of pigeon the practitioner's right shin is parallel with the front edge of their mat. For most people this is not possible. Feel free to have your right shin angling back towards your left hip. It is more important that you not twist and strain your right knee than that you force your right shin to be parallel with the front edge of your mat.
- Avoid collapsing weight onto your right buttock. Rotate your right thigh outwards towards the right edge of your mat and turn your left hip forwards towards the front of your mat. If you find that it is hard to maintain the rotation forwards of your left hip, a block placed beneath your right

hip and buttock can assist in creating the correct balance at your pelvis.

- Flex the toes of your right foot back towards your right shin (dorsiflexion).
- Elongate your spine and slowly lower your torso forwards towards the floor. Stop at any point that is necessary for you.
- Many students brace on their elbows in pigeon and hunch or tense their shoulders as a result. Relax your upper back, shoulders and neck and hold no tension in your jaw or hands.



- To intensify the pose, use your left hand to inch your right foot a little further up your mat towards the front edge. Take care that you place no strain on your right knee in so doing. To allow me to create these angles without hurting my knee I place a block beneath my right thigh. With my right leg lifted in this way I can access a more intense stretch in the target areas: in my high hamstrings and gluteal muscles (including the piriformis). The stretch is not confined to these points and different people feel different points of intensity including high on their inner right thigh and into their groin, and also in the outside of their right thigh in the ilio-tibial tract.
 - In pigeon there can be a stretch through the front of your left thigh, into the front of your hip and further up your torso if you lift your torso from the floor.
 - As you lift your torso away from the floor be careful not to crunch your low back.
- Keep reaching up through the crown of your head towards the ceiling to create as much length in your spine as possible.
 - From here, you can intensify further by walking your hands back either side of your hips and, perhaps, press on to the fingertips of your hands or place your hands on blocks.
 - The next stage is to bend up your left leg and reach back to bind your left foot with your right hand. Externally rotate your right arm to reach back and catch that bind. Once bound, turn your chest and shoulders back towards the front of the room. Create and equality of energy between the pull of your right hands forwards and the kick of your left foot backwards.
 - The tendency as you take this bind is to turn your torso towards the right. Once you have the bind work to rotate your torso from your right hip upwards back towards the front of the room. Again, avoid collapsing onto your left buttock.
 - If there is enough of a grounded quality about your hips (but you will not have your hips flat to the floor) then use the energy between your right hand and left foot to hold your torso upright and float your left arm towards the ceiling. Look up through your upper hand.
 - The next variation involves binding your left hand to your left foot. As with the previous variation, if taking a bind causes you to turn your torso to the left, rotate from your hips up back towards the front of the room.
 - The bind can progress in stages; first, just bind your foot and gently encourage it forward, second, work to place the palm of your hand on top of your foot with your fingers turned towards the front of the room such that you are pressing downwards on your foot rather than pulling forwards with your hand on your

foot, and, finally, you may reach a point where you can hook your left foot with your left elbow, bind your two hands in front of your chest and then lift your right elbow over your head to rest behind your head.



- A very advanced variation involves reaching both your hands back over your head to take a bind at your left foot. I have seen this done with the student binding their left foot with their right hand first with their right arm rotated externally and their right elbow pointing down towards the floor. They then reach up and over their head with their left hand to bind their left foot as well. Then they sweep their right elbow forwards and upwards as they rotate their torso back to a square facing the front of the room.



What if there is too much pressure on your knees and hips attempting pigeon pose in a prone, face down, position? Try one of these two options:

- Sit on the floor with your legs bent and your feet flat to the mat about hip width apart.
- Cross your left ankle to the outside of your right thigh, just above the knee joint, with just your left foot and outer ankle bone over hanging your right thigh.
- Dorsiflex the toes of your left foot towards your left shin.
- Set your hands behind you with your arms externally rotated and your fingers facing towards the back edge of your mat.
- Draw your spine up into your torso and left and broaden your chest.



- Or, lie down on your back, draw your knees to your chest and cross your left ankle over your right thigh as described in the preceding points.
- Reach your left arm past the inside of your left thigh and between your legs beneath your left calf to bind either your right shin just below the knee joint or at the back of your right leg just above the knee joint. Bind your right hand from the outside of your right leg to where your left hand is located.
- Relax your head back to the floor (or a cushion or block if it will not rest back all the way to the floor) and provide a gentle

but persistent pull with your arms to draw your right thigh towards your right shoulder.



With all these poses, once you have done one side, repeat on the opposite side. Do not assume or try to force an equal degree of depth on each side of the pose.

With all these poses the duration of hold is at your discretion. Your hips are strong, well-designed joints bound by powerful muscle groups. Long holds are possible and necessary to have the desired rehabilitative effect. Remain awake and aware during these poses and come out if the sensation you are feeling passes beyond a good strong, stretch into strain.

Pigeon poses are highly restorative to those who find themselves seated for prolonged periods, for those who work their legs in one plane repetitively (runners and cyclists for example) and for anyone wishing to maintain a healthy, youthful mobility to their hips. Hip tightness will eventually lead to an imbalance through your whole body that can manifest in back pain, shoulder and neck discomfort, poor balance, an awkward gait with potential knee, ankle and foot injuries, and other potential effects besides. Look after yourselves and do not neglect hip health and mobility.

Giveaway Time at Apollo Power Yoga:

Our yogi Greer Quinn of Hot Tresses Hair Care generously donated a Giveaway Rehab Pack of Hot Tresses Shampoo, Conditioner and Leave-in. Hot Tresses is an organic and vegan hair care range, inspired by Hot Yoga, which aims to cut chemicals, cut dependency on heat styling, and cut frizz. It combines organic botanical ingredients with easily absorbable vegan proteins and vitamin supplements to give hair the nutrition it needs to look great.

The winner of the draw for these great products was Sally Bird. Congratulations Sally and many thanks everyone who participated by liking and sharing the post we ran on Facebook.



Namaste

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