



March
2014

Studio Closures in April: Three dates in rapid succession in April are public holidays affected by the Shop Trading Hours Repeal Act 1990. The dates in April are:

18 April – Good Friday – closed all day.

20 April – Easter Sunday – closed all day.

25 April – Anzac Day – closed for all classes except Power Groove at 5:30pm.

Workshops: Breath of Life with Margo Perpick was a wonderfully paced workshop with great breathing enquiries and asana practice taught in a calm, comfortable, supportive manner.

Liz says: I attended Margo's 'Breath of Life' workshop and thoroughly enjoyed myself! Margo had a great mix of Breathing exercises and inquiries, coupled with an in depth Asana practice. I found Margo very knowledgeable, and her energy and teaching style was just lovely! Thanks again Margo for a fantastic seminar, this has helped my Yoga journey immensely.

Budokon® Yoga Workshops led by Budokon® founder **Cameron Shayne!** These were fantastic workshops. Watching the joy on the faces of those who attended afterwards was a tremendous reward. Cameron shows you the seemingly impossible then invites you to join with him in doing it. He gives tools to help you do so and even the things you can't do you have some insight into how, one day, you might do them. Thanks to Cameron and to everyone who attended.



40 Days to Personal Revolution: During May and June this year, we will re-run the powerful programme **40 Days to Personal Revolution.**

What is it? **40 Days** was created by Baron Baptiste to help guide yogis deeper into a holistic, yogic way of being. It offers instruction on developing a daily meditation practice, personal inquiry to free ourselves from limiting beliefs and patterns, nutritional guidance to cleanse and strengthen our bodies, as well as daily asana practice.

The meditations and asana practices grow in length over the 40 day period – starting with 5 minute meditations and 20 minute asana practices at the beginning of the period, and building up gradually to 30 minute meditations and 90 minute asana practices by the end. This gives students an ongoing ability to fit meditation and asana practice into their daily routine, even when time is limited. No previous yoga experience is required. This programme is about the whole being, not just proficiency in the asanas.

Each of the 6 weeks of the programme has a different theme; presence, vitality, equanimity, restoration, centering and triumph. These themes are pursued through personal inquiry and nutritional guidance, along with meditation and asana.

Why do it? Baron's **40 Days** textbook can be used by anyone to take themselves through the programme. We offer the opportunity to work through the programme with personal guidance, in a supportive group. We meet once per week to:

- Discuss the theme for the week;
- Meditate for the time specified for the week;
- Be guided by Hamish through the asana practice for the week;
- Be guided by Margo through the nutritional focus for the week;
- Discuss the personal inquiry questions for the week.

In addition, we send you daily emails during the programme, to help keep you focussed and committed.

40 Days is a brilliant opportunity for personal reflection, growth and transformation.

What do past participants think about the programme? Here are some of the comments from people who have previously participated in our **40 Days** programme at Apollo Power Yoga:

"I really enjoyed the 40 day challenge as a whole package: yoga, nutrition, personal enquiry and meditation."

"I found it was the nutrition information and discussions that was probably the most revolutionary for me...The three day fruit fast was amazing half way through the 40 days, I hadn't expected that."

"I still do yoga pretty frequently, though don't always push myself as I did when we

were doing the challenge - towards the end of the 40 days I definitely felt stronger!"

"In terms of the meditation..., the daily emails and weekly meetings were especially good to keep on track with this."

"I did purchase Baron's 40 day book part way through the 40 day challenge and have read it cover to cover. In a way it was probably good for me that I didn't read it before doing the challenge because it meant I came to the 40 day challenge without really knowing what I was getting into and that was a wee bit exciting. But, having said that, after a few weeks I found it was good to have a copy of the book especially since it has photographs of the various yoga poses as a visual reminder of what I was meant to be doing for the home practice."

"The price was appropriate. I liked the Apollo Yoga studio for the challenge especially because it has the meditation studio and comfy cushions. And I liked sharing the experience with the others in the class and with Hamish and Margo."

This is not a programme that asks you to practice every day for a month at a studio. It is not a hollow, spiritless sales campaign. It is a programme to give you strength, independence and personal revolution in your entire way of being. If you are not happy with your current way of being, do something – do this programme!

Our Teachers: In addition to Hamish and Margo, Apollo Power Yoga has three other teachers. **Krissy Derrick** qualified via Absolute Hot Yoga and has been running power restore classes for us. Students enjoy Krissy's calm, soothing approach to the practice but

recognise the serious work she delivers in the practice.

Marina Locke is a yoga teacher, massage therapist and cranio-sacral therapist who has taken some vinyasa classes and is currently teaching a regular spot on Monday evenings at 8pm for Power Restore.

Hannah Bell has trained with Lilavinyasa and has been teaching at gyms and City Council venues in Christchurch. She is joining us to teach vinyasa and restore classes on a regular basis.

Hempseed Oil: The Good Oil: Hemp seed oil is an excellent way of obtaining Essential Fatty Acids (EFAs), so called because the body requires them for many functions, but cannot produce them – EFAs must be obtained through the food we eat.

In hemp seed oil, the ratio of omega-6s to omega-3s is 3:1. That has been recognised by the World Health Organisation to be the optimum ratio to be achieved through our nutrition. However, a typical western diet has a ratio range of 10:1 to 20:1, so taking hemp seed oil helps to redress the imbalance caused by eating other foods.

Hemp seed oil also contains gamma-linolenic acid (GLA) and stearidonic acid (SDA), both of which are absent from the fats we normally eat. GLA and SDA help our bodies to assimilate fatty acids (the omegas). These components have a natural anti-inflammatory effect, and so can relieve the symptoms of arthritis and autoimmune disorders. GLA also assists the growth and health of our hair, nails and skin.

A delicious salad dressing can be made with equal parts of hemp seed oil and apple cider vinegar, flavoured with tamari and fresh herbs, and sweetened to taste with a bit of maple syrup.

Hemp seed oil is also available in capsule form. There are a number of stockists in Christchurch, including Piko Wholefoods, and the Health 2000 stores. For more information, visit the new hemisphere website: <http://www.nzhempoil.co.nz>



New Hemisphere has kindly given us 3 bottles of their hempseed oil to give away. We will draw names for the prize winners in each of the

next 3 months – each class that you practice at Apollo in that month gets you an entry in the draw. So get practicing and be in to win!

Wanderlust:

WANDERLUST

FESTIVAL

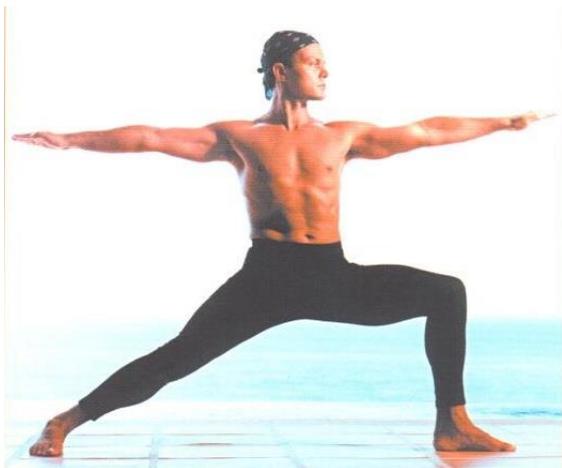


New Zealand's first Wanderlust Festival is on this Sunday 23 March in Auckland. It is not too late for you to get on board for this event featuring some major figures in the yoga world including Cameron Shayne, Budokon® founder. Visit the website to check them out: www.akl.wanderlustfestival.com.

Asana Spotlight: Warrior 2 (Virabhadrasana 2) is a powerful standing hip opener of a pose. Draw the power up from the earth through your legs and shine that power forth from your heart and radiate it along your arms.

- In Warrior 1 with your right foot forward bring your awareness into your left leg. Feel the internal rotation of the left thigh. Consciously turn the left thigh outwards in external rotation.

- Beware here that the action of the back leg does not pull the front leg out of alignment. Keep your right knee stacked vertically over the right ankle. It must not collapse inwards towards the centre of your mat.
- If you have the range of motion in your hips to keep the right knee stacked over the ankle and open the left hip wide you may find it comfortable to turn the left foot outwards towards the wall further. It is the leg rather than the foot that initiates the transition from Warrior 1 into Warrior 2. Move the foot if it is right to do so and can be done without pulling the front knee off track.
- As your left thigh externally rotates take that spiralling action up your body. Your left hip begins to peel outwards towards the left side of the room. Do not allow your pelvis to collapse forward. Draw your tail down towards the floor and tone *uddiyana bandha* to gently lift the front of your pelvis into a neutral position.
- Your torso turns with the action of your hips to face the left wall.
- Open your arms out at shoulder height so the right arm is pointing straight towards the front of the room and the left arm straight towards the back of the room.



- Let your shoulder blades relax down your back so your neck is free and there is no tension there.

- Relax your collarbones apart as the front side of your body expands and you radiate your energy outwards. Tone the rhomboids and other back muscles to bring your shoulder blades towards one another as well as down your back.
- Soften your front ribs. There is a tendency to blow out the chest here.
- Set your gaze forward along the line of your right middle finger.
- Hold for five breaths or more then take your vinyasa to downward facing dog and repeat with the left foot forward.

As you set your calm, powerful gaze you will feel your whole being glow with life force. "Concentrate and you will truly radiate", writes Baron Baptiste in *Journey Into Power*.

Chakra Theory: The third chakra is *Manipura* which is the element of fire. Remember that the first chakra was earth, the second, water, and now the third is fire. These are naturally related. When matter (earth) comes into motion energy is created. In our bodies this energy is our metabolic fire. It can also manifest as our creative spark or the igniting motive force of will.

It is through the motive force of will that we can ascend through all chakras. Our will helps us change our routines, our patterns, our whole way of being. When we meet resistance – whether it be fear of something new or confrontational, or weakness or doubt – will is what gives us the courage, the fortitude, the strength to act in the face of that resistance and create something new.

The first task of the third chakra is to overcome stagnation and our attachment to our comfort zone. Once the fire is lit then we can heap on larger amounts of fuel and build a bonfire. Getting the first spark though can be the hardest part.

The physical location of the third chakra is at the solar plexus over the adrenal glands. The solar plexus runs from the sternum down to the navel. The significance of the navel in our prenatal nourishment gives rise to one notion that all major nadis originate at the navel.

The third chakra is responsible for the regulation and dispersal of energy and metabolic fire throughout our bodies. Our digestive system is integral in this process – turning the raw material of food and drink into energy in our cells.

We can learn much about the condition of the third chakra from our appearance and our dietary tendencies. Favouring hot or cold foods or drinks can point to a lack or excess of fire in our metabolism. Excess weight may point to an inefficient metabolism that is not burning the fuel it is given. This may be due to a lack of air (like an over-full firebox), an overloading of too much fuel on the fire, or dumping the wrong sort of food into the body.

Manipura means lustrous gem. This name comes from the healthy radiant glow we have when our metabolism is active and we have a strong inner fire. The tantric symbol of *Manipura* is a blue ten-petalled lotus inside of which is a downward pointing yellow triangle with three *svastikas* – symbols of fire. There is an image of a ram, a strong, virile, powerful male sheep or goat.



There is a central letter inside the lotus that is sounded as “ram”. Sometimes there may also be a picture of a ram as well.

Foods for the third chakra vary depending upon your personal need for more or less heat, more or less fuel. However, grains and starchy foods are common fuels for the metabolic fire. If you should have a gluten intolerance then buckwheat or quinoa are good alternatives that will still stoke the fire.

The god Vishnu and the goddess Shakti Lakini are associated with this chakra as is Agni, the Hindu god of fire.

Power, will and self-esteem are all associated with *Manipura*. Self-esteem gives us the confidence, independence and self-assertiveness to act and fulfil our will. When confident, motivated and acting according to our purpose we become very energetic, effective and powerful. When our self-esteem is at a low ebb we are troubled by doubt and fear and we are held back from achieving all that we could - we lose power.

Some yoga poses that connect you with the third chakra are heating actions like abdominal crunches (lying on your back bring your legs to a square or reach them to the sky, cradle your head with your hands and curl up from your abdominal centre and uncurl, repeating many times and feeling the heat build in your core and throughout your whole body too), boat pose (sitting on your backside in a pike position with your torso lifted and your legs lifted creating a powerful “V” shape with your body), floor bow/*danurasana* (lying on your front with your legs bent up behind you and your hands binding your feet or ankles – kick backwards and upwards with your legs to pull your back into extension) and *purvottanasana* (from a seated position set your hands behind you, extend your legs forward, and, reaching your big toes down towards the floor lift your hips up towards the

sky and hang your head back). *Kapalabhati* breathing (breath of fire or skull cleansing breath) is a third chakra form of *pranayama*. (Kneel or sit upright. Inhale then snap the diaphragm muscle into contraction, lifting it sharply into the thoracic cavity causing a sudden sharp exhalation. Let the new inhalation be natural and unforced as the diaphragm muscle relaxes and drops downwards. Then sharply contract again to create another short, powerful exhalation. Do this through your nose with your mouth shut).

Meditation for the third chakra may involve recollecting a situation in which you felt powerless or intimidated. View the situation dispassionately, as if you were an impartial witness to the event. Then consider how you may have behaved differently in that situation. Replay the events but with a different choice of responses and actions on your part leading to a different outcome. If you carry resentment towards anyone or hold on to any grievances, write them down, commit the paper to a fire and symbolically release yourself from the tyranny of holding those resentments or grievances. Take responsibility for yourself and come into your power.

Namaste

Hamish and Margo

©Hamish Kenworthy 2014

