



May 2015

Implosion and Marathon Alert

We have an explosive weekend coming up on Queen's Birthday weekend, 30/31 May.

On **Saturday 30 May**, the old Police Station on the corner of Hereford and Durham is scheduled for implosion at 8am – BOOM!

We will run our classes as normal on a Saturday, but will delay the start of the 8am class until 8:15am. Beware the **exclusion zone** bounded by Durham, Cashel, Montreal and Worcester Streets. This area will be closed from early in the day. The studio is outside of the exclusion zone, but still only a block away from the implosion site. It may take you a bit longer to get into the city that day and to find a park – although the implosion organisers are asking people to stay home and watch it on YouTube instead of in person, it will be just too exciting for many to miss.

Then **Sunday 31 May**, the Christchurch Marathon will be starting and finishing just around the corner from the Apollo Power Yoga studio! The start/finish line is in Colombo Street, just north of Hereford Street. Racers will be lining up from 8am, with the races beginning at 8:30am. Given the degree of noise that is likely to be produced by the race, and the difficulty of getting to the studio while the race is starting, we have decided to **cancel the 8am and 10am classes** on Sunday 31 May.

Instead, Apollo Power Yoga will be supporting runners in the races, including our own Apollo yogis, with a Race Day Programme and Support Package. For \$75, runners enrolled in the races will have access to the studio between 7am and 6pm, and admission to one Power Restore class on 31 May or 1 June.

For Apollo Power yogis who are current annual or monthly members, or have purchased a 10 class pass, 30 class pass, or a starter pack, this package is **FREE!**

The **class schedule for Sunday 31 May** is:

11am PR60

3pm PAL60

4:30pm PR60

The **class schedule for Monday 1 June**:

8am PAL60

10am PR60

5:30pm PAL60

7pm PR60

With tens of thousands of people coming into the central city to compete in and watch the race, the traffic and parking situation will be especially challenging. Many roads are being closed for the race, so don't count on being able to get a car anywhere near the studio on that day. If you're coming in, give yourself plenty of time to find a park and enjoy a central city walking tour between your car and the studio. The Race Day atmosphere will

be electric. It'll be great to see the Central City humming again!

Workshops:

Our June workshop is a day-long event called Walk the Path of Yoga. We are holding this off-site at a venue to be confirmed on Sunday, 21 June beginning at 9am and running to 5pm. The day will include meditation, two sessions of asana practice and discussion and group activities.

This workshop is a great way to enhance your knowledge of the Journey into Power practice we teach at Apollo Power Yoga, experience some new variations of poses and acquire some new skills, as well as to gain a greater appreciation of yoga as a way of being and how you can incorporate yoga principles in your everyday life.

The cost is \$120.00 or \$60.00 for those who are annual members of Apollo Power Yoga.

Previous participants' feedback:

- *I would recommend this workshop to anyone who would like to focus more on their yoga practice but also on their general awareness of their thoughts and understanding of self.*
- *I liked: It all.... The participants, the meditation, and the 'who are you' exercises, in particular the sharing as you can add to your frame of reference by what others think and feel.... very 'Landmark-ish'. The yoga!!! Especially, getting participants to demonstrate with you pointing out the wrongs and rights of the posture. I feel I learned so much more than the individual classes.*
- *Thank you again for a stimulating workshop last Sunday! Totally loved it. Please do it again soon.*

Book now with Hamish
(hamish@apollopoweryoga.co.nz) or 021

0551884) to reserve your place as spaces are limited.

In other exciting news we are developing a connection with world-renowned teacher **Les Leventhal** (www.yogawithles.com) with a view to having Les run workshops in Christchurch in early 2016. Our association with **Budokon®** founder **Cameron Shayne** (www.budokonuniversity.com) continues and Cameron is looking to return to Christchurch in October/November for several days at which time he intends running a 3- or 5-day Budokon® intensive or teacher training. Come along to the Budokon® classes on Saturday afternoons, build your familiarity with this practice and then take it to a whole new level with Cameron later in the year.

Luxury Marlborough Yoga Retreat

12 and 13 September 2015



Hamish is partnering with the Sounds Retreat, a

Marlborough Sounds Luxury Lodge, for a two-day yoga retreat on 12 and 13 September 2015.

On Saturday there will be two 90 minute yoga sessions and two hour long discussion/lecture sessions.

Hamish is teaching on Sunday, beginning with a two-hour session of meditation and power vinyasa yoga in the morning. He will lead a 60-minute restorative session in the afternoon, together with two hour-long discussion sessions concerning identity and self-esteem.

The yoga classes and discussions will take place in the beautiful, historic Old St Mary's chapel, and the sessions will break with morning/afternoon teas and refreshments.

A gourmet Marlborough gift bag will be presented to each student after the retreat. Massages and beauty treatments can be pre-booked to enjoy on site after the afternoon sessions.

The cost of the weekend's yoga and discussions is \$250.00 per person. Only 22 places are available so book soon.

You may book 5-star accommodation at the Sounds Lodge or at the venue of the Retreat, Old St. Mary's Vineyard Estate. (www.convent.co.nz)

Alternatively, arrange your own accommodation and attend the practices and discussions only.

Accommodation prices are available on request from your hosts, Anne and Tony Brooker.

To make your booking contact Anne at 03 5742965, 027 864 9176 or anne.brooker@gmail.com



From Baron Baptiste:



40 Days to Personal Revolution Feedback

Here is what one of our yogis who recently completed the 40 Days program had to say about it:

I would like to thank you both for the 40 days program. I am glad that I did it (even though before it started I did not think I will be able to finish it) and I think I would do it again.

From a physical perspective, the almost constant tightness from my shoulders and upper back has gone. I also lost a few centimetres in diameter. The tightness in my arms has also decreased. Also I think I 'discovered' some new muscles around my core, in the back side.

From a nutritional perspective, although I read many books on this in the past, this approach was somehow new to me and also made a lot of sense. Observing how foods make me feel and the awareness of the pH factor are very useful. Plus I am starting to eat more fruit and I feel this is valuable addition to my diet.

The daily meditation practice had an interesting effect on my vision and perception. During meditation in week 2, I twice experienced a feeling of having a bright light in my head, as if a big torch was lighting me up from inside my head and everything was in a better light. This feeling returned during week 4, and on the following day, all day, I saw everything in a better light and with a lot

more detail, as if my eyes got a lot better. It was like watching a new TV with a much sharper image than the old one. Even working on the computer felt a lot easier for my eyes; I normally put my reading glasses on for computer work, but now felt that I did not need them. Also I felt that the little wrinkles around my eyes and the muscles around them were more relaxed.

My vision continued to be sharper on the following days. I noticed details in things that I didn't used to notice, such as the edges and shininess of plants, in particular. I've continued to see things in a brighter way than before and with 'better resolution'.

Regarding the personal inquiry questions - I did write answers for some of them and I think there was some benefit. What was interesting was in the first two weeks, while I was thinking about these questions, people from around me were giving me answers. So I think some very small changes are happening due to those questions, for example, I think I am becoming less reactive. Also I am getting better at taking things one at the time (as in 'just this one breath').

Overall I believe that the program is really well designed and that the components complement each other.

Changes that I will keep are:

- increasing the yoga visits at the studio from 3 -4 / week to 5+ / week*
- keep implementing the nutritional learnings*
- keep up the daily meditation practice*
- be aware of the small changes and grow them.*

Finally - A big thank you to both of you for all your hard work and generosity with the studio, what you are doing is quite amazing and an inspiration for all!

We will be running another 40 Days Programme later this year, probably from September to November. Give yourself the opportunity to get the benefits of this amazing programme, particularly if you're

considering the Yoga Teacher Training that we will be offering soon.

Budokon® Feedback

And here is what one of the participants in our weekly Budokon® classes has told us:

The Budokon class is really challenging, but I'm getting great benefits from it, even if I feel like I can't do much of it!

Taking my spine into a more sinuous style of movement is making my back and my whole body feel healthier and more relaxed.

Even though I had developed very good core strength through my Power Vinyasa practice, the Budokon series has ways of challenging that strength and making it stronger.

This effect has flowed back into my Power Vinyasa practice, enabling me to break through and achieve at a higher level in areas of that practice where I had been stuck for quite a while.

The combination of Power Vinyasa and Budokon works really well – the Power Vinyasa giving me the strength to step into the challenge of Budokon, and the Budokon class extending my strength to make my Power Vinyasa practice even more rewarding. Thanks, Hamish, for bringing this practice to New Zealand!

Power Vinyasa Yoga in Pregnancy



Well done, Verity Wood, for keeping your Power Vinyasa practice going throughout your pregnancy! Pictured here in Reverse Warrior, and below in Flip Dog, just a day short of being

due to give birth, with her partner Latham Berry practicing alongside of her.

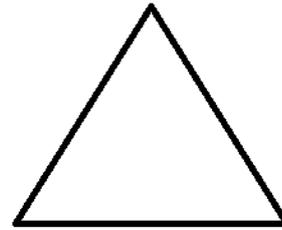


Verity worked with Margo to develop the modified Power Vinyasa practice that Margo has been teaching to our pregnant yogis. Maintaining her Power Vinyasa practice has helped Verity to sail through her pregnancy with good health and energy, and with a very modest weight gain, well within the healthy range for pregnant women. She's looking forward to getting back to her practice and her pre-pregnancy shape very quickly after the birth.

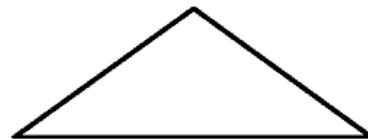
Asana Spotlight:

Last month we detailed classical headstand. This month, we look at a similar but different version of headstand that we call Tripod headstand. This pose can be a little more unstable than classical headstand and differs in the support the arms give to the inversion but, in all other respects, is the same.

- The essence of the pose is the base, which is a three pointed base formed by the hands and the head.
- It is important that, in setting the foundation, you ensure that your head and your two hands are equidistant from one-another, creating an equilateral triangle like this:



- Avoid the foundation of the pose forming an isosceles triangle like this:



- If you do have an isosceles triangle base, you will be unstable and you will tend to either fall back to the floor from where your feet began or, more disconcertingly, fall over backwards.
- There are two common ways to set up the pose. First, kneel down, set the crown of your head at the floor and your two hands at the floor with the equilateral triangle spacing already mentioned. Make sure it is the crown of your head at the floor. Too much on your forehead or too much on the back of your head and you will have a forward bend or backward bend in your neck causing strain and possibly injury.
- Your hands provide balance in this pose and they are active but the majority of your weight is channelled through your neck and head. Ensure your neck and head are well-aligned.
- Your hands are spaced and your elbows are bent just as they are for *chaturanga dandasana*. Draw on that powerful alignment of your arms here to help stabilise you throughout the duration of the pose.

- Tuck your toes under and lift your knees off the floor and your hips towards the sky.
- In small steps walk your feet a little closer towards your hands and feel your hips begin to move towards a balance point over your head.
- Tuck your heels, one at a time or together, up to your bottom. Press the floor with your hands. Your elbows are at right angles here. Keep your elbows wrapped inwards and do not let them wing outwards wider than your hands. Remember, your arms are in a *chaturanga dandasana* position in this headstand.
- Next, lift your knees over your hips, while still keeping your legs bent at the knees.
- Finally, straighten your lower legs from the knees to the feet straight up to the sky.
- Maintain engagement in the muscles of your abdomen (*uddiyana bandha*) and inner thighs to stay stable. If you do not do so then, in the case of losing core stability, you will begin to collapse into your low back and the weight of your legs will pull you over backwards.



- In the case of losing leg muscle engagement, your legs will drift off centre and pull your lower body one way and another. This can twist your neck and cause injury.
- The second common way to set up the pose is from a straddle legged forward bend (*prasarita padottanasana*). In this split-legged forward fold, bring your hands to the floor, shoulder width apart, and walk your hands back between your legs until the crown of your head comes to the floor. Ensure you have the equilateral triangle base.
- Press through your hands to the floor, engage through your inner thighs, hug inwards at your abdomen and lift your hips upward allowing your feet to come

off the floor. You may lift your legs outwards and upwards eventually drawing them together to the sky. Alternatively, you may prefer to draw your legs inwards once your feet leave the floor and, once they are together, tuck your heels to your bottom, lift your knees over your hips and then straighten your lower legs to the sky.

- If you are just beginning to learn this pose, you may find it helpful to come to a halfway house with your knees resting on the back of your upper arms. Whichever method you use to set up the pose (from kneeling or from straddle legged forward bend), just move one leg at a time and rest the knee of that leg at the back of its corresponding upper arm. As the knee comes to the back of the arm, tuck your foot upwards away from the floor. Then repeat with the other leg.
- As with all inversions, come down before you are too tired to come down with muscular integrity. Consciously reverse the process you took to come into the pose. Bend your lower legs down, hinge at your hips to bring your bent legs in towards your chest, gently lower your feet to the floor and finally take the weight out of your head.
- It is nice to rest in child's pose or *savasana* having been in this inversion.

Fear is present in all of us and is a necessary sense to help keep us safe. Courage is a quality we all have if we choose to find it. Courage emerges when fear is present and guides us. Courage is a middle point between cowardice and foolhardiness. Take your headstands by finding courage and watch as your confidence and sense of personal power grow.

Health Supplements in Stock for You at Apollo Power Yoga

Power Strips

You've probably noticed people at the studio with wordy patches plastered onto their bodies. What is that about?

We've been trialling Power Strips. These are a natural pain relief product that has been approved by the United States Food and Drug Administration as a Class 1 Medical Device for pain relief. They contain:

- Elemental Germanium, which reflects the body's energy as well as external energy (such as the infra-red heat that we use to heat the Apollo Yoga practice room) into the part of your body covered by and around the patch. This gives a pleasantly warm feeling to that area, helping to relieve pain; and
- Fermented Korean Red Ginseng and Marine Phytoplankton, which provide hundreds of different carotenoids, minerals, amino acids and other nutrients. These nutrients are absorbed into the area of your body which is experiencing pain, assisting the healing process.

We are now selling the strips at the studio. The cost is \$10 for a single strip, \$25 for a pack of 3, or \$100 for a pack of 15.

Body Balance

This nutritional supplement is an extraordinary mixture of 9 types of sea vegetables in an aloe vera base. Body Balance is a natural, organic, whole food, liquid supplement. It contains over 120 essential nutrients, including the 15 vitamins, 90 minerals (both electrolytes and trace minerals), amino acids, enzymes and fatty acids that our bodies need every single day.

Because of Body Balance's liquid ionic form, its absorption rate is 98%, compared to a 10-20% absorption rate from most pill supplements. Pill supplements are not real food – they are chemical concoctions, and pass through our bodies largely undigested, because of the stabilisers used to construct the pill form. Body Balance is real food – sea vegetables and aloe vera - and contains these important and rarely found nutrients:

- Fucoidan, which is found in the colostrum of mother's milk, and is an essential support to our immune system.
- Glyconutrients, which are necessary for cell to cell communication.
- Enzymes, to assist with the digestion of other food. As we age, our bodies' ability to produce enzymes decreases, so we're not getting as much nutrition from a healthy diet as we used to. Supplementing with enzymes ensures that we get the most we can from a healthy diet.
- Minerals, which are needed for the proper composition of body fluids, the formation of blood and bone, the maintenance of healthy nerve function, and the regulation of muscle tone including the heart.

Our land-based diet is produced in soils that are generally depleted, so the food produced is also depleted. The 9 sea vegetables contained in Body Balance are harvested from the deep waters of the Arctic Ocean. Minerals and other nutrients have been draining into this area for millions of years, yet it is probably the most pollution-free environment on earth. The aloe vera contained in Body Balance is obtained from a pristine alpine environment at the base of a volcano, the most mineral rich of soils.

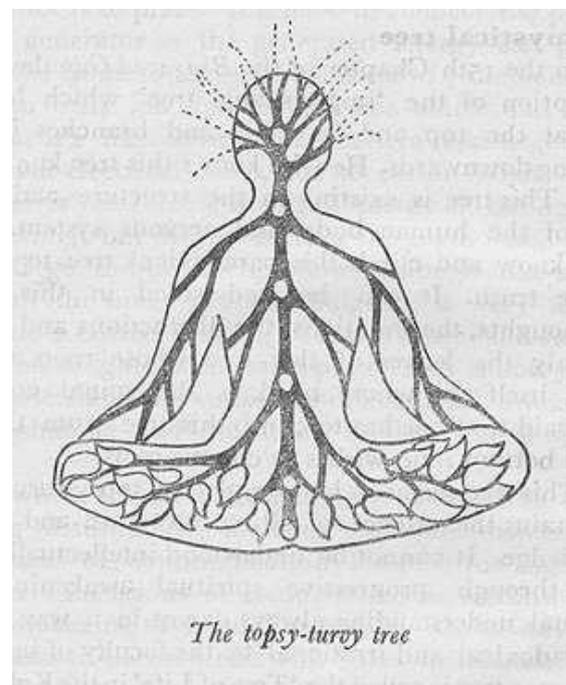
We are now selling Body Balance at the studio. The cost \$60 for a single 960ml bottle, \$110 for 2 bottles, and \$200 for 4 bottles.

Bhagavad Gita:

Chapter 15 of the *Bhagavad Gita*, Yoga of the Supreme Self, encapsulates the entire notion of the Gita. The Gita is an explanation of life by attributing the spark, the essence, the life force within us, to a God. And this is a perfectly common way for humans to account for phenomena outside of our understanding.

The Norse gods were an explanation of phenomena in nature and the Greek and Roman gods were, in large part, the same. Monotheistic cultures attributed all things to one supreme being. Cultures that worshipped multiple gods generally saw one god in the pantheon as being the father or leader of the others (Odin, Jupiter, and Zeus). Who is to say that divine creation is wrong?

Chapter 15 begins with the description of a metaphorical tree with its roots in the sky and its branches in this world. This tree is analogous to our bodies: our hairs are the root, our spine is the trunk, our limbs and energy streams are the branches.



The tree is nourished by the qualities of nature (gunas, discussed last month). Its buds are the sense objects and it entwines us

through its roots and branches in one action after another.

The true, ensnaring nature of the tree is not perceived at the level of worldly awareness. The way to cut free of the tree is with the sharp blade of non-attachment.

Pursue the absolute creator, from who streams all eternal energy so as to appreciate that the body and soul are distinct and then to give up attachment to the body and all that it desires.

Those who attain this non-attachment are those without pride or delusion. They conquer personal attachment and discover their true identity.



Their true identity is not based on separateness but rather on connection and oneness with God. Krishna tells Arjuna that an eternal part of god comes to this world and attracts the gunas. The mind and senses are awakened by the soul (*jiva*). The true self then enters and leaves a body due to god and leaves with the mental and sense capacities acquired during that life. So, it is actually god who experiences and enjoys the sense objects through each being's incarnation.

Deluded people do not appreciate this while those with intuitive insight understand that their soul survives their body and that their soul is part of and shared with the god.

Sloka 13 states:

With a drop of god's ojas (energy) he sustains all living beings. His presence in the moon, as

the life-giving fluid soma, nourishes all plant life.

The Gita states that god enters and lives in all creatures as the breath of life. In all things there are two states of *purusha*; that which is changing and perishable on the one hand and that which is unchanging and eternal on the other.

The second state of *purusha* is transcended by a third which is god as the absolute *purusha*.

Krishna tells Arjuna that when someone truly comprehends this then they have accomplished all that there is to accomplish in this world.

Chapter 16 of the Gita gives a more detailed prescription of the way to live well and the ways not to live well. This chapter is the Yoga of the Divine and the Demonic.

Krishna begins by asserting that there are nine qualities of the one who will attain the divine state. The first is *abhaya* or fearlessness. This couples with a pure-thinking heart and a commitment to stay on the yogic path to wisdom.

Then comes *danam* – always giving generously – coupled with control of the senses and a life of self-sacrifice (*yajna*). A desire to study scriptures, acceptance of austerities (*tapas*) and straightforwardness complete the nine qualities.

Other characteristics echo the Yoga Sutras of Patanjali in the yamas and niyamas and the Bible in the ten commandments and other principles of good living from Buddhism and Islam.

They include:

- Not causing pain
- Truthfulness
- Never being angry
- Peacefulness

- Renunciation of the fruits of your actions
- Compassion
- Non-covetousness
- Modesty
- Constancy in mood and behaviour
- Forgiveness
- Courage in adversity
- Absence of pride
- Vigour

Someone who lives these qualities is destined for a divine life.

There is the path to a demonic life, however. Ostentation, arrogance, conceit and ignorance of the truth are qualities that will lead to a demonic life if not eradicated from one's way of being.

The divine habits lead to *moksha* (freedom of the soul) while the demonic habits lead to bondage and reincarnation in a family in the habit of demonic behaviour.

This is how the Gita describes the demonic people:

- Failure to know right from wrong
- Absence of purity and truth
- Failure to acknowledge a god or any moral order in the universe
- Cruelty to others
- Inflicting suffering and causing destruction
- Being filled with insatiable desires
- Showing pride and arrogance
- Attached to their desires and the pursuit of pleasure and wealth
- Judging themselves above others by virtue of wealth and possessions

Krishna condemns these people to reincarnation among their like until they see that their way out is through an acknowledgement of and turning towards god.

Sloka 21 is critical in this chapter, simple and direct in its prescription:

Hell has three gates of self-destruction: lust, anger and greed. Therefore, renounce them.

Whoever is good and does good escapes these three gates. Those who do not, never find true happiness.

Namaste

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