



November 2015

Step into your Power:

Places are limited on Apollo Power Yoga's 200-hour teacher training programme, stage one of which runs 16-23 January 2016 in Methven. Places will be filled in order that the applications are received. Get your application in now to avoid the disappointment of missing out. This programme is for YOU whether you want to teach or want to experience a transformation in your way of being and your way of seeing yourself. Step into your power!



Building Blocks Workshop No. 2

Saturday 5 December at midday is **Building Blocks No. 2** in which we will look at the poses of Sun Salutation B including Utkatasana and the Warrior poses. Cost is \$10.00 or free if you are on a starter fortnight pass. This is a great opportunity to learn the basis of the vinyasa early in your practice or to refresh basic principles if you have been practicing somewhat longer. All are welcome.

Busy Classes:

Those of you attending the evening classes will have noticed that some of these sessions are becoming quite busy. There are tremendous benefits to this:

1. The group dynamic is tangible and can lift you even when you are feeling depleted or somewhat low on energy.
2. There is a buoyant social atmosphere with everyone working well together in conviviality.
3. These numbers make this studio a truly viable entity. We need you to be present in the room in order to be able to provide you with this wonderful practice and continue to make advancements in what Apollo Power Yoga offers to you.

We are experiencing increased class numbers in part as a consequence of the many students who have purchased unlimited month passes while the price of these passes has been discounted over October and November.



We are not yet moving to a booking system but have the technology to move to that in the future. At this stage we can accommodate 42 people in our practice room and these places are filled on a first-come, first-served basis. In the event that we fill up and you cannot practice we shall be very sorry.

We have extra space available to us to expand the practice room. That too is an option for the future as substantial class sizes prove to be the norm.

Apollo is Branching Out:

Apollo Power Yoga will soon be offering its great Power Vinyasa and Power Restore classes from the Scoop Pilates studio in Ferrymead! Watch our website and Facebook page for more details.

Annual Memberships:

Two options: (1) Pay for a year in advance. In December 2015 and January 2016 this will cost just \$1200.00 (from 1 February 2016, \$1400.00). If you liked the special on monthly passes at \$100 per month then you can secure that rate for the whole year with this option.

(2) Pay for your annual membership with a weekly, fortnightly or monthly direct debit. This option costs \$1560.00. A contract must be entered into to take up this option. You must pay your first instalment at the studio at the time of entering the contract and all subsequent payments must be by way of automatic payment at the rate of \$30 per week, \$60 per fortnight or \$130 per month.

In respect of all annual memberships:

- You may store one mat at the studio in the cubby holes provided.
- You may attend workshops run by Apollo and the 40 Days to Personal Revolution

programme for half the normal price. This does not apply to workshops where we host a visiting teacher nor to Apollo's teacher training programme.

- Annual memberships are non-transferable, non-refundable and, in the case of the time payment option, unable to be cancelled by you.

Asana Spotlight:

Split leg forward fold, *Parsvottanasana*, is a challenging forward bend. It challenges balance and brings an intense stretch particularly to the back of the front leg. When the foundation is well-set this pose frees up and is highly rewarding. Here are the foundations:

- From straddle legged forward bend, last month's feature pose, take your hands to your hips, firm your belly in, draw your shoulder blades together and rise up to standing with your back straight.
- Turn your right foot to point straight towards the front of your mat. Step your left foot forward a little (20cm to 50cm roughly) and have that foot turned out to the left side of your mat about 45° off centre.
- Press forward into your right foot and draw your right hip towards the back of the room. Do not hyper-extend your right knee – maintaining a slight bend at your right knee can be useful if either you tend to be hyper-mobile at your joints or you are very tight in your hamstrings.
- Press backwards into your left foot and rotate your left hip forward towards the front of the room.
- Creating a centre at your hips is important in this pose so work for it. Internally rotate your two thighs with your inner thighs turning inwards towards one another and towards the back of the room.



- Elongate the front side of your torso as you breathe in and fold forward as you breathe out. Look to align your chest over your right thigh.
- You may choose to keep your back straight and hinge through your hips but not release your chest down, or you may pour your torso down over your front leg.
- There are numerous variations for your hand position: you may keep your hands at your hips, you may have your hands in prayer at your back or your hands laced behind your back and your straight arms reaching forward towards the front of the room, or you may lower your hands to the floor. In this last variation, if your hands come easily to the floor, turn your hands outwards until your fingers are pointing towards the back edge of your mat and walk your hands slowly back along your mat, using a slight grip at your fingertips to help draw yourself down deeper into the fold.
- To come out, firm *uddiyana bandha*, lift up halfway, set your hands shoulder-width apart at the floor, step your right foot back to plank, and flow through a vinyasa to come to downward facing dog ready to step your left foot forward to do the other side.

When the intensity of a pose lands with us we have three options. We can run from the pose, come out and make a fuss. We can tense up and struggle and fight with the pose.

We know neither of these options works for us. The third option is to relax with the pose. Breathe more. Dissolve tension. Find the pure blend of stability and space in the pose and truly commit to that state. In that way, even the most challenging asana can become a place of great peace.

Be a Yes:

In Baptiste power vinyasa yoga we are asked to be a Yes. Often when people hear this expression they wrinkle their foreheads or look confused. They cannot quite grasp what is intended. Let us filter out some of what is NOT intended to get to the essence of the phrase.

First, being a Yes does not mean to be a yes-man (or yes-woman). It does not mean to be a toady always agreeing with and flattering others. Simpering and ingratiating are behaviours intended to get you the approval of the person you are dealing with. These behaviours, however, have the effect of creating contempt in the other person. They see the ingratiating person as weak. They see them as being capable of being used and exploited. The yes-man immediately creates a hierarchical relationship with the other in which the yes-man is inferior. This relationship does not change. If not immediately then at least at some point the yes-man realises what the other knows from the outset; namely, that the yes-man is not worthy of respect. This realisation is dispiriting and deprives the yes-man of power and personal expression.

Similarly, to be a Yes does not mean to be a people pleaser. People pleasing denies our true self and is based on phoniness. Uncertainty whereby our sense of lack about ourselves needs to be compensated with winning the goodwill of others leads to people pleasing. We do what we think others will like

and therefore like us for. It lacks truth and is ultimately defeating to our sense of identity.

Be a Yes also does not mean to say yes to everything. No matter how helpful we may like to be and no matter how positive an outlook we may like to bring to life there are always times when we need the power to say “No”. If we say “Yes” to everything we find ourselves over-burdened with obligations. If we say yes to our children all the time they do not learn boundaries and appropriate social parameters. If we say yes to everything we can end up drained with little time to say yes to ourselves. In the end this can create a sort of martyrdom in which we gain a perverse satisfaction in denying ourselves in order to do for others.

Learn to say “no” in order to be a yes. This applies to our internal dialogues. Just as a teenager may need courage to be a voice of reason, to overcome peer pressure and to say “No, I will not break into this car and go joy-riding with you”, so we may need courage to deny our inner doubts and negative tendencies. To be a yes for growth and possibility and purpose we must be a no for resignation and self-sabotage.

To Be a Yes means to be open to growth and opportunity. It means to be curious and interested in fulfilling potential. Aristotle generally described our life’s purpose as being the fulfilment of our potential. We begin life with latent potential in various areas. Perhaps we can all learn how to play golf but some of us have the greater potential to be exceptional at playing golf. Those with that potential may enjoy using their skill and may choose to pursue a career as a golfer, whether as a club professional helping those with less potential make the most of themselves to enjoy their weekly round, or as a touring

professional pitting their skills against others to claim a share of the prize pool.



Others have creative potential to design or invent. Others have potential to build and manifest a conceptual notion into a physical reality through the use of their hands. Others still may have the potential to write or to speak or to teach. In some way, we seek out that which gives us satisfaction and for which we are adept and we channel our energies in those areas.

Potential is limited in some areas and rather more limitless in others. As a runner I trained hard, prepared as well as I could and ran to the limits of my ability producing a best half marathon time of 1 hour 16 minutes and a best marathon time of 2 hours 50 minutes. I like to think I could have run faster than these times but I know I could not run a 65 minute half or a 2:20 marathon. My running potential was more limited than that. When I resigned my partnership as a lawyer and became a house husband, I had unfulfilled potential as a lawyer. My mentor in the law said of my departure from the practice of the law, “What a waste”. Some members of the judiciary indicated to me that they thought it a shame I was not carrying on. But to carry on as a lawyer, to be a yes for the legal career I had started, was not to be a yes to my family and to my truest self. On reflection, I simply did not like who I was as a lawyer and to be a yes for myself meant being able to say no to practising the law.

To continue with an example from the sporting realm, Lord Coe was a fabulous miler and middle distance runner when known as Sebastian Coe. He won Olympic gold and set world records. He then turned himself when past his prime as a runner, to a career in politics and became a Conservative Member of Parliament in Great Britain. He was recognised for his various services to Great Britain with a peerage and became Lord Coe and sat in the House of Lords rather than the House of Representatives. He had potential as a governor and pursued that potential in politics.



He chaired the London Organising Committee for the Olympic Games. Against expectations London won the bid and ran a very successful games. Lord Coe had potential as an administrator and began fulfilling that potential through his role with the Games Committee. In all this time he also demonstrated great integrity and has recently been made chairman of the International Association of Athletics Federations charged with addressing the scourge of drugs cheating in athletics. Lord Coe has potential as a diplomat, as someone with unimpeachable character and as someone who sees through the things they begin, to bring about the rectification of the reputation of international athletics and to expunge the curse of drugs cheating in athletics.

Through our lives we may exhaust potential and we may also gain more and more tools with which to further develop other areas of potential. Our bodies may age and we lose the capacity to perform physically at a level we could in our youth. Mentally we continue to learn and with experience gain access to developing our potential in other ways. For instance, where once we were mentored, we become mentors for others.

Be a Yes is an attitudinal concept. In *Being of Power* Baron Baptiste refers to people's internal commitment to create what is possible as their reality. He describes it in these terms:

This is not about positive thinking or sugar-coating anything in feel-good goo. It's about being confident in your ability to turn difficulty into possibility, upsets into positive energy, and breakdowns into breakthroughs.

Yes is an energetic place. When you're coming from this energy, it alters and impacts the way you see yourself, your life, your thoughts, and your feelings. It shapes your actions right here in the present moment.

Inherent in being a yes is clearing away the negative inner doubts and beliefs and the resistance we have to challenge and to change. In this respect the story of the two wolves within us is relevant. According to North American First Nations legend, we have two wolves within us – the good wolf, and the bad wolf. That which we feed grows strong and that which we starve dies. If one wolf is yes and a commitment to create as reality that which is possible and one is no and a dragging, stagnating doubt, we must feed the yes and starve the no. In response to situations in our lives it is useful to listen to the inner voice and be clear about whether

we are hearing yes or no. If we are hearing “I am not worthy” or “That is for other people but I am not good enough” or “I want to do ... but ...” then it is necessary to defy that inner voice and get to yes.

Be prepared to face hurdles and upsets to get to your goals. Do not expect the path to always be smooth and easy. Do not let setbacks defeat your purpose. Just when the demon of doubt speaks to you most strongly is the perfect time to be a yes and take a stand for yourself. You will feel great turmoil within yourself at times and this shattered energy can be confusing. Give that energy a clear conduit of purpose by being a yes. As you do so the fractured sense of disintegration will remodel itself into a centred feeling of destiny and life force.

From Baron Baptiste:



Unclaimed Mats, Lost Property and Mat Storage:

If you have your mat at Apollo Power Yoga's studio you need to be either an annual member or paying for a cubby-hole to store your mat. If you are not in one of those two categories we would be grateful if you would remove your mat.

We are having a clear out of unclaimed mats and lost property in December and you may wish to remove your property before it is sold to raise money for the Africa Yoga Project.

If you are storing your mat at Apollo Power Yoga you may keep it in your allocated slot in the boxes at reception.

Africa Yoga Project Fundraising:

Our teacher, William Martin, has committed to going to Kenya in March 2016 to take part in the teacher training. This is a training that is offered to African people free of charge, and once those people are trained, they are employed to teach yoga classes to other people, free of charge. William will be attending the teacher training as an assistant teacher. He will not be paid to do this – in fact, he has to pay a fee of US\$2,000 to take part in the training, PLUS he has to raise another US\$4,000 to enable 2 African people to attend the training as students. It's a big commitment, but he is a YES for it, and we want to support him in this.

Part of our fundraising effort is the Sunday 8:30am Contribution Classes. William is donating his time to teach those classes, and all of the entry fees raised are being donated towards his goal. So that's a great start.

Another initiative we have devised is the RECYCLE and REUSE campaign. Do you have stuff that you'd like to get rid of but haven't got around to putting it on TradeMe? If you think that it's still in shape for someone else to buy it, bring it to the studio. We'll put such articles into the orange-doored room off of the practice room, and if people want to buy your stuff, the purchase price will be donated to Africa Yoga Project. You might like to also contribute baked goods or extra produce from your garden for this purpose.

Apollo Power Yoga Students Up to Big Things:

Pal Ricardson is off to Cambodia in December. He leaves on 9 December for a period of about 7 weeks away. He will ride his bike through

Cambodia to an elephant rehabilitation centre where he will donate his time and effort before cycling on to an orphanage. For this latter stage of his trip Pal is raising funds to take with him writing and colouring materials that are in short supply and will make an immediate difference for the children. Fantastic work Pal. We wish you well on your travels.

A Request for Tidiness:

With the studio getting busier, it can be difficult to keep it neat, clean and tidy – particularly if our yogis are less than mindful about cleaning up after themselves. It would be great if every yogi could do his or her bit to leave the place in the state they find it. For example:

- If you shed hair in the showers, please either wash it down the drain or use your towel to remove it;
- Please don't leave used tissues lying around. We have to wrap another clean tissue around them before picking them up, and that wastes tissues;
- Speaking of tissues, they belong in the rubbish bin, not in the big blue used towels bins. And panties (with used sanitary pads still attached – seriously!) and other dirty clothes do not belong in the towels bins either;

- Leave the blocks and straps tidily at the back of the practice room;
- There are toilet brushes beside each of the toilets. Please use them if required;
- If your shoes are muddy, leave them just inside the reception door, rather than tracking mud right through the studio;
- And finally, the rubbish bin in the men's changing room is not a basketball hoop – and you boys are not Stephen Curry of the Golden State Warriors. If you take a piece of fruit from reception and have a core or peel that you want to put in the bin, please place it in the bin rather than throwing it at the bin. Splattering fruit on the wall, leaving chunks of fruit on the floor around the bin, and just generally making a mess and leaving it for us to clean up is not very yogic.

Namaste

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