



November 2018

### Italian Yoga Retreat:

We have full details now of our Yoga Tour in Tuscany. It will be a wonderful experience.

Our partners, Connectitalia-NZ, have produced a luxurious itinerary for an exclusive group of only 14 guests.

We meet in Rome on 23 June, to travel to San Gimignano by deluxe mini-bus. On the way, we will stop at Orvieto for refreshments and a peek in to the famous Cathedral.



Our base is in the countryside, within walking distance of the medieval town of San Gimignano: the Hotel and Spa Relais la Cappuccina. This Art Nouveau villa features hydro massage, Turkish bath, chrome therapy, aromatherapy, many other spa treatments, as well as indoor pools and a large outdoor swimming pool. We will have beautiful areas in which to practice yoga, both indoors and

outdoors, as the weather and day of time dictates.

Yoga practices, including meditation and discussions of yoga ethics, will be offered each morning (not too early!) and late afternoon. We know that many of you have endeavoured to keep up your regular yoga practices while travelling, and have encountered the same difficulties that we have: either there is nowhere near your accommodation to practice, or you have spent a considerable part of your precious holiday time travelling to a studio only to find that the practice was not what you were expecting.

On our Yoga Tour of Tuscany, Hamish and Margo will be providing you with the same excellent Power Vinyasa and Power Restore classes that you experience at Apollo Power Yoga, but in the convenience of your accommodation, in the glorious setting of the Tuscan landside.

With both Hamish and Margo along, we even have the option of offering more basic instruction to those who are very new to the practice, at the same time as more experienced practitioners receive workshop-style instruction to extend their practices. Anything is possible!

Our daily tours into the marvels of Tuscany will be conducted at a leisurely pace as befits those who appreciate the yogic qualities of presence and equanimity. It is entirely up to you whether you venture out with the group on any day (or stay at the Spa and partake of its offerings), and if you do venture out, whether you remain with the group at our destination or explore on your own.

Daily tours include:

- Volterra, a walled mountain-top town thought to have been continuously inhabited since the end of the 8th century BC;
- Siena, the famous “red city”, with its historic fan-shaped Piazza del Campo;



- Firenze (Florence), with its many museums and cathedrals. This trip will also feature an evening meal in the lovely village of Fiesole, overlooking Firenze;
- Monteriggioni, a medieval town in the heart of the Chianti wine-growing region;
- Colle di Val d'Elsa, a fortified village, which we enter through the ancient and monumental Porta Nova. The village currently produces 95% of Italy's crystal glass production and 14% of the worldwide production of crystal glass, and boasts a famous crystal museum;
- San Gimignano itself, a picturesque walled town, which is a UNESCO World Heritage site. It is magical.

Our tour will conclude in Firenze, taking in Certaldo (home of Giovanni Boccaccio, author of the “Decameron”) along the way.

As you can see, this is no ordinary tour. We have made the conscious decision to partner with Connectitalia-NZ because the quality of their tours and their attention to detail aligns closely with the way in which we teach yoga at Apollo Power Yoga.

Just as we offer you the very best yoga experience at Apollo in acknowledgement that you have invested your resources in coming to us, Connectitalia-NZ offer you the very best experience of Italy when you invest your resources in travelling to Italy with them.

An aside... some of our yogis have noticed the serendipity of the timing. The tour dovetails nicely with taking in Wimbledon 1-14 July, and also the once yearly concert which Andrea Bocelli gives in his hometown which is very near San Gimignano. All good!

### **Step into your Power:**

APPLY NOW for our yoga intensive/teacher training, Step into your Power because you are READY NOW.

Anyone can find excuses why not. But it does not serve you at all to delay or hide from personal development. Whether you wish to be a yoga teacher, or wish to learn more about yoga (meditation, asana and philosophy) or wish to experience personal development, this course is for you. As one participant has said:

*I found the inward looking sessions hugely transformative. I felt that there was a consistent theme, and was really impressed by Hamish's ability to retain what each person had said throughout the week and then re-*

*state it to the relevant participant at a pivotal moment.*

*The training was incredible. It was transformative. I connected deeply with myself and the other participants, and found a space in myself that I try to remember and return to whenever I can.*

The programme runs for 8 days from **12 to 19 January 2019** at Wainui on Akaroa Harbour. **APPLY NOW!** Places on this course are limited and an application is necessary. Get your application in today. You are ready for this. You are up to this. Do this course now.

Hamish was recently interviewed by Kara-Leah of The Yoga Lunchbox. To hear him speaking about Apollo Power Yoga, his partnership with Margo, this training course and other matters as well, follow this link:

<https://www.youtube.com/watch?v=j6KKT40Wpcl>

For more information, or to apply and download the application form, visit Apollo Power Yoga's website:

<http://www.apollopoweryoga.co.nz/Yoga-IntensiveTeacher-Training/>

### **Meditation Class:**

As of 18 November we began running weekly meditation classes at 6:00 pm on Sunday evenings.

You may attend these classes on a casual basis or make them part of your weekly routine. In each session we will discuss meditation, its theory and practice, and we will meditate together.



These sessions are covered by your unlimited passes (annual membership, month passes and starter two week passes) or there is a \$10 drop-in fee.

### **40 Days to Personal Revolution:**

Thank you to the 23 people who participated in 40 Days to Personal Revolution this spring. It was great to work with you and be part of the discoveries and growth that you experienced during the programme.

Our next course will be in March and April 2019. Normally we do not start the autumn course until May once our teacher training course has finished. In 2019 our second teacher training intensive will be in September rather than April.

If you are planning to participate in 40 Days to Personal Revolution, March 2019 is the time to join in.

### **Queenstown Marathon:**

A number of members of the Apollo Power Yoga community participated in the various events at the Queenstown International Marathon over the weekend of 17/18 November.

Our teacher Alice ran the half marathon. Bee Bathish ran her first half marathon and Julia Dines ran the same race. Isobel Stout participated the 10 km walk. Tim Aldridge and

Jemma Penelope and Teresa Correia ran the marathon and Abby Natrass recorded a very good 3:48 in the marathon.



There may well have been others and we apologise if we have missed you because we understand that to compete in such an event has involved a lot on your part and we respect that.

### **We Are Not Stocking Bottled Water Any More:**

We have purchased a Kangen water filter. You are most welcome to help yourself to water from the filter in the room behind the reception desk.

PLEASE run only cold water through the filter. Hot water damages the filter. Many thanks.

We have a limited supply of clean, recycled bottles and cups for you to use if you do not have your own. Once used, please return these so that we may clean them again and re-use them.

### **Seven Threats to Human Virtue:**

We are often reminded that yoga is not a physical practice in isolation. Were it so, it is highly unlikely that I would be a yoga teacher. What has touched me in practicing yoga and what has inspired me to train as and serve as a

yoga teacher, is the spiritual elements of the practice.

It is essential to the spiritual side of the practice that you get in touch with the ethical side of yourself. As an exercise in non-attachment, yoga is compromised by feelings of guilt, remorse, regret and by the pangs of conscience. Living ethically is part of the clean-up that allows the yoga student to clear their mind and live lightly from their spirit.

The Yoga Sutras and the Bhagavad Gita are both sources of ethical guidance for yoga practitioners. Another source that I find useful is a list of ethical warnings given by Mohandas Gandhi in his newspaper *Little India* in 1925 called the Seven Threats to Human Virtue.

The list of seven is:

1. Wealth without work.
2. Pleasure without conscience.
3. Knowledge without character.
4. Business without ethics.
5. Science without humanity.
6. Religion without sacrifice.
7. Politics without principle.

The essential way in which these are expressed has its own power and resonance but I shall look at each a little further.

**Wealth without work** creates the concern of trying to get something for nothing. History is littered with the disastrous effects of get rich quick schemes and of the heirs to fortunes living dissolute lives of hedonistic waste that end tragically.

When the global financial crisis of 2008/2009 hit, one of the frauds exposed was that of Bernie Madoff who ran a fraudulent investment scheme that was based on recruiting new investors to pay out returns to the original investors. The scheme was not generating any profits at all. It depended solely

upon the greed of people wanting to see quick returns and so be willing to give Madoff their money. Madoff paid their money out to other investors as dividends. In the end nearly US\$65 billion was involved in the fraud and Madoff was convicted of a range of offences and sentenced to 150 years imprisonment. No mitigating character references were offered at Madoff's sentencing.

Essentially, Madoff ran a Ponzi scheme. Charles Ponzi used this same sort of scheme in the 1920s. Even then it was not new. Sarah Howe defrauded investors in the Ladies Deposit Company of Boston in the 1880s with the same ruse. Dickens' novel *Martin Chuzzlewit* describes the same sort of fraud in the Anglo-Bengalee Disinterested Loan and Life Assurance Company, and that was written in 1844.

Over and over the same desire for something out of nothing repeats itself and the results are depressingly similar each time.

When I have worked for something, and worked diligently and hard, then I have experienced good results and outcomes. My results in running races reflected the work I put into training. The growth of Apollo Power Yoga reflects the work that Margo and I and our teachers have put into the studio.

Equally, the times when I have cruised and rested on my laurels have had their own results. A failed mid-year exam in Constitutional Law came because I had a contempt for the lecturer, an assumption that the subject was a breeze and nothing serious, and my lack of preparation got the result it deserved.

Baron Baptiste has a saying, "Don't wish for it. Work for it" and he is right. Gandhi is right. No good can come from assuming that you can reap rewards without applying yourself and generating those rewards. The rewards

themselves also need scrutiny. Is money the be-all and end-all or is satisfaction in one's craft, one's labour and the process by which one earns one's living more important than the nominal dollar value of that living?

**Pleasure without conscience:** when I behave selfishly I ultimately feel unfulfilled and possibly even guilty and regretful. When I behave selflessly I have a stronger sense of my worth as a human being.

What costs lie behind the pleasures of life? Breathing clean air, walking on grass in bare feet, and drinking clean water are all pleasures of life and have no particular adverse consequences. Some find riding jet skis a pleasure of life. But jet skis produce a great deal of noise and consume fossil fuels, the waste of which ends up in the oceans and lakes. Some find consuming products derived from rhinoceros horns or elephant trunk ivory a pleasure but that comes at a cost to endangered species and a pernicious poaching trade. Some find diamonds a pleasure in life but "conflict diamonds" are produced by the rape of the land and the exploitation of child labour in appalling conditions. Some find extra-marital affairs a pleasure but at the cost of broken hearts, broken families and a legacy of betrayal.

Gandhi is right. Ultimately, one's enjoyment of the pleasures of life must be measured against natural laws of virtue.

**Knowledge without character.** Schools promote themselves as much based on the sort of person their pupils are as how well they achieve academically.

In the "About Us" section of the website of the high school that my sons have attended there is a section on academic success but there is also a section on Virtues and Policies. That section lists honesty, learning, respect, spirituality, justice, compassion and

stewardship as character traits that the school seeks to instill in its pupils.

It is recognised that simply having knowledge, facts and information is not enough to be a worthwhile contributor to society. Learning to drive a car is not just the mechanics of making a car move but also knowing the rules of the road so that everyone can navigate the streets safely.

The Australian national cricket team experienced significant adverse publicity and a clean-out of its senior ranks both in the playing team and in its board when the captain, vice-captain and another member of the team were involved in a ball-tampering scandal. They knew how to play cricket well but they lacked the character to play fair and in accordance both with the strict rules of the game and also in accordance with natural laws of fair play and sportsmanship.

**Business without ethics.** Adam Smith, an 18<sup>th</sup> century economist described an “invisible hand” that guided the overall operations of markets such that with each person acting in their own best interests an equilibrium would be reached and everyone would benefit.

Self-interested parties acting selfishly does not speak of ethics. Yet, Smith also wrote a book called *Moral Sentiment* in which he argued that in the absence of moral foundations economic systems will not function and be sustainable.

His vision in this respect was for parties to business and commerce to have a win:win approach and pursue mutual satisfaction rather than to have a zero sum outlook where gains by one must be balanced with losses to another.

Whether it be in the form of paying one’s employees a living wage, or using Fair Trade products such as coffee beans, or ensuring that child labour has not been used in the

production of one’s goods, or supporting charities from the profits of one’s business the ethical foundations for businesses are a factor in on-going success and sustainability.

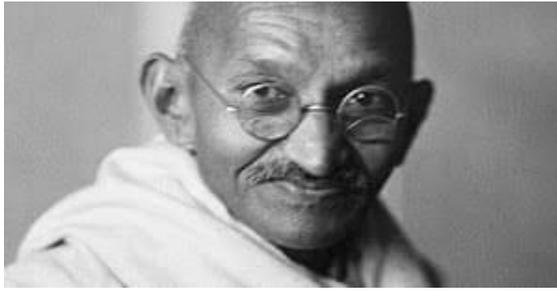
*The Lorax* is a cautionary tale of the consequences of business without ethics. Again, Gandhi was right.

**Science without Humanity:** When I think of science without humanity I think of a number of examples that cause me considerable discomfort. Allegations of organ harvesting from Falun Gong people; experiments performed upon Jews held captive in the concentration camps in World War II; testing beauty products on animals and so on.

Scientific ends do not justify all means. A thirst for knowledge and for answers does not mean that we, as a species, are elevated by obtaining those answers when the means cost us in terms of the erosion or breach of natural laws of humanity.

To treat life as being a suitable basis for experimentation or to regard a living being as available for exposure to harm is unconscionable.

“The United States government did something that was wrong — deeply, profoundly, morally wrong.” So said President Clinton in 1997 when apologising for the Tuskegee Syphilis Experiment in which 600 black men between 1932 and 1972 were observed for the effects of syphilis. The 600 included about 2/3 of the group suffering from syphilis and the balance as a control group. Those suffering from the disease were never told they had the disease nor were they offered treatment, even when anti-biotics became available, but were observed and studied for the progression of the disease in them and, upon their deaths, the effects the disease had ravaged upon their bodies.



**Religion without Sacrifice:** There is a way of being known as Rajasic. In this way of being a person acts for their own interests. A Rajasic person will not give to charity for the benefit of the charity but for the respect accorded to them as a benefactor.

It is to this sort of person that Gandhi directs his notion that religion without sacrifice is a threat to human virtue. Without sacrifice a person may become active in a church but remain inactive in its gospel. The social appearance of religion and the piety of religious practices may be elevated above the application of religious virtues and adherence to the tenets of faith. It takes sacrifice to serve the needs of other people - the sacrifice of our own pride and prejudice, among other things.

A major element of Martin Luther's objection to the Roman Catholic Church that prompted his act in nailing his 95 theses to the church door in Wittenberg and igniting the Protestant movement, was his objection to hypocrisy in the church. The wealth without piety and the double-standards exhibited by officials in the church offended Luther.

By contrast, one of the enduring qualities of a figure such as St. Francis of Assisi was his sacrifice and his willingness to live as he preached.

**Politics without Principle:** Have you read any of Joe Bennet's items in *The Press* in which he addresses the presidency of Donald Trump? In one, he writes, "If you do not think this man is vile you have not been paying attention".

Bennet has advanced the view that Trump is without principle. Whether it be his attitudes and behaviour towards women, his appointment of cronies to influential positions, his manipulation of the media to advance a version of events that suits him, his denigration of John McCain as a bad soldier because he got caught, his use of non-political events to advance a political agenda or whatever, Bennet asserts that Trump is president for the benefit of Donald Trump and not so as to serve his country and advance the interests of the American people.

Gandhi asserts that politics should not be participated in for one's own self-aggrandisement, for the wielding of power or for the advancement of one's own ego. Rather, he asserts that politics ought to have a grounding in principle. By principle he means more than a slogan or rallying cry. He means a trust in a principle as being the best means of securing the best interests of the people.

David Lange stood for something. The government he led in 1987 sought to effect change. The policy on nuclear ships, "Tomorrow's Schools" and the economic policy known as Rogernomics were all matters of principle. Perhaps the greatest expression of the fact these matters of politics were grounded in principle came when Lange perceived that the changes being implemented by his government were over-reaching and he said that it was "time to stop and have a cup of tea". He wanted his ministers to pause, take stock and re-assess whether the actions of the government were in line with principle.

The seven dangers to human virtue propounded by Gandhi in 1925 give me pause for thought in all aspects of my life nearly a century later. Read the list. Reflect upon what the constituent elements of the list mean to you. Integrate ethics and virtue into your daily

actions and carry with you a legacy of which you can be proud.

### Asana Spotlight:

Extended side angle is one of my most favourite poses. It requires strength. It requires mobility. It is an opening pose and it has many inherent possibilities. It is, in fact, emblematic of power vinyasa yoga and life as a whole.

- Take downward facing dog and step your right foot forward to Warrior 1. Take Warrior 2.
- Ensure your right foot is set straight forward on 12 o'clock. Stack your right knee vertically over your right ankle. For many students this requires you to consciously press your right knee out towards your right baby toe.
- Use the muscles of your outer right thigh and buttocks to pull your right thigh bone in towards your spine. It is important not to derive your stability purely from stretching in this pose. Maintain strong contractions in your legs and draw your thigh bones in towards centreline and core to be stable and powerful in extended side angle.
- Externally rotate your left thigh to the degree you can without losing the alignment you have created with your front thigh in the previous two steps.
- You may be able to turn your back foot outwards to as much as 90° off centre but this is not essential. Align your left foot so as to assist your left leg to rotate outwards but consistent with the alignment of your right leg. Press the outer edge of your back foot down to the floor. Lift the inner arch of your back foot and tone and lift right up through the inner seam of your left leg.
- Reach your tail bone towards the earth and draw the pit of your belly in towards your spine.

- Rotate the left side of your torso towards the back of the room and be as side on as possible.
- Rest your right forearm across your right thigh or reach your right fingertips to the floor to the inside of your right ankle. Do not collapse your weight downwards but consciously engage your core and side body muscles and hold your torso lightly.
- Reach your upper arm either vertically to the sky or forward over your left ear towards the front of the room. Some people get in a bit of a tangle with their upper arm and twist it internally. Do not do this. Instead, rotate your upper arm externally so that, with your arm vertical, the palm of your left hand faces the left side of the room or, if you are reaching your left arm forward over your head, your palm faces the front of the room.
- Turn your chest towards the left side of the room. Draw your left shoulder blade, your upper shoulder blade, towards your spine and rotate open. Expand the front of your pelvis and your chest.



Figure 1

- Draw your chin in towards your throat using *jalandhara bandha* then open your throat and take your head back. It is counter-productive to drop your chin to your chest or to take your gaze backwards.
- In Figure 1 you will see the clean line right up the left side of Hamish's body. Create that line in your pose. If your base is short

and/or the bend in your front knee is too little you will create a protrusion of your hips upwards that breaks the desired line in the side of your body. If this is the case you are better to rest your forearm on your thigh than to reach for the floor with your right hand.



Figure 2

- In Figure 2 the student has a short base and quite an open angle at her front knee yet she is over-reaching for the floor. You will see that there is no continuity to the left side of her body. It forms a soft curve rather than a firm line. This student would be better aligned if she rested her forearm across her right thigh. See Figure 3 below for a good modification.



Figure 3

- To take a bind of your arms in this pose, fold your left arm down behind your back and reach the back of your left fingers for the outside of your right thigh about halfway between your right hip and your

knee. If you cannot create this connection do not go further. We call this point a half bind and it is a good expression of the pose. Draw your left shoulder blade in towards your spine and rotate your chest open to the left.

- If you can touch the outside of your right thigh then take your right forearm from the inside of your right thigh, beneath your thigh to the outside and bind your hands. This action must be taken from the basis of rather than at the expense of the alignment of your front leg. Press your right knee towards your right baby toe and pull your right thigh in towards centreline and core.
- Commonly I see students take a bind and lose the integrity of their front leg and turn their chest down towards the floor. See Figure 4 immediately below for what this looks like (albeit in an extreme way).



Figure 4

- When you take a bind maintain or re-instate the side-on integrity of the pose. Extended side angle is taken out of Warrior 2 which is a side-on pose. Put the side-on characteristics of Warrior 2 into all your extended side angle variations.
- Align your right knee vertically over your right ankle. Hug your right thigh in towards your spine. Reach your torso straight forward over your right thigh. Rotate your chest towards the left side of the room or even towards the sky. Unless your neck is feeling stiff or sore, in which case it is

perfectly acceptable to look to the side or even to the floor, turn your chin to your left shoulder and set your drishti gaze at the sky. See Figure 5 for an expression of this alignment.



Figure 5

- Breathe deeply and freely. Take the qualities of this powerful pose into the tissues of your body and into your nervous system.

Create extended side angle pose consciously but relax into a state of being that gives you access to a level of presence and power that mere effort and trying hard denies you.

### From Baron Baptiste:



*Stop trying to fix yourself and start being yourself.*

### Apollo Yogis Up to Big Things

#### Susie Paynter – The Duchamp Collective

Congratulations to our yogi Susie, and her daughter Teassa, whose interior design company, The Duchamp Collective, has scooped the Master Builders House of the Year Regional Supreme Award – Interiors for 2018. Susie and Teassa designed a stunning renovation that also won the Renovation over \$1M and Outdoor Living National Titles.



#### Evan Wagenseller – Cole Construction and Landscaping

Our yogi Evan has been shifting his base from the States to Godzone over recent years. Of course, one of the major attractions of NZ is being able to practice at Apollo Power Yoga.

Evan's company, Cole Construction and Landscaping, has twenty years' experience in both the United States and New Zealand building new Craftsman classic homes, fit-outs, home additions, sleep outs, garages, great

outdoor spaces, decks, hard landscaping, fences, and restoring older homes.

Cole Construction is dedicated to a quality product at a below market price. They're available for work anywhere in the South Island – we know that some of our yogis in Queenstown have been finding it pretty hard to find a builder!

Give Evan a call on 027 558 0681 or [evanwag@hotmail.com](mailto:evanwag@hotmail.com)

Namaste

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