



October 2017

Step into your Power:

BOOK NOW for Step into your Power, Apollo Power Yoga's yoga intensive and teacher training.

This programme runs 13 to 20 January 2018 (both dates inclusive) at Wainui Park Camp, Wainui on the Banks Peninsula. A written application is required from everyone wishing to attend (forms are available on-line: <http://www.apollopoweryoga.co.nz/Yoga-IntensiveTeacher-Training/>)



The practice and techniques are Asana, Meditation and Inquiry. From the week you will come away with a new sense of power and possibility about your asana practice and a new sense of positivity and joy with respect to yourself and your way of being.

The evidence is that everyone who trains with us for one week wants to come back to train for the second week. Here is what some previous participants have had to say about the programme:

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.

I highly recommend this course! Hamish and Margo are brilliant facilitators and will bring out the best YOU! I am very grateful for the massive shift that happened for me on the course and have continued to reap the benefits ever since.

Do not delay. Take up the opportunity NOW to be the best you can be.

Movember Fundraising Class:

On **Saturday 25 November at midday** we will run a fundraising class for Movember. The focus this year is **men's mental health and suicide prevention**. We are teaming up with studios from across the country to hold a series of events called **Yoga Flow for Bros with Mos**.

The event is by donation and is not limited to men. Get a group together, wear some wild gear, let your upper lip get shaggy and we will have a fun time making a contribution to an important cause. You can join the team by logging in at: <https://moteam.co/yoga-boys-nz>



You may also donate at that site too but we will collect donations at Apollo Power Yoga and forward them all. Across NZ we have an aim of raising \$3000 with our Movember events so get on board!!

Getting Started Workshop:

Thank you very much to the twenty-two people who came to our latest workshop, Getting Started, on 21 October.

It never does harm to refresh on the foundations of practice, to learn by breaking poses down, to learn by observing others in poses and to receive affirmation in respect of the alignment principles that you are performing effectively.

Here is some of the feedback from Getting Started:

“Great workshop... very good to see examples of correct alignment demonstrated on students. Even more useful were your exaggerated demonstrations of poor alignments... the repetition of 'tadasana is in every pose' was very useful also - and has definitely come away with me. Similarly the assertion that a 'successful' asana is built from the base up; I think this is easily overlooked when starting to practice as one rushes to keep up with the class”.

“I really enjoyed the class and felt you covered everything perfectly. I didn't feel there was anything that didn't work well, I was very impressed at your ability to remember names, because of this I couldn't tell the difference between people who had just started or people who had been going to you for a long time. It allowed us all to be on the same level which I greatly appreciated”.

“There's always more to learn and the workshop was a really good grounding/basics class. Made me realise I'm not always as held in/bandha as I could be! It was a good mix of doing/watching and I really enjoyed it”.

Thanks again, everyone and we will run further workshops regularly both for those seeking extension and those looking to build the foundations of their practice.

Taking Pleasure in the Misfortune of Others:

In 2012 I attended a program at which there was a person (I shall call him John) who I perceived had assumed a role of the class know-it-all. When someone made a slip and he corrected them I found myself becoming irritated. Who is he, I thought, to be telling others what to do?

During the week we participated in an exercise where we had to stand before the entire group

and make a declaration that followed a set pattern and used certain specific language. John corrected a number of people when they made errors in the formula for the declaration. When his turn came, he omitted a portion of the declaration.

I immediately noticed and took a certain satisfaction in his error. "Look who is wrong now" I thought to myself uncharitably. Significantly, no-one else pointed out the omission either and I believe there was a similar sense of triumph among others in the group at the mighty know-it-all having fallen.

During that day I reflected on my attitude. John, when pointing out others' errors, had not necessarily been showing off or trying to be smarter than anyone else but had, perhaps, been helping others. At least his interventions showed that he had been listening carefully to what they were saying.

By not pointing out his omission I was undermining him. I was not being a stand for his participation in the programme. The following day at breakfast I went to him and told him what I had thought at the time and apologised for having been mean-spirited and for not having been of aid to him as he had been to others. At first John was angry at me but came to see that by telling him what had gone on for me and by apologising I was not criticising him but was owning up to my own failing.

We established a mutual respect for one another over the course of the remainder of the programme and parted on really good terms.

I see it a lot in New Zealand and the wider world that people are quick to undermine each other. Here, we call it the tall poppy syndrome. It is a curious phenomenon that we enjoy seeing others fall. With morbid satisfaction we watch the downward spiral of public figures

from Lindsay Lohan to Justin Beiber, Aaron Smith of the All Blacks or Jesse Bromwich of the Kiwis, Sir Douglas Graham from the National Party or Colin Craig of the Conservative Party and so on and on.

The demise of others in one way or another is not about them but about us. Our pleasure at the fall of someone else is a sign that, at some level, we feel inferior, incomplete or unfulfilled. The fall of someone else puts us up relative to them. But this shift in our perception of our position relative to the world does not alter the underlying sense that we are not enough – not good enough, smart enough, attractive enough, wealthy enough or whatever.

The work that needs to be done is on the way you see yourself. Come from acceptance. View yourself as complete, worthy and like yourself. Once you appreciate yourself you will find it easy to appreciate the accomplishments of others. Once you appreciate yourself you will not need to see others fall in order to have a sense of being on equal or better terms with them.

As was the case with me and the man on the programme in 2012, you may have to go through a humbling process and seek forgiveness. Start by forgiving yourself for behaviour that you do not admire. What is possible if you forgive yourself rather than despising yourself for such behaviour?

Make peace with anyone you need to. When I went to John it was not to say that I forgave him for being a know-it-all but to ask his forgiveness for seeing him in that way to apologise for not having been a support for him in a moment when he needed it. I found that hard and I am not aware of anyone else on the programme having approached John to apologise for their failure to help him out with

his declaration suggesting that no one else wanted to face that hard task.

Doing so, however, really cleared the air between us. It meant John and I could look one another in the eye. It meant we could appreciate one another for all that each of us brought to the programme. It meant there was a foundation for collaboration and cooperation rather than for continued undermining and veiled contempt on my part.

Notice when you engage in behaviour that undermines others. Ask yourself what it is about you that desires the failure of someone else. Get to the truth of the way you see yourself and then shift your perspective away from negativity.

Appreciate yourself for all that you are and all that you do. Disavow behaviour that causes you to feel poorly about yourself. Make the higher call to value yourself and, from that basis, everyone else. Choose connection over division because it is so much more fulfilling and rewarding.

Asana Spotlight:

Our focus hand-balancing pose for this month is eka pada galavasana (flying pigeon). This, as with the poses we have addressed in the preceding months, is based on a foundation of chaturanga dandasana. Galavasana references pigeon pose and has a powerful hip-opening element to it. Here's how:

- Begin in tadasana, standing upright, with your two feet on 12 o'clock, your pelvis neutral and your drishti forward. It is important to start with a clear sense of your true north in this, as in any, pose.
- Lift your right foot and cross it to the outside of your left thigh just above the knee. Over hang your right outer ankle

bone to the outside of your left thigh. Dorsiflex your right foot – flex the toes of your right foot back towards your right shin.

- If you experience pain or strain in your right knee now, or at any point onwards in this pose, stop. Your right knee is the most vulnerable joint in this pose and there is nothing to be gained by forcing yourself into the pose at the expense of the health of your knee.
- Bend your knees and hinge forward from your hips to place your hands just wider than shoulder width apart at the floor. Set your index fingers on 12 o'clock, spread your fingers apart and grip down with the tips of your fingers to the floor.
- Rest your right shin across the back of your two upper arm bones such that the knee of your right leg sits as high up your right upper arm as possible and your right foot can hook onto the outside of your left upper arm, again as high up the arm as you can manage.
- Flex the toes of your right foot upwards so that they grip onto your left upper arm. You need this holding action to resist any tendency for your right foot to slip off your left upper arm.
- Pull the pit of your belly towards your spine, engaging uddiyana bandha with real intention. As with all hand balances, you will not generate lightness and lift in your midsection unless you engage at your core effectively.
- If you have already had to do so, lift the heel of your left foot from the floor and balance on the toes and balls of your left foot only.
- Now, ease your weight forwards as you would to establish balance over your hands in crow pose. In this process use the strength of your upper arms and back muscles to draw your arms in towards your torso. If your arms wing away from your

torso you will lose power and your right shin will slip off your upper arms at one side or the other or both.

- As you feel your balance come into your hands lift your left foot from the floor and extend your left leg straight back behind you. Internally rotate your left leg by turning your left pinkie toe towards the floor and your left inner thigh upwards towards the ceiling. Internal rotation of your left leg will give you access to centre line and core stability.



- Set your drishti forwards ahead of you and reach your chest forwards. The picture of Hamish in galavasana is far from perfect but the alignment of his elbows vertically over his wrists is very good. He achieves this by looking forward and having the intention of reaching his head and chest out in front of his hands.
- This counter-balance is essential to find a stable foundation in your hands and to allow you to extend and lift your left leg behind you.
- Advance your pose by lifting your hips and torso higher off your bent right leg and by extending your left leg higher towards the ceiling.
- To come down, draw your left knee in towards your body, set the balls of your left foot back down to the floor and take your weight back from your hands to allow you to release your right shin from the back of your upper arms.
- Repeat on the other side.

I love the sense of total body integrity in galavasana. Strength is required. Openness and mobility is required. Balance is required. A still, steady visual focus is required. Calmness and composure of mind is required. Strong, even breath is required. Galavasana is a more advanced expression of yoga asana but offers a wonderful expression of all that asana is. Come from anything is possible here and anything is possible.

From Baron Baptiste:



Apollo Power Yogis Up to Big Things:

Jack Goodhue:

We first encountered Jack in pre-season training sessions with the Canterbury Crusaders in December last year and January

this year. Jack also has a connection with Apollo Power Yoga as Ingrid Kaptein, who has participated in our training programme and has taught classes for us, is his aunt.



Jack recognised the value of yoga practice and started to attend classes regularly – not as part of compulsory training with the squad but out of a determination to be the best he can be. After injury prevented his participation in the Crusaders' 2016 campaign Jack was a key figure in the Crusaders midfield as they won the 2017 title.

He was drafted into a wider training group with the All Blacks at the time of the British and Irish Lions tour. He has now been named as part of the 37-man All Blacks squad to tour France, Wales and Scotland in November and December.

With a compressed schedule on that tour including matches against the Barbarians and a French XV there is a good prospect of Jack getting game time and we hope this will be the start of a long and successful career for Jack in the black jersey.

It is a phenomenon that Margo and Hamish are alert to but that others may not appreciate themselves, but a number of the Crusaders players to whom we have taught yoga have become All Blacks in the season following their exposure to Apollo Power Yoga. Codie Taylor and Nepo Laulala are examples. Tim Perry, selected along with Jack in the current All Blacks touring team, is another.

Dan Carter was drawing towards the end of his All Black career when he practised with us. 2013 and 2014 had not seen Dan at his best and his participation in the 2007 and 2011 World Cups had been affected by injury. He trained with us in late 2014 and early 2015 with the Crusaders, played a full season with the Crusaders and went on to produce stand-out performances in the semi-final and final of the World Cup later that year. Hamish went to Dan's book signing shortly before he departed to take up a contract with Racing 92 in Paris and slipped him a USB stick bearing a recorded class of Apollo Power Yoga. Dan tucked the stick into his pocket and said, "I'll be needing that". We all need it.

Camila Nieuwlands:

Camila is raising funds to help her attend yoga teacher training and is holding a raffle to assist in that process. You can purchase tickets from reception at Apollo Power Yoga's studio.

The tickets cost \$10 and there are four great prizes:

- A night getaway at air bnb The Exchange with a bottle of Patrick Sullivan pinot noir, Brie Sherow and Momo Sed dumplings.
- 60 minute customised massage with Hassan from Melt who specialises in fascia and deep tissue massage.
- 6-pack of cold-pressed organic juices from Green Roots Organic Juice Co and a two-week pass of unlimited yoga at Apollo Power Yoga.
- Organic Vegetable Box from Spring Collective and a 60-minute one-on-one private yoga session with Camila when she has completed her training.

The raffle will be drawn on 10 January 2018.

Get behind Camila and help her achieve her goal.

Yoga Holiday in Fiji

Holidays are wonderful, but if there is a downside to them, it's that you miss out on your Apollo Power Yoga fix. So we're planning to run a Yoga Holiday in Fiji in July 2018. Are you interested?



We will arrange a yoga venue in Denerau, and provide meditation, Power Restore and Power Vinyasa classes at either end of each day. Probably something like this:

- 7:30 – 8:00am Meditation
- 8:00 – 9:00am Power Restore
- 9:15 – 10:15am Power Vinyasa
- 4:00 – 5:00pm Power Vinyasa
- 5:00 – 6:00pm Power Restore
- 6:00 – 6:30pm Meditation

You show up for as much yoga as you want, and during the rest of the day, do whatever it is you like doing on holiday.

Denerau is easy to get to. You fly in to Nadi and it's a 20 minute drive to Denerau. There is a wide range of accommodation and restaurants in Denerau and Nadi, so you can tailor your holiday to fit your tastes and budget. The beaches are great, the sea is warm, and there's also a golf course, tennis club and water slide park at Denerau to amuse any members of your family who haven't yet learned to love yoga.

To cover the costs of arranging the venue and providing instruction, we'll sell an unlimited 7 day class pass for \$700 - \$1000, depending on venue costs and the number of people interested.

No need to make a commitment yet, but if you're interested, please let Margo know at margo@apollopoweryoga.co.nz or text 027 227 2026.

Namaste

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