



September 2015

Spring into Summer Special:

In **October and November** the price for an **unlimited month will be just \$100**. This is fantastic value for money. You may buy one month in October and one month in November. The start date for the month passes cannot be deferred, nor can the months be extended for reasons of travel.

This is a wonderful opportunity for you to make a commitment to yourself, your physical, mental and spiritual well-being, and to greet the warmer months with an invigorated, vital and energised body.

CHCH Central Promotion:

Many thanks to everyone who participated in the CHCH Central promotion to mark the launch of the CHCH Central website and to stimulate support for members of the Central City Business Association.

The Apollo Power Yoga spot prize of two starter fortnight passes was won by Carrie Broomhall. It has been great having Carrie and her friend Nicolla come in to practice using these passes.

The major prize worth several thousand dollars with input from twenty-two central city businesses (including two monthly passes at Apollo) was won by Hannah McColl.

To participate in the competition all you had to do was go on-line and tell CHCH Central which

business you were supporting and why. Here is what some people had to say about why they were supporting Apollo Power Yoga:

"... not only is this a terrific studio with an awesome yoga practice, it's the owners Hamish and Margot who make it really special. They are deeply caring, devoted and committed yogis whose warmth fills the studio well beyond the power of the heaters. It's a warmth that you take away with you, sustains you and only grows with each encounter. Namaste."

"The love they put into their classes is just wonderful and on leaving the studio after power yoga class the onward energy you put out into the CBD is phenomenal. I cannot rave enough about this studio and the great effects it has on the city."

"Apollo Yoga changed my life. Prior to joining Apollo I never had a form of exercise that I consistently enjoyed. Apollo is perfect. When my days are stormy I look forward to the window of peace at Apollo and the smile that greets me. The teachers genuinely care. So grateful for Apollo."

Thank you for your support of this promotion. Thank you for your kind words. We appreciate everyone who comes in to our studio.

Workshops:

bMoved is a global Baptiste Power Yoga Institute event at midday on Saturday 26 September. We are holding a complimentary **two-hour meditation and vinyasa class**. We

request that you make a donation to the Africa Yoga Project that we will forward on to the Baptiste Power Yoga Institute.



40 Days to Personal Revolution begins on Sunday 18 October. There will be 6 Sunday sessions finishing on 22 November. An optional seventh session with a lunch provided by Margo and Hamish will take place on 29 November.

New, and reduced pricing for this event:

\$350.00 for the six workshops on each Sunday of the programme, a copy of Baron Baptiste's book, *40 days to Personal Revolution*, and all your practices at Apollo Power Yoga during the 40 days.

Annual members pay just \$150.00.

Building Blocks Workshops. Starting on Saturday 7 November 2015 we will be holding monthly workshops at midday to teach the building blocks of the practice and in particular the poses of Sun Salutation A and B.

If you have difficulty with high plank and low plank, or if you are unsure about upward facing dog and downward facing dog, or if your warrior is more of a worrier, then these workshops are for you.

The cost will be just \$10 – a tiny investment for you to make to free up your body to flow in group vinyasa classes. If you are still on an introductory two-week pass the workshop is free. Make the commitment. Learn. Be the best you can be.

Step Into Your Power – Apollo Power Yoga 200 Hour Teacher Training 2016

Apollo Power Yoga's inaugural 200 hour Teacher Training programme, entitled **Step Into Your Power**, will run in two 8-day intensives at the Methven Resort Centre from **17 to 24 January 2016 and from 17 to 24 April 2016** (all dates inclusive).

The cost of the training (inclusive of meals but exclusive of accommodation) is \$3750.00 (incl. GST).

To receive an application form, download it from our website or email hamish@apollopoweryoga.co.nz.

This programme will be a fantastic intensive experience for those interested in enhancing their knowledge of yoga practice and philosophy as well as those who wish to learn to teach yoga.

Asana Spotlight:

Trikonasana (triangle pose) is a one of the most recognised yoga poses in hatha yoga. It is strengthening and lengthening to leg muscles, opening to the front of the pelvis, toning to the waist and opening to the front side of the torso – both longitudinally and laterally. Let us discuss how to perform *Trikonasana*:

- From Downward Facing Dog, turn your left heel inwards towards the centre of your mat and flat to the floor and step your right foot forward to the floor just inside your right thumb. Bend into your right knee and lift your torso upright over your hips.
- Check that your right ankle, knee and hip are all in one plane (there being a straight line through the leg from ankle to hip) and straighten your right leg.
- In doing so avoid hyper-extending your knee joint. It is important that you tone the muscles of your right thigh and keep them engaged in this pose and support

your knee joint rather than collapsing into the knee joint allowing the thigh muscles to go slack.

- Squeeze the outer edge of your left foot into the mat and externally rotate the left thigh. This action will cause your inner left thigh to turn outwards towards your left and your hips to turn towards the left side.
- There are competing energies at play here – your inner right thigh is engaging and turning forward towards the front of your mat while your inner left thigh is turning externally towards the left and then towards the back of the room. The external rotation of the left leg cannot be allowed to pull the right knee inwards towards the centre of your mat.



- Turn your torso side on so that your chest faces the left side and extend your arms out, your right arm stretching towards the front of your mat at shoulder height and your left arm reaching straight towards the back of the room at shoulder height.
- Reach forwards through your right arm, elongating the right side of your torso and tilt your torso forward towards the front of your mat. When you can reach no further, tilt at your hips and lower your right hand straight down towards the floor and reach your left arm straight up towards the sky.
- Avoid collapsing weight into your right hand. The primary support in triangle pose

comes from your feet and legs. The hand may be used to steady you for balance rather than supporting you. The right hand need not reach the floor. You may rest it at your shin or on a block or on the fingertips. Position the bright hand to the outside of your right ankle if you are bringing it down to a block or the floor. You may also hover your right hand off any form of support.

- Resist the desire to flex your spine laterally towards the floor in order to bring your right hand down to a block or the mat. Curving your spine sideways like this is not an element of triangle pose. Rather, triangle calls for as straight a spine line as you can manage.
- Tuck your right hip underneath you towards the back of your mat and keep elongating the right side of your torso.
- Engage *uddiyana bandha* and draw your pubic bone towards your navel. Stretch the front side of your spine long as you lift your chin away from your throat and stretch the crown of your head towards the front of the room. Avoid a sway back here where your tail sticks out to the right side of your mat. Reach your tail towards the back edge of your mat.
- It is common to see people collapse the front side of their torso in triangle and drop their chins to their chests and look towards the back of the room. Open up the front of your torso. Be as long as you can be through the front side of your spine and look to the side rather than behind you.
- Draw your shoulder blades towards one another and broaden your chest. Radiate energy powerfully from your centre out through your arms and beyond your fingertips. These actions may lead you into a gentle twist as the left side of your torso rotates a little more open to the sky. Do not be trapped in tradition and stuck somewhere short of your range of motion but, rather allow intuition and your body to guide you. As your breast bone reaches for the front of the room and your left side

rotates up towards the sky you can create a little twisted thoracic back bend here – a touch of grace.

- Finally, if your neck is feeling up to it, turn your chin towards your left shoulder and set your *drishti* gaze at your upper thumb.
- Hold for as long as you can stay in the actions of the pose (maybe 5, 10 or even 20 breaths) then allow your front knee to bend slightly and reach upwards through your left hand to bring your torso upright over your hips. Repeat on the other side with the left foot forward.

The beauty of *Trikonasana* lies in the energy flows. In our practice we draw the power right up through our feet from the earth and shine it forth from our heart and our hands. We feel that in *Trikonasana* with pristine healing energy running through the lines of our legs, our spine and our arms. Shine in *Trikonasana* from your inner beauty!

From Baron Baptiste:



Matters Philosophical:

Our practices at Apollo are vinyasa practices. What is vinyasa? A studio I taught at put on their website that “vinyasa” (which for a long

time they called “vinyasana”!) meant to move in a particular way. I had a laugh to myself about that because I had seen somewhere on the internet a definition of vinyasa in those exact words. But that definition is ridiculous because it immediately begs the question, what particular way? The studio owners had simply lifted a meaningless phrase from the internet because if it is on the internet it must be true.

If vinyasa does not mean to move in a particular way, what does it mean? Sanskrit to English translations are often difficult. Concepts understood by a group of people in one time and comprehended and communicated by the use of a word or phrase are not readily translated for the benefit of another group of people in a very different time and place. For instance, “Namaste” encapsulated a sophisticated concept that has a range of different interpretations in the modern western world, as was discussed by a group I taught at a recent retreat.

Vinyasa is variously translated as “flow” or “flowing”. Sometimes I use the word “seamless” as a substitute for vinyasa. Baron Baptiste says vinyasa is that which is without restriction. It refers to the transitions in yoga asana where a body morphs from one pose to another in a graceful manner. It can encompass the notion of energy flows in the body – especially healthy energy flows where there is no resistance or blockages of energy due to stagnation, disease or injury. It can include a way of being where one’s life course is in congruence with the universe and one is living out one’s true destiny.

Dr Adam Fraser is an Australian researcher, speaker and educator in fields of human achievement and fulfilment. He describes a graph that maps challenge on one axis and resistance on the other. Where the challenge is low but the resistance is high he calls the

resulting state “effort”. Where the challenge is low and the resistance is low the resulting state is “ease”. Where the challenge is high and the resistance is high the resulting state is “grind”. Finally, where the challenge is high and the resistance is low the resulting state is “flow”. Dr Fraser speaks of the art of flow and regards personal fulfilment and success in whatever one’s role in life is as being a consequence of the attainment of flow.

Just as when we are performing sun salutations and our bodies are moving from one pose to another each half breath, and we are bearing our body weight on our arms and engaging powerfully through major muscle groups we can feel strongly challenged by the practice but we can also, by bringing the requisite degree of calm, peaceful effort, feel a tremendous sense of our own power and can tap into the awakening and energising power of the sun salutations. High challenge and relaxed energy coincide to create flow/vinyasa and we feel powerful and fulfilled in the process. The same applies in our lives generally.

When we set ourselves challenges and take on life we grow and become more powerful and take more enjoyment in life than when we hold back, allow ourselves to be caught in a rut and stagnate. It is natural to feel resistance to taking on challenges. In my personal experience I felt great resistance to the idea of opening up a yoga studio. Fears of failure and doubts about my ability to make it happen were at the forefront of my mind. I had support and encouragement from Margo and once I made the commitment and simply took care of what needed to be done each day things happened. I could not get too far ahead of myself and had to commit to process goals: show up big for each class, care about and value each student every day. In this way I came into a state of Vinyasa. With Margo joining in on a full time basis and other teachers contributing to what we are seeking

to provide at Apollo the studio is steadily growing notwithstanding all the difficulties of operating in the central city. In our first months of operation we taught Power Groove classes to rooms with, on one occasion, two people and, on another, three people. We held to the trust that the idea of Friday afternoon Power Groove was good and now we consistently get over 30 people in such classes.

I do not claim to have found a state of pure vinyasa. There are still lots of pockets of resistance. When we have a quiet day and there are fewer students than we would like – and, in fact, need to keep going – I wonder what I am doing wrong and doubt myself. But overall, commitment to a course of action carries with it a sense of flow.

Curiously, the more one stops trying to control everything, the more flow there is. Just as a swimmer who is tense and thrashing will be more likely to sink than one who is relaxed and at peace with the water, so when you relax with what is in your life, flow will more likely become apparent. We do not control the universe. There are forces at play infinitely greater than us and regardless of all our planning and organising and worrying, challenges and difficulties will occur.

Albert Einstein said, “The most important decision we make is whether we believe we live in a friendly or hostile universe.” It is an interesting matter to consider. If we believe the world is against us, that we are a victim of circumstances and that events are conspiring to make our lives difficult, it is likely we will live in a state of stress and anxiety and forever be trying to control our lives in a fruitless arm wrestle with fate. On the other hand, if we relax with whatever is and clear the hurdles of life calmly as they arise (as we can be assured they will) then we will live in a greater state of relaxation and equanimity.

The latter course does not mean that we adopt a state of resignation to misfortune. Rather, it

simply means that we do not spend our lives struggling to avoid misfortune. When challenges arise it may be appropriate to see them as insurmountable and pursue a line of least resistance around them. For instance, if an earthquake renders your house a ruin and your land unsafe to build on you just need to absorb the losses and move elsewhere. If you change career for one reason or another and your income drops you may just have to relinquish the life style and discretionary spending that were possible on a greater income. However, it may be more appropriate to work through the resistance, to clear a path and deal with the challenges head-on. What if you become sick and suffer from a life threatening illness? Such a challenge cannot be avoided and the work must be done to get through such a challenge.

Chinese philosophy comes from a standpoint that we are not separate but are connected in all ways with the natural world: the sun, the moon, the stars, the earth. Taoism proceeds from the basis of inter-relatedness of all natural things and the manner in which those things are directed by a supreme overriding force. In Chinese Taoist philosophy, The Tao is the way or path. It refers to an unformed power that pervades all things and causes them to be created and then cease to exist in an endless cycle. Following the Tao is a process of taking no action contrary to nature and simply finding one's place in the natural order of things. The Tao is the river of life and we must flow with that river as it is too powerful to swim against the current.

This can be a useful way of perceiving our relationship with the universe. It is also reflective of the concept of vinyasa. Whether we are on our mat looking to draw forth strength and mobility from our bodies, or are dealing with a crisis in our lives such as a natural disaster, the death of a loved one or the loss of a job, we can seek vinyasa. In so doing, we can adapt to challenge like a tree swaying in the wind.

Mat Storage:

As from 1 August people other than annual members will be able to store their mats at Apollo Power Yoga. For only \$10 per month or part thereof you may keep your mat rolled up in a compartment in the new mat storage bin in reception. Please ask at reception if you wish to store your mat and we will allocate you a spot, take your payment for the month and you may leave your mat at the studio for that month. If you choose not to store your mat at a future date just let us know and we will allocate your spot to someone else. If you continue to store your mat with us in succeeding months just pay us the monthly fee on your first visit to the studio each month.

Apollo Power Yoga Students Up to Things:

1. Isobel Stout – is fundraising because she wants to make a difference. She has been helped by the PINC & STEEL Cancer rehabilitation trust and now wishes to support them in the 2 Up Mountain Time Trial. This event takes place on 12 March 2016 at Coronet Peak. Donations to the Trust may be made via Isobel's page 2uptt.everydayhero.com/nz/isobel. You can also follow Isobel's progress via that page and her blogs for Complete Performance. You can learn more about the 2 Up event at www.2uptt.co.nz.
2. Miranda Parkes – Miranda has won the Frances Hodgkins Fellowship for 2016. The Frances Hodgkins Fellowship was established by the University of Otago Council in 1962 to aid and encourage painters, sculptors and multi-media artists, while at the same time associating them with the life of the University and fostering an interest in the Arts within the University. It was named after Dunedin-born Frances Hodgkins, one of New Zealand's most distinguished painters.

The annual, 12-month Fellowship provides a studio/office space and an income. It is open to artists who are normally resident in New Zealand and who, in the opinion of the Selection Committee, have executed work that demonstrates their talent, and would benefit from holding the Fellowship.

Congratulations Miranda. We will miss you when you move to live in Dunedin but hope you may return to Christchurch following the conclusion of the Fellowship. Failing that, we may need to open a Dunedin branch of Apollo Power Yoga!

3. Camila Nieuwlands – Camila is up to big things fulfilling her dream of owning and living in a house bus. She has a problem to overcome; where to keep her bus. Has anyone space where she can park her bus? Contact Camila on (027) 304-0414.

If you are up to something big, share it with us and our yoga community. We would love to hear your stories.

Namaste

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