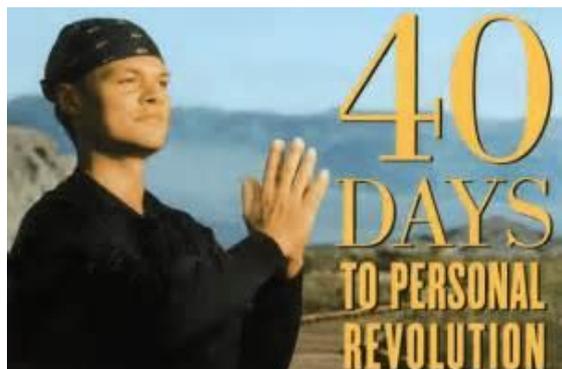




September 2017

40 Days to Personal Revolution – Commit NOW!:

The spring edition of 40 Days to Personal Revolution **begins this Thursday 5 October and runs to Monday 13 November**. There will be **6 workshops commencing on Thursday 5 October at 6:00 pm** and running weekly to a final workshop on Thursday 9 November.



Whether you have previously participated or are considering this programme for the first time, book now and make a commitment to your personal growth and development through an intense programme of daily meditation, daily asana practice, nutritional awareness and personal inquiry. For more information about the programme visit: <http://www.apollopoweryoga.co.nz/40-Days-to-Personal-Revolution/>

Timetable Changes:

Temporary Class Cancellation – Thursday evening: During the period that we are running 40 Days to Personal Revolution there will be no

6:00 pm class on Thursday evenings. We apologise to those inconvenienced by this. The Thursday PAL90 class will resume on Thursday **16 November 2017**.

Long-term Change to Sunday morning classes:

From and including Sunday 8 October our morning classes on Sundays will be at 8:30am (Contribution class Power Basics 60 minutes) and 10:00am (Power All Levels 60 minutes).

Getting Started Workshop:

If you are just beginning yoga practice or feel like you need some foundational guidance to help set you on the right track, this two hour workshop is for you. We will cover the fundamentals of breathing, core engagement, alignment throughout the vinyasa of Sun Salutations and the essential elements of twists and back bends.



Date: Saturday 21 October
Time: Midday to 2:00pm

Cost: \$40 (Apollo Power Yoga annual members \$20)

Venue: Apollo Power Yoga studio, 46 Salisbury Street.

Book at the studio or by contacting Hamish by phone (021 0551884) or email hamish@apollopoweryoga.co.nz

Step into your Power:

Get your application in NOW for Step into your Power, Apollo Power Yoga's yoga intensive and teacher training. The next instalment 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 (please download the form from the website (<http://www.apollopoweryoga.co.nz/Yoga-IntensiveTeacher-Training/>) and type in your answers and email the form to Hamish (hamish@apollopoweryoga.co.nz) or copy it, hand write in your answers and post it to 3 Lucknow Place, Christchurch 8022 or drop the completed form in at Apollo Power Yoga's studio. A \$500 deposit is payable at the time of application.

The practice and techniques are Asana, Meditation and Inquiry. You will **practice asana** at least twice daily. In so doing you will take your body to new levels of strength and expression and you will experience a tremendous sense of inner power and resilience.



You will **meditate** at least once per day, learning meditation technique and putting that technique into practice gaining insight into persistent underlying thought patterns and creating the possibility of new empowering patterns.

You will engage in **personal inquiry**, anchored in yogic principle, to open new pathways in your life.

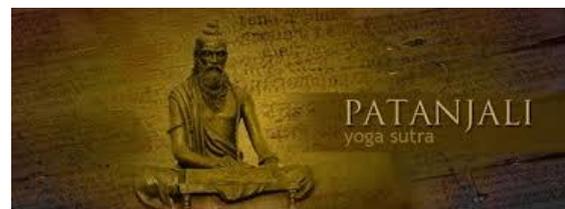
In addition there will be sessions on anatomy and physiology and practice teaching sessions which will enhance your connection with your group, your sense of connection with one another and your ability to draw forth your inner strengths and give expression to them as a leader and an inspiration to your group.

A wonderful group of people will gather for this intensive/training and you will form enduring bonds of friendship that will carry forward after the programme.

This programme is for YOU. BOOK NOW as spaces are limited! For more information visit: <http://www.apollopoweryoga.co.nz/Yoga-IntensiveTeacher-Training/>

Yoga Sutras Discussion:

Thank you very much to the twenty-five people who came to our discussion on the Yoga Sutras of Patanjali on Sunday, 24 September.



The Sutras form a foundational framework for the holistic practice of yoga. We will run this workshop again at a later date. In the meantime, other ways you can participate in yoga as a way of being are to participate in 40

Days to Personal revolution and to attend Step into your Power, our teacher training/yoga intensive. For details contact Hamish: 021 0551884 or hamish@apollopoweryoga.co.nz.

Expectation and Assumption:

I have been musing a lot about expectations recently. Growing up I felt that there were high expectations of me. My brother was a high achiever and I sensed, rightly or wrongly, from my parents and teachers that I had to live up to my brothers' standards of academic achievement, behaviour and sporting accomplishment.

I also felt that I was not measuring up to those expectations and that I was failing. These expectations were not express. Never did I hear, "Why can't you be more like your brother?" I just developed a perception that there was an expectation that I had to be someone other than who I was.

At school I won prizes for academic achievements and for cultural achievements. I was given leadership roles as captain of cricket and rugby teams and as a prefect. I won the Judges Cup for mooting at Canterbury University. I was made an associate and then a partner in the law firm I was with. None of this was good enough. The standard against which it was not good enough was an unrealistically high expectation that I was setting for myself.

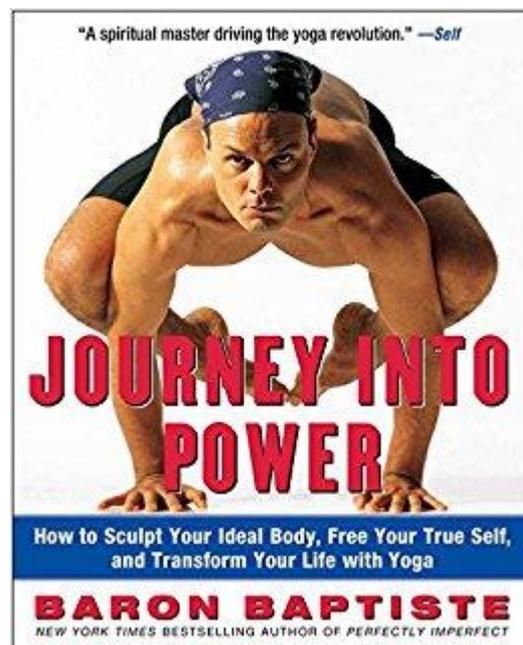
My internal dialogue said such things as, "You may have won the public speaking prize but you didn't win debating this year. Not good enough", "You're a partner? So what? Your firm isn't as good as those other firms", "You won the Judges Cup? Big deal. Compared with other winners your name just debases the currency".

There comes a time when dropping expectation – especially the expectation that

you perceive someone else has of you – is essential to give you power now. Living life from the standpoint that whatever you do is not enough is dispiriting and denies you the triumphs that, in one way or another, you will experience.

Part of your fulfilment necessitates that you drop expectation and drop the assumptions you have about yourself that say "I'm not good enough", "I'm not smart enough", "I'm not good looking" and so on. These assumptions are a distortion of reality and conceal the truth.

I have been as guilty as anyone of making assumptions based on appearances. When first I saw the book *Journey into Power* I was put off.



I looked at the cover and made assumptions and judgments about the bandana and author's name and the title and I would not read the book. Fortunately, Margo did read the book and demanded that I do so and that I train with the dude in the bandana. I am so fortunate that she did so as Baron Baptiste has become, in terms of my career path, the most influential person I have met. Baron wears bandanas or baseball caps backwards and

nothing I might assume about that detracts from the facts I have experienced first-hand that Baron is strong, compassionate, intelligent and capable of helping people be the best they can be. Now I reserve my assumptions and judgments for what I designate as the wannabes who also wear a bandana in his classes. You don't become Baron just by wearing his disguise!

The high expectations I have been trying to meet most of my life are based on an assumption that those expectations were held by the people I looked to for love and that their love would be withheld from me if I did not fulfil the expectations. Just writing that convoluted statement makes my head reel at how distorted a view I have been taking for decades.

Meditate. Establish a critical distance between yourself and your thoughts. If you have an assumed perception of what is expected of you. If you assume yourself to be flawed or limited or unworthy in some way, look again. Drop the assumption. Drop the expectation. What is possible in that space?

In the space created by letting go assumption and expectation find a new appreciation of yourself, exactly as you are and exactly as you are not. The yardstick is not what anyone else is doing nor what they are thinking of you – they are their own person. The question is, are you living in a way that gives you fulfilment and from a place of love and compassion for yourself? Love yourself unconditionally as you would love a child and as you would wish to be loved by those close to you. From that perspective you will extend the same qualities to all those in your life.

Asana Spotlight:

Pursuing a theme of hand balancing poses this month we focus on side crow. Side crow has all the elements of Bakasana (crow) but with the added wrinkle of the pose being asymmetrical in that the student's legs are both aligned to one side of the body.

- Begin in utkatasana (thunderbolt). Draw your hands to your heart centre in prayer position and rotate your torso to the right. Catch your left elbow to the outside of your right thigh just above the knee joint. The connection of your left elbow to your right thigh is essential and must be maintained throughout the duration of the pose.



- Separate your hands and reach your left hand towards the floor and your right hand straight up towards the sky. If your left hand does not touch the floor, put more weight into your heels and bend your knees deeper until it does.



- Lift your heels off the floor, bend your knees deeply into a crouch and place your two hands at the floor facing the right hand side of your mat.
- Set your hands just wider than shoulder width apart. Align your index fingers such that they point straight toward the right side of the room. If you still experience some discomfort in your wrists you may need to play a little with angle of rotation of your hands. As a general rule, your hands and arms should resemble the alignment for adho mukha svanasana (downward facing dog), low plank (chaturanga dandasana) and Bakasana (crow). There is no need nor benefit in doing anything strange with the placement of your hands.
- In setting your hands to the floor DO NOT lose the connection between your left elbow and your right thigh. This necessitates you placing your hands far enough back along the side of your mat that this connection is maintained.
- In this moment you will notice that the large majority of your weight is to your left and behind your hands where your hips and legs are positioned. In front of you and to the right there is space. Start shifting your weight forward (towards the right side of the room in the direction you are looking) and load more weight to your

right hand to even the distribution between your two hands.

- As your weight moves towards the right side of the room you cannot assume that your feet and legs will magically lift off the floor. Spread your ten toes and flex them towards your shins (dorsiflexion). Pull your outer shins in towards one another and contract your adductor muscles in your inner thighs and into your pelvic floor (mula bandha). Draw the pit of your belly towards your spine (uddiyana bandha). All these contractions give you access to lift and lightness in your side crow.
- Reach your head and chest towards the right side of the room. As you sense in your hands and spatial awareness a tipping point being reached, lift your feet away from the floor.



- Do not drop your left shoulder lower to the floor than your right shoulder. In the picture above you will see how level Hamish's shoulders are – chaturanga dandasana is right there in his side crow. Maintain strength at your back and pull your shoulder-blades towards one another. Maintain space across your chest as you do for plank, for low plank, for crow and so on.

At this point a variety of options present themselves. One is simply to hold as you are. Another is to separate your legs fractionally and accentuate the core engagement at your outer hips involving your abductors (gluteal

muscles and tensor fascia lata). Another is to straighten your legs out to the left side of your body (again, with the option to fractionally separate your legs for greater strength effect). If you reach this stage then the final step is to extend your upper leg (on this side it is the left leg) straight back behind you. If taking this final variation you will notice that you may need to dip your head and chest further towards the floor to compensate for the weight of your left leg now being behind you.

The asymmetrical nature of side crow is powerful in that it reveals areas in your body that are weak or tight (or both) and demands that they step up. Step up to side crow. Expand the horizons of your mind. Gain access to new strength, balance, vitality and freedom in your practice.

From Baron Baptiste:



Apollo Power Yogis Up to Big Things:

Dan Abel and Autism in Rarotonga:

Our yogi [Daniel Abel](#), is helping young people with autism in the Cook Islands. He's been raising funds by swimming 34km around Rarotonga. This is the link to the Facebook page devoted to Autism in Rarotonga. You can see footage of Dan's swim here and can find

links to where you can make a donation: <https://www.facebook.com/AutismCookIslands/>



His swim took place on 22 September. Give \$50 or more to his fundraiser and you can give a Starter Fortnight of Unlimited Practice at Apollo Power Yoga, worth \$25, to anyone who hasn't yet practiced at Apollo Power Yoga.

Amira Mikhail and her new book, Mission to Motherhood

A Powerful Story of Infertility, Surrogacy and the Journey to Becoming a Parent
Imagine if you were told you may never have children, that you'd never hold your own baby in your arms. This is a reality faced by hundreds of thousands in New Zealand and millions around the world. How do those of us who dream of becoming parents, who can't picture our lives without children, face the reality that achieving that goal may not be so simple or may never happen? Amira couldn't imagine a childless future and refused to believe that that was her fate. She challenged it every step of the way.

This book is for those who are still suffering alone, victims of the silent epidemic of infertility. Know that you are in good company. Knowledge of the power of shared experience prompted Amira to write this book: her journey to motherhood through IVF, miscarriage and surrogacy. When she felt alone and

hopeless, it was hearing other women's stories that helped her to move forward, to put one foot in front of the other, to reach her goal. This book is filled with information and, most importantly, will provide hope to those who are still struggling.

Available in bookstores, as an eBook or from:

<http://calicopublishing.co.nz/book/mis-sion-to-motherhood/>

Namaste

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