



March 2019

Misnomer:

We began producing monthly newsletters/magazines before we opened Apollo Power Yoga as a studio in July 2013. Our first edition was in January 2013 and we have produced a magazine every month since then – until March 2019 when I missed my deadline and failed to get a magazine out within the confines of March. This is the March 2019 edition but out to you in April.

To check past editions please go to <https://apollopoweryoga.com/draft-magazines/>

Timetable Matters:

So far as our timetable is concerned we are no longer offering the meditation class on Sunday evenings. We commenced that class as a means by which those who had participated in 40 Days to Personal Revolution courses could continue their meditation practices and those interested in beginning meditation could join in and develop a practice.

As it transpired, numbers were very small and with the opening of our Ferrymead branch we chose to focus on classes in which people showed more interest.

We should not be taken as being disinterested in meditation. On the contrary we have a strong belief in the value of meditation.

If there is another time when you would be interested in attending a meditation session please let us know (email hamish@apollopoweryoga.com) and we will look at re-establishing meditation on the timetable.

Workshops:

Thank you everyone who came to our Getting Started workshop on 24 March. We will run these from time to time. They are good value for getting to grips with the fundamentals of vinyasa practice.

If you are new to Apollo Power Yoga and you are having difficulty with the poses of the sun salutations or any other aspect of the practice, do ask for guidance from Hamish or Margo or your teacher. We are only too happy to help.

Hot Yoga Dunedin – Hamish will be at Hot Yoga Dunedin on Friday 5, Saturday 6 and Sunday 7 April. On Friday he will teach the 4:00 pm vinyasa class. On Saturday he will teach a 3 hour workshop, Foundations of Power. On Sunday he will teach a 3 hour workshop on Hands-on Assisting. This workshop is for teachers or for students interested in learning

more about alignment and mechanics. Book through Hot Yoga Dunedin: <http://www.hotyogadunedin.com/>

If you live in or near Dunedin, come along. If you know someone in or near Dunedin, let them know so they may come along.

Tricks and Transitions – On Sunday 28 April from midday to 2:30 pm at the Salisbury St studio Hamish will lead this fun workshop offering extension work in developing fun and powerful transitions from pose to pose and around your mat and some playful variations of poses to expand your options and add new joy to your practice.



Book for this fun workshop at the studio or email hamish@apollopoweryoga.com or phone Hamish on 021 0551884.

The fee for this workshop is \$50 (or \$25 for Apollo Power Yoga annual members).

Step into your Power:

Commit NOW, do not wait any longer, and begin your personal development at all levels with **Step into your Power**, Apollo Power Yoga's yoga intensive and teacher training programme.

- If you feel stuck where you are in your practice or your life.
- If yoga is sparking curiosity in you and you seek more in-depth knowledge with respect to the practice as a whole, our practice in particular or yourself.
- If yoga has impressed itself upon you as a lifestyle and you wish to teach yoga.
- If you are ready to be all you can be in your yoga practice and in your life.



This programme has asana practice, meditation, inquiry, anatomy and physiology, and exercises in teaching to draw forth your exceeding self.

Make a commitment now, reserve the leave you may need, save the training fees you may need to put aside and choose to step into your power!

Self-Esteem:

Self-esteem is critical for contentment. I have had the experience of not valuing myself – of believing myself to be wrong, separate and not good enough. In that state of mind I was critical of others, resentful and disconnected.

I found that I was jealous of the abilities of others and would put others down to try to

undermine them in order to haul my own perception of myself up by comparison.

A significant element of my progress as a practitioner of yoga is that of being comfortable in myself, respecting myself and valuing myself, flaws and all.

Right along with an enhanced appreciation of myself came an enhanced appreciation of everyone else in my life. Jealousies, competition and resentments began dropping away as soon as I developed an appreciation of my own worth. I discovered, without needing to alter anything other than my own perspective upon myself, that I could value and enjoy the abilities and accomplishments of others. It was like the sun came up after a night-time of decades.

If you sit at odds with the world, if resentment or discontent with others recurs as an issue in your life, or if you seem stuck in a place where you perceive yourself as being not enough, your work lies not in changing your circumstances (your job, your car, where you live, who you live with) but in changing the way you see yourself.

Consider that your mind has the ability to create untruth as well as truth – have you told lies or imagined false past or future scenarios? Then consider that the perspective you have of yourself as to your value is a lie. Right now, drop what you know. Let go the perception that you are not enough and replace that falsehood with a new state of mind – that you are worthy and deserving of respect from others and, most importantly, from yourself.

If you come from a place of self-worth then you will find that your everyday experience of yourself and everyone else that you come into contact with will be brighter and full of greater connection and contentment.

Asana Spotlight:

Standing leg raise pose (*utthita hasta padangusthasana*) is a challenging standing balancing pose that we practice in several variations.

- Begin in samasthiti (standing at attention with your feet together and your arms by your sides). Draw the front of your pelvis up towards your navel to neutral and pull the pit of your belly in towards your spine (uddiyana bandha).
- Lift your shoulders towards your ears and expand your chest and upper back. Pull your shoulders straight back and press your thoracic spine towards your chest. Draw your front ribs in towards centreline.
- Draw your right knee up towards your chest. Bind your right hand to your right knee or to your right foot. If you bind your foot extend your right leg straight forward in front of you.
- The place where you bind your foot is relevant. You may bind the index and middle fingers of your right hand to your right big toe or you may catch the four fingers (excluding your thumb) to the outer edge of your right foot. If you bind your big toe, beware that you do not just haul the inner edge of your right foot towards you. Press the inner edge of your right foot forward towards the front of the room and draw the outer edge of your right foot back towards your right hip.
- Maintain a neutral pelvis, both front to back and side to side. Draw the front of your pelvis up towards your navel to neutral. Engage uddiyana bandha.
- If your right hip hikes upwards, consciously draw your right hip down to be level with your left hip and pull your right thigh in towards your spine, towards centreline and core.

- The effort of holding your right leg up can cause you to collapse or buckle somewhat at your left knee. Straighten your left leg and pull your left thigh muscles firmly to the bone to create balance, stability and power in this pose.
- Hold your head upright and set your drishti forward to the front of the room. Breathe evenly and deeply and maintain a calm, steady focus.



- For the second stage of the pose, commit strongly to the contractions of your left leg. That leg is placed under load in the second stage and your investment in the contractions of your left leg pays dividends in balance and vitality.
- Slowly extend your right leg, whether straight or bent, out towards the right side of the room. Stop this action before you have to force the motion. If you over-do the abduction and external rotation of your right leg your right hip will hike upwards and your torso will begin to tip to

the left. Keep your hips level and your torso upright.



- You will see in the image above that Hamish's hips and shoulders are level and his spine is upright. He could lift his right leg higher but to do so would cause the right side of his pelvis to lift. That, in turn, would cause his low back to lean towards his left side and the imbalance would carry on up his body.
- Rotate your inner right thigh upwards towards the ceiling and draw your right sitting bone (ischial tuberosity) down towards the floor.
- Create balance with an interplay of press and pull. Pull your thigh bones in towards your spine. Pull the pit of your belly in towards your spine. Contract inwards to generate stability. Press your left foot to the earth. Press your right foot towards the right side of the room. From your spine to your foot and beyond express outwards.
- There are two main variations of this expression of the pose. In the first, turn your head in the opposite direction of your raised leg and fix your drishti to the left side wall.
- In the second, extend your left arm out at shoulder height to the left side of the room. Lift your gaze towards the ceiling.

Track your shoulders towards the back of the room and arch backwards.

- Finally, extend your right leg straight forward towards the front of the room. Rest your hands lightly at your hips or, for extra intensity, raise your arms to the sky.
- The critical angle to work with here is that between your spine and your right thigh. Squeeze your standing leg strong and straight (not to the point of hyper-extending your left knee). Reach your tailbone towards the earth and activate uddiyana bandha. Draw your shoulder blades flat on your back and stand tall.



- Use your hip flexors to raise your right thigh as high as you can manage. Straighten your right knee with strong contraction of your quadriceps muscles in the front of your right thigh.
- Some people experience a cramp in their right thigh as a consequence of this action. Do your best without bad pain or strain

and little by little you will grow into new strength and new ranges of motion.

- Breathe intentionally with an even, powerful rhythm to your breath and be more than the distractions of your mind.

Be a stand for yourself in standing leg raise. Hold your body upright against the force of gravity and hold your character upright against the forces of indifference, selfishness and disrespect. Manifest your best self in standing leg raise and be an example for all those you touch.

From Baron Baptiste:



Be the energy of possibility.

Namaste

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