



August 2019

NEW Online Service!:

Many people have said they cannot find anything like what we offer at Apollo Power Yoga when they move or travel out of town. We have a solution!



Now you can have access to some of our classes through an online service. Check out our [website:](https://apollopoweryoga.com/apollo-power-yoga-on-demand/) <https://apollopoweryoga.com/apollo-power-yoga-on-demand/> or go direct to the on demand [page:](https://vimeo.com/ondemand/apollopoweryoga) <https://vimeo.com/ondemand/apollopoweryoga>

Practice with all the joy, power, strength, mobility and inspiration that you know and love from classes at Apollo Power Yoga anytime!

Three Weeks and Counting to the Most Transformational Week of your Life!:

Our yoga intensive/teacher training course, **STEP into your POWER** is just three weeks away. In the peace and tranquillity of Wainui on the Banks Peninsula, with meals catered by Samson Samikannu, formerly at Pegasus Bay Winery restaurant and now running his own business, The Rolling Om, and taught by Hamish and Margo you will have the experience of a lifetime.



The three essential elements of our training are:

1. Meditation – if you do not already have a meditation practice, you will develop one here and in the silence of contemplation great insights and break-throughs are possible.

2. Asana – you will practice asana several times daily and the practice will cleanse you, strengthen you and you will have the opportunity to go places in your practice that you had not thought possible.
3. Inquiry – in guided discussion sessions grounded in yoga philosophy you will inquire into the truth of yourself and your way of being and clear away the mental blocks that stand between you and the person you seek to be.

LAST CALL! We have two places left for our September intensive, 21-28 September 2019. Go to the website (<https://apollopoweryoga.com/step-into-your-power-yoga-teacher-training/>), download and submit your application and make the higher call to transformation in your life NOW!

Workshops:

Next Step Up, Sunday 8 September 2019, midday to 2:30 pm at Salisbury Street. Book for your place on this workshop to help you take a step up to the next level of possibility in your practice. If you feel you have hit a plateau in your practice or you aspire to something extra in your practice but need guidance to make that happen, this workshop is for you.



The fee for this workshop is \$50 (annual members \$25). Book at Salisbury Street or

email hamish@apollopoweryoga.com or call Hamish on 021 0551884.

40 Days to Personal Revolution is also just around the corner. Beginning on Sunday 6 October this tremendous course of meditation, asana, nutritional awareness and personal inquiry will spring-clean your way of being and give you pathways to new possibilities in your life. Doing this course was a catalyst for Hamish committing to opening Apollo Power Yoga. It can be the catalyst for to embark upon something amazing in your life too!



Africa Yoga Project – Eye Pillows:

Two of our students, Eunju Nam and Junghee Kim, have been working with Margo and they have made lavender scented eye pillows. These are on sale for \$20 with the proceeds to go to Africa Yoga Project. You may purchase these from either of our studios.



They are a great accompaniment to savasana and a great way to settle your mind, calm your nervous system and create a relaxed state of being before you go to bed in the evening.

These are good for yourself as a treat and make a great present too.

The Kleshas - Dvesha:

The fourth of the five veils or kleshas is dvesha – aversion. In the same way that attachment could stand as an impediment to inner peace, so too can aversion.

As we discussed last month with respect to ragas/attachment, aversion to something in and of itself is not an issue. Some people like warm weather but do not like high humidity. Others like a humid atmosphere. Some people like walnuts. Others have an aversion to the taste of walnuts. Some like the Beatles and hate the Stones and others, *vice versa*. It is natural to like some things and to dislike others. The mere presence of likes and dislikes is not an impediment to peace.

The issue arises when, as Patanjali in the *Yoga Sutras* says, a person takes their identity from what they dislike or towards which they feel an aversion.

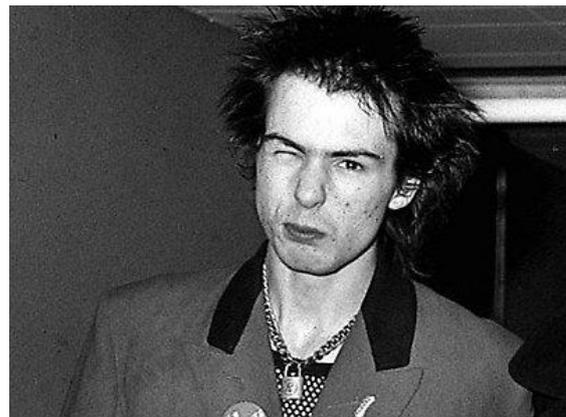
For example, someone who perceives a particular problem to exist and perceives that problem to be the cause of their unhappiness may become fixated upon a campaign that is anti- whatever they have fixated upon as the problem.

If a person owed money to a bank and they could not repay and watched as the bank exercised their contractual rights to recover their loan from the assets of the debtor, they may become fixated upon the tyranny of banks. They may become a protestor against banks, an advocate to the banking ombudsman about unjust credit recovery, and a letter writer to the newspaper in pursuit of their grievance against corporate injustice.

All the while that they are committing their energy to grievance, complaint and conflict they are losing the opportunities of redirecting themselves to what is possible now and to the creation of something better for themselves in the future.

When a person identifies with that which they feel aversion to there is a tendency to see events, circumstances and people in terms of right and wrong, good and bad. For example, if a person had an aversion for punk rock music they may make judgments that influence their outlook on other people and places. The syllogism reads like this:

- Major premise – I hate punk rock.
- Minor premise – Jimmy likes punk rock.
- Solution – I hate Jimmy.



It may be that the punk rock hater would never be in a position to be listening to music with Jimmy but still their identification with their hatred of punk rock causes them to colour their opinion of someone else.

Another example of aversion/dvesha is where someone has had a bad experience with a dog. One has snarled at or bitten them and has frightened them. From that experience they have developed an aversion to dogs in general. That aversion influences their everyday life and becomes ingrained in their way of being. “I won’t go to that park because people have their dogs there and they are off their leads

and running wild and it is just unacceptable and a nuisance”.

One bad experience creates a general aversion that then limits the capacity of the person with the aversion from appreciating the moment on neutral terms and the on the basis of presence.

In the first item on the kleshas we discussed how they are inter-related and ultimately all feed into the final klesha, fear. Those with an attachment (ragas) as their way of being fear losing the object of their attachment. Those with an aversion entrenched in their way of being fear the chance that whatever they have an aversion to will appear to them in the future. They are pulled out of the present into an imagination of a future scenario when that which they dislike or hate will be present.

This internal dialogue based on bad things happening and this way of being based on anxiety and fear for what may happen causes unnecessary suffering.

If yoga as a practice is the process of stilling and settling the disturbances and distractions of the mind (*Yogas citta vrtti nirodha* – Yoga Sutras of Patanjali, Book 1, Sutra 2) the inner story-telling, the making right and wrong of people and places and events and the fear of what might come that are all symptoms of *dvesha* are all the antithesis of yoga.

By all means, have likes and dislikes, preferences for or against certain things, but do not allow these likes or dislikes to rule you and govern the way you appreciate yourself, the world around you and the people with whom you interact.

Asana Spotlight:

Split leg standing forward (*parsvottanasana*) is akin to revolving triangle (last month's focus pose) with very much the same set-up in the base but the intention of the pose, rather than a twist, is a deep forward fold and stretch of your front leg in the pose.

- Begin in triangle, the pose we detailed in June 2019's magazine, with your right foot forward. Bring your torso upright over your hips. Step your back foot about 1 to 2 feet further forward towards the front of your mat. Set your back foot at about 45° off centre (With your front foot at 12 o'clock set your back foot at about 10:30 on the clock).
- Align your left heel with your front foot such that a single, straight line can be drawn through the length of your front foot and the heel of your back foot.
- Press the outer edge and the inner mound of your left foot to the earth.
- Press the inner mound and the centre of your right heel to the earth.
- The degree by which you shorten your base from triangle for split leg forward fold varies from person to person. I use 2/3 the base of triangle as a rough rule of thumb for the appropriate length of base for split leg forward fold. Too long and your alignment will be compromised in other respects. Too short and the pose will lose some of its impact for you. Experiment with your base with the following cues in mind.
- Square your hips towards the front of the room. Rotate from your left foot (your back foot) and turn your left hip towards the front of the room. Press away from your right foot and draw your right hip towards the back of the room.
- If your base is too long you will not be able to achieve this squaring of your hips. It is

of the essence to split leg forward fold so be aware of the orientation of your hips and if your base is preventing you from achieving a square of your hips to the front of the room, shorten your base somewhat.

- If you achieve square hips very easily then consider lengthening your base somewhat. Another essential element of the pose is the split legged position. If all you seek is for the squaring of your hips to be easy then there would be no point in doing the pose in a split legged position. Separate your feet just enough that, with work and effort, you can square the front of your pelvis to the front of the room.
- If you just cannot get your hips square with a split legged stance and the outer edge of your back foot at the mat try one, or both, of these variations. First, rather than having your left heel in line with your right foot, shift your left foot a few inches further to the left. Second, or alternatively, slightly lift the heel of your left foot from the mat.
- Activate the muscles of your inner thighs, your adductor muscles, and hug your two legs inwards towards centre-line. Tone right up into your pelvic floor, *mula bandha*, to create balance, stability and vitality at your core.
- Extend the crown of your head to the sky and draw out all the length in your spine that you can. Engage *uddiyana bandha* (draw the pit of your nelly in towards your spine) to stabilise your spine.
- Hinge forward at your hips and bow your chest towards your right thigh. This is another measure of whether you have a suitable leg of base and have created the desired actions at your legs and hips. If your torso angles to the centre or even the front left corner of your mat then more rotation from your feet up to your hips is required.

- In the picture of the pose Hamish has a reverse namaskar hand bind. You could try this. Before folding forward, slip your hands into prayer behind your back. Bring the palms of your hands together and slide the pinkie finger side of your hands up between your shoulder blades.



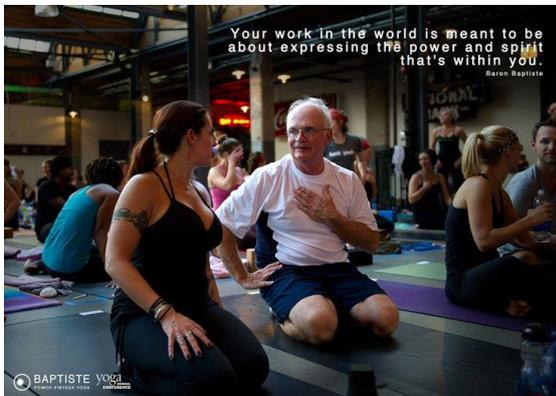
- If you use reverse namaskar, initially rotate your upper arm bones inwards to slip your hands behind your back. Then, once your palms are together, draw your shoulder blades inwards towards your spine and rotate your upper arm bones outwards and broaden your chest.
- An alternative arm variation is to simply reach your hands to the floor straight beneath your shoulders. If you struggle to reach the floor doing this, set your hands on blocks. If you do this easily, rotate your hands and arms outwards away from one another until your fingers are facing the back of your mat and spider walk your fingers back along your mat. Grip with your finger tips and draw your chest down deeper onto your front thigh.
- Another variation is to clasp your hands behind your back. Once your hands are bound, bend your elbows, draw your shoulder blades flat onto your back, then straighten your arms and reach your arms over your head towards the front of the room. In this variation be gentle with your shoulders. There is nothing to be gained by forcing this action. Relax more and

surrender into ever greater ranges of motion.

- Whatever, arm variation you take, gradually relax your hips and spine and fold ever deeper until your nose touches your right shin just below your knee. Then, slide your nose further down your shin towards your right ankle. If this is all too easy, try a longer base.
- Take 5-10 breaths here then repeat with your left foot forward.

Parsvottanasana means intense side stretching pose. Generate a strong, powerful stretch into your front leg and the hip of your front leg in split leg forward fold and relax with the intensity. Your greatest power in the moment of challenge in a yoga pose or in your life is surrender to the moment rather than flight or fight. Stay, relax and grow.

From Baron Baptiste:



Your work in the world is meant to be about expressing the power and spirit that is within you.

Namaste

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