



January 2020

WELCOME EVERYONE

Welcome to Apollo Power Yoga's first e-magazine for 2020. Whether you are new to Apollo Power Yoga or have been with us since our genesis in 2013 or joined with us at some point in between, we welcome you all.

We are greatly looking forward to another year of strong practice, transformative to body and spirit. We are sometimes asked what makes our practices different. The essence is that we teach a physically challenging and strengthening style of yoga practice that, nonetheless, can be adapted and modified to meet the needs of everyone. All it takes is a desire on the part of the student to grow. Further, we teach our classes against a background of philosophical principle such that they are truly and uniquely transformative to your minds.



All our teachers at Apollo Power Yoga have trained with Margo and Hamish in our teacher training programme, Step into your Power. This ensures we teach with a consistency of practice and methodology. Both Margo and Hamish have trained directly with Baron Baptiste. Doyouyoga.com lists Baron as one of the ten inspirational yoga teachers in the world you should know. Well, Margo and Hamish know him and have trained at the source. Our teachers, through us, are just one step removed from the source!

We look forward to serving you and working with you all throughout 2020 and making this an auspicious and fulfilling year. Put yoga at the heart of your way of being this year and reap the rewards in health, connection and spiritual harmony.

ANNOUNCEMENTS

Timetables: After a period of timetable variations we are returning to a settled and full timetable schedule but there are changes. The most notable changes are:

- The **Contribution Class** will no longer be the 8:30 am class on Sunday but will be the 9:30 am class on Saturday at Salisbury Street. This change is effective as of Saturday 15 February.
- There will be **no Budokon® yoga class** on Saturday morning at 9:00 am. The new Saturday morning 9:30 am class will be a Power Basics 60 minutes class and this, as stated, will be the Contribution class with the proceeds going to Africa Yoga Project. Admission to this class will be by way of a donation of \$5 (minimum).
- The Sunday 8:30 am and 10:00 am classes will continue as a Power Basics 60 minutes at 8:30 am and a Power All Levels 60 minutes at 10:00 am. Admission to these classes will be by way of a regular pass from our schedule (casual pass, two week starter pass, 10-class or 30-class pass, month unlimited pass or annual pass).
- At **midday on Saturdays** we will be holding a series of **workshops**. These will range from Getting Started workshops (for those new to vinyasa practice or those wishing to refresh on the fundamentals), to advanced practices (which may include some of the elements of the Budokon® practice, hand balances and so on), to breathing/pranayama practices, to teachers' workshops and philosophy lessons. Pricing for these workshops will be notified by the website and notices around the studios.

Studio Etiquette:

In recent times there has been a growing incidence of noisy chatter in the practice rooms at both studios prior to class. We ask that you reserve your conversations for the communal areas outside the practice room and keep the practice rooms quiet. This will allow everyone to invest in the meditative frame of mind that is of the essence in yoga practice. We love the community and connection shared by you when you come with a friend to class or meet someone you know at the studio but we ask that you keep the practice rooms quiet and contemplative.



Annual Membership Special:

Our special on annual memberships ends on 31 January. Until then an up-front annual membership is just \$1250. If your current annual membership does not expire until after the end of January you may still take advantage of the special but you must do so no later than 31 January. The new membership you purchase will not take effect until your current one expires.

If you are considering an annual membership take note of these points:

- If you practice twice a week for 50 weeks of the year your cost per class is just \$12.50 (less than that of a 30-class pass) and you can practice as many classes as you like (one student exceeded 450 practices in 2019 – less than \$3 per class!!).
- You may store your yoga mat at the Salisbury studio when you have an annual membership.
- You may place your membership on hold if you are unable to practice for a two week period or longer due to illness, injury or travel away for work or holiday.
- In-house workshops and 40 Days to Personal Revolution courses are half price to annual members.

Forthcoming Workshops:

As has already been mentioned, we will be running regular workshops at midday on Saturday. The schedule for the next three workshops is as follows:

1. **Getting Started Workshop:** In this workshop you will develop the technique for breathing in yoga practice, steady visual gaze, strong alignment for the poses of the sun salutations and essential principles for twists and backbends to help you access your potential in practice. We will cover modifications to enable you to adapt the practice to meet your needs. We will also cover your questions about any issues that have arisen for you in practice. This workshop is a must if you are new to practice or if you wish to refresh the fundamentals.

Date: Saturday 15 February, 12:00 pm to 2:00 pm

Price: \$40 (annual members \$20)

2. **Breath of Life Workshop:** The way you breathe is the way you live. Your breath is your life-force. Learn powerful yoga breathing techniques to expand and strengthen your breath. This workshop will incorporate a full power vinyasa practice, punctuated by yoga breathing exercises (pranayama), and discussion of the anatomy and mechanics of good breathing technique.

Date: Saturday 22 February, 12:00 pm to 2:00 pm

Price: \$40 (annual members \$20)

3. **Back Bending Workshop:** In this workshop we will address the structure of the spine, principles for back bends, the difficulties encountered in back bends and ways in which to prepare for and fully express oneself in back bends. This workshop will involve a full vinyasa practice with an emphasis on the poses and actions that build to the most expressive poses of the series. We will also look into some advanced back bends and transitions into and out of back bends. Whatever the level of your back bends now, come to this workshop to enhance your practice.

Date: Saturday 29 February, 12:00 pm to 2:30 pm

Price: \$40 (annual members \$20)

Africa Yoga Project:

Throughout 2019 we have supported the work of Africa Yoga Project (www.africayogaproject.org) in these ways:

1. We have run weekly contribution classes where entry to class is by way of a donation of \$5 or more and the surplus from these classes is paid to Africa Yoga Project. We have also sold eye pillows and yoga mat bags. The proceeds from the yoga mat bags have been paid to Kriza (more on him in the next paragraph) who made them. The proceeds from the eye pillows (thank you Eunju Nam, Junghee Kim and Margo Perpick for your work in supplying the materials and labour to make these beautifully scented eye pillows) and contribution classes have been made to Africa Yoga Project. Those payments have taken two forms: a monthly payment as support for the young teacher we have been sponsoring and mentoring as he has trained to become a yoga teacher; and donations to James' fundraising total for his AYP Ambassadorship. Total contributions for 2019 amounted to approximately \$3700.
2. We have mentored a young man learning to be a yoga teacher who was a member of the AYP Academy. We began our association with Kriza in early 2016 and have worked monthly with him since helping guide him through the work of the Academy which not only trains him as a yoga teacher but trains him in work and life skills so that he can gain employment and avoid the pitfalls of unemployment, poverty and crime that are rife in his community. 2019 saw Kriza graduate from the Academy and our mentoring of him has come to an end. For 2020 Hamish will be mentoring a new young person entering the AYP Academy. Her name is Marie and she lives across the border from Kenya in Rwanda.
3. We have supported James in his assumption of the role of AYP Ambassador. The Ambassadors travel to Kenya to teach yoga and share their professional skills (in James' case his knowledge of business, contracts and law) with people in training with AYP to help them grow and develop the skills to lead fulfilling and productive lives. Each Ambassador must also raise US\$10,000 to donate to AYP. James ran a class called Asana for Africa that we hosted here at Apollo Power Yoga and that was supported by many of the Apollo Power Yoga community.

Africa Yoga Project trains those who wish to become yoga teachers and supports them financially as they deliver classes to their communities. There is great poverty in many areas in Africa and AYP has the mission to aid in the growth of people who wish to be independent, who wish to learn the skills that will make them employable and those who wish to shed unfortunate histories and carve out new ways of being for themselves.

Baron Baptiste leads training courses for AYP and tells of an occasion when he was out for a walk the evening before a training programme was to begin. He was approached by a young man wanting to sell drugs. Baron refused. The following day that same young man was in the group of trainees on his course. The facts of everyday existence for many who live in the impoverished slums of Nairobi and elsewhere in Kenya and, more widely, in Africa, are bleak but AYP offers a pathway to a new life for those who participate and your support of AYP is instrumental in helping change lives for the better.

Apollo Power Yoga on Demand:

If you are travelling or live outside of Christchurch and you want to practice with Apollo Power Yoga you can do so online! Our most recent addition is a restore class featuring pigeons and dragons as hip opening poses.

Access a range of our classes of varying lengths through our online service on our website: <https://apollopoweryoga.com/apollo-power-yoga-on-demand/> or go direct to the on demand page: <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!

Excuses, Excuses:

Some years back when I was studying at university I played cricket with a team of guys, most of whom were older than me and were working. As we socialised one sunny afternoon we got to talking about running and I said I was not running at that time because I did not have time. One of the guys called me on it. He said there is always time. Once I completed my degree and started working in the city I would see Max running at lunchtime and making use of time rather than making excuses for not acting.

I felt somewhat confronted when Max called me on my excuse of not having time but it did wake me up to the fact that I was just making excuses. Of course I had time to run if I wanted. That occasion, or the lesson for me from it, comes back to me periodically when I am stuck in inertia and making cop-out excuses for not attending to that which needs to be done.

Sometimes in class I speak of urgency. I define urgency not as rushing or hurrying or panicking but simply as being essential and doing that which needs to be done now, in the now. This shows up in asana practice. When a pose is called, students will often wipe with towels or take a drink or wander around their mats rather than do the pose. Crow is a common pose where this occurs. A student will have persuaded themselves that they cannot do crow unless their arms and legs are very dry. So, they spend the time offered for crow towelling themselves dry. In truth, dry arms and legs are not necessary for crow. Sweat may cause the student to slip somewhat but that points, not to a need to wipe and dry, but to hug and lift and transform their pose from one where all the stars need to be perfectly aligned before it can occur to one that is present NOW.

The same applies to the question of getting in to practice. A person may find any number of reasons why not. I'm too tired after work. The traffic is too heavy. I needed to go to the supermarket. The latest episode of My Neighbour's Kitchen All Stars Dancing was on and I just had to see it. Ultimately, that student must get clear and honest with themselves about their way of being, what works to make them clear and present, strong and stress free, and

what just contributes to a state of lethargy, tightness and adrenal fatigue. Until they get that clarity and honesty then they will just be making excuses.

I pulled out of an interschool cross country with the excuse of respiratory problems having had a cold about a week earlier. I was short of breath after a fast start to the race but the explanation I gave for pulling out was an excuse to cover the fear I had that I may not win. I had formed the impression that there was only one acceptable place to achieve in that race and anything less than winning would reflect badly on me.

For ten years I worked for the same law firm and ought to have set my sights higher and applied to work at firms that were growing and attracting better work and creating more opportunities. I did not do so and made to myself all sorts of excuses. For instance, I said I owed that firm my loyalty because they had been good to me. I told myself I was learning good legal craft from the senior partner and my mentor in the law. I took the view that partnership was the goal and to move to another firm would set me back on the partnership path. So I stayed put and became a partner in a firm that was past its best and that had lost the lustre of its most prominent years.

Whenever I have made excuses for my inaction and for sitting on my hands I have been left with unsatisfactory outcomes and regret at lost opportunities. I have no regrets about going deep with yoga in my life. It has kept my body healthy, strong, mobile and vital in a way that other activities, or the lack thereof, has not done for others that I know who have not practiced yoga. I see many of my peers expanding at their waistlines, growing ever weaker and tighter (a strange but common phenomenon) and ultimately giving up on health. Yoga is a way for me to remain healthy. In the years since I began practicing yoga I have had remarkably few illnesses and nothing serious. Hooray for yoga.

Those peers of whom I speak may make excuses. “I haven’t got time” they may say. I should get my former teammate, Max, to call them on that. “It’s just old age” they may say. Tell that to Mr



WHEN I LOST
MY EXCUSES
I FOUND MY
RESULTS

B K S Iyengar whose daily yoga practices saw him live to be 96 years of age. “I’m not flexible enough” they may say. And nor will they be the longer they allow their bodies to fall into desuetude.

Gandhi put it very simply: “Be the change you wish to see in the world”. If you perceive you have no time, make time by re-arranging your current schedule and be prepared to give up what you must. Set aside heavy lunches in favour of a physical refresh and a mental and emotional renewal in yoga class. If your body is ailing from what you are doing, stop doing that which ails you. When I ran for exercise I enjoyed running, ran about 4000km per year and was highly committed to running. Now, I do not run for exercise at all. I gave up the activity that was making me tight and sore. In my running days it would take me a few minutes every morning to get heat and length into my Achilles tendons. In those few minutes I would hobble around in discomfort. When I did run, the tightness in one buttock would cause either radiated sciatic pain down my leg or would make my leg feel dull and lifeless. If I ran without

orthotics one of my knees would gradually become strained and painful and my gait would become uneven as I favoured one side. And all the while I paid more for ASICS Gel Kayanos per year than the price of an annual membership at a yoga studio. Give up what you must!

If you think you are too tight or too weak for yoga then shift your vision to the understanding that yoga is exactly what you need physically. It will also rewire your nervous system from stress to calm and give you an enlightened sense of self, right along with the physical rewards. If you perceive you are too old, give up the perception that movement, health and vitality are for the young only and be as active, as present and as committed to growth as you can be your whole life long.

Yoga has given me a pathway to a career that I enjoy and that gives me daily fulfilment. It has given me the opportunity to work together with my wife and for us to combine our skills, experience and intentions to create a meaningful life together in business as well as in all other areas of our lives. It has given me an avenue of learning that has brought to my awareness shortcomings that I have had, weaknesses and disempowering patterns of thought and behaviour. In respect of all those I have made progress. I believe I am a better person now than I was before I began practicing yoga and I am pleased to be able to say that.

By what I do on my mat and on my meditation cushion I contribute to a better world by being less reactive and less disconnected and by being more respectful and more present. Stop making excuses as to why you cannot invest in being a better person and your better self. Commit now and make no excuses to avoid what you need in yoga.

Asana Spotlight:

In the style of practice we teach at Apollo Power Yoga there is a strong emphasis on poses that open the front side of your body. In yoga parlance the back side of your body is known as *paschima* (west) and front side *purva* (east) on the basis that sun salutations were performed facing the rising sun in the morning. A pose we perform often enough in our vinyasa classes is *purvottanasana* (intense front side stretching pose). This is a powerful and, necessarily, short-lived pose to build strength in the back of your body and create stretch through the full length of the front of your body.

- Start in an upright seated position with your legs together and extended forward in front of you.
- Set your hands with your palms flat to the floor just behind the rear of your hips and just wider than shoulder width apart. Point the index fingers of your hands straight forward along your mat. Spread your fingers and press the fingers of your hands firmly to the mat.
- Point your toes forward towards the front of your mat (plantarflexion) and rotate your inner thighs inwards towards centreline so that your kneecaps face straight up towards the sky.
- In one fluid motion lift your legs and hips up from the floor and reach your ten toes down to your mat.
- Contract your calf muscles (the superficial gastrocnemius muscles) to point your feet forwards. This action often causes a cramp in your calf muscles. If this occurs, sit down,

flex your toes back towards your shins to release the cramp and take the reverse table-top variation described later in this item.

- Contract your hamstrings, the gluteus maximus in your buttocks and the adductor magnus in your inner thigh to straighten out your body at the hip.
- Contract your quadriceps on the front of your thighs to straighten your legs at the knee.
- Draw your back muscles inwards towards your spine to generate lift in your torso and to press your spine up into your trunk.
- The placement of your shoulders and shoulder blades is very important. Do not collapse your torso between your shoulders such that your shoulders protrude higher towards the ceiling than your chest. Draw your shoulder blades in towards your spine and down your back away from your ears. Lift your thoracic spine in towards your chest. Elongate your neck and extend your skull away from your shoulders.
- Contract your lower abdominal muscles. Draw the front of your pelvis towards your navel and pull the pit of your belly in towards your spine.
- At first, hold your neck neutrally in line with your spine and look straight up to the sky. Draw your lower jaw straight back towards your spine (not down towards your chest) and stretch the back of your neck out long. Then, if it does not cause any strain or discomfort, you may, as an option, relax your neck and hang your back towards the floor. Do not rush to hang your head back. Make this movement the last movement in creating the pose and it is optional.

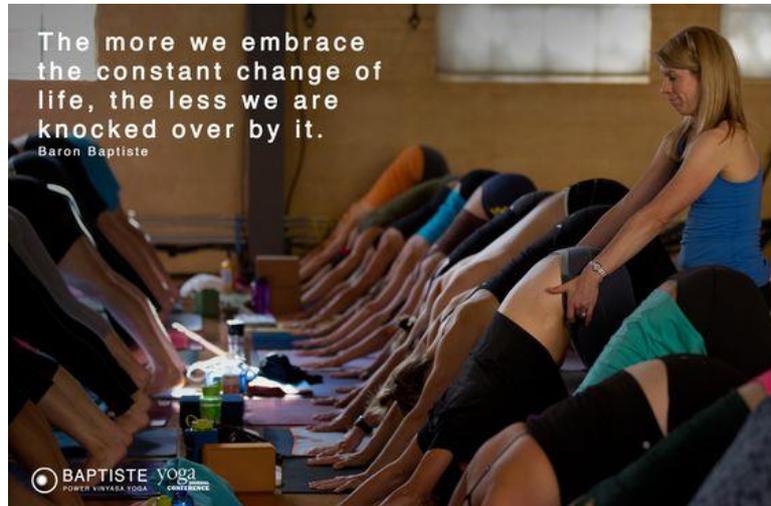


- For a less intense variation, set your feet hip width apart, bend your knees before you press up and stack your knees over your ankles in the pose. This reverse table top variation is considerably more manageable if you are new to practice.
- Stay in purvottanasana or table-top for five breaths then lower your hips gently to the floor. Follow up with fish pose as a gentler front side opening pose if you like.

A body builder striking poses rarely stretches out the front of their body. Instead, they emphasise the showiness of contracting the muscles on the front side of their body. In purvottanasana, let go the need to show off or perform, embrace the combined strength of

muscles in both the front and back side of your body and defy physics by lifting your body face upwards to the sky. Once up, relax with the intensity of this pose, breath calmly and express spiritual strength that does not need a spray tan and the plaudits of an audience to be true.

From Baron Baptiste:



*The more we embrace the constant change of life,
the less we are knocked over by it.*

Apollo Power Yoga Clothing Borrow Bag:

Every once in a while, you get to yoga and discover that you've forgotten to bring your yoga clothes with you. Don't despair! We have clothes you can borrow. If you do borrow clothes from us, please return them to us at reception straight after the class - don't take them home to wash them before they're returned. We'd rather launder them ourselves and get them back into circulation straight away. Please also do not put them in the towel bin in the changing rooms. The towel bins are emptied by commercial cleaners.

We are missing a few pieces, so if you've accidentally taken some of the borrow bag clothes home, please return them so that they're available for all to use. And if you have yoga clothes that you don't wear any more, feel free to donate them to the borrow bag. It's good to have a range of sizes and styles.

Namaste

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