



September  
2020

**SCULPT, TONE, RELEASE  
ENDERMOLOGIE TREATMENTS AT APOLLO POWER YOGA**



We have a new offering for you – **Endermologie**. Think of it as “Power Massage”. This is technology that was developed in France and has been used there and around the world since the 1980s.

Endermologie® Power Massage:

- improves and enhances circulation and lymphatic drainage
- stimulates the exchange of nutrients and toxins in fat cells, to aid their reduction
- reduces cellulite and difficult-to-shift bulges of fat
- stimulates fibroblasts to generate collagen and elastin in the skin
- tones and improves muscle tissue and skin tone, particularly saggy skin
- assists recovery after sports training and injuries
- releases muscular and myofascial tension to relieve chronic pain from these causes

The treatment is performed by an Endermologie technician who has been specially trained in the technique. You relax on a massage table, while your technician operates the machine head over your body, in a program that has been specially designed for your needs.

The treatment is very relaxing – many people fall asleep during it. It is a painless, non-invasive alternative to methods such as liposuction or fat-freezing.

Because the treatment stimulates the removal of toxins from your system, it's advisable to drink at least 2.5 litres of water in the 24 hours after the treatment. Clean eating, and exercise such as Power Yoga, taken in the 24 hours after treatment also enhance the effects of the treatment.



An initial course of treatment is generally once or twice per week for 6-10 weeks, and then maintenance of once per month afterwards. Treatment prices are as follows:

- 1 Full Body Treatment \$165
- 5 Treatment Pack \$750
- 10 Treatment Pack \$1350

We're taking bookings now, for treatments to begin from 12 October. Contact [margo.perpick@gmail.com](mailto:margo.perpick@gmail.com) or on 027 227 2026 to book your treatments.

## HANMER YOGA RETREAT



**Join Hamish and Margo for a glorious long weekend of YOGA in HANMER SPRINGS**

**Friday 27 November to Monday 30 November 2020.**

Your package includes:

- 3 nights stay at Hanmer Springs Retreat
- 6 Yoga Practices (a combination of Power Vinyasa and Power Restore)
- 6 Meditation and Yoga Breathing Practices
- Discussions on Yoga Philosophy, Ethics and Ayurveda

But still lots of time to sit in the hot pools!

\$550/person (twin share)

To book or for more information contact [margo@apollopoweryoga.com](mailto:margo@apollopoweryoga.com) or call Margo on 027 2272026.

## **40 DAYS TO PERSONAL REVOLUTION – BEGINS 4 OCTOBER 2020**

You can still get in on ***40 Days to Personal Revolution*** which begins on Sunday 4 October 2020 and runs through to 12 November. This is an excellent programme of meditation, asana, nutritional awareness and personal inquiry designed to integrate yogic practices into your way of being for holistic health and well-being.

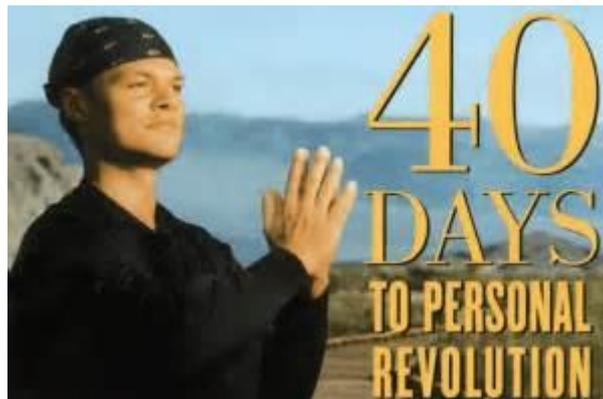
You can also join this programme **ONLINE** as we will be running a Live Stream 40 days to Personal Revolution by Zoom.

If you enjoy the physical practices at our studios but are curious about other aspects of yoga practice then this programme is for you.

If you are at a crossroads in your life and you seek some clarity as to your path then this programme is for you.

If you are looking at your life and wondering why you feel out of congruence with yourself then this programme is for you.

If you have previously done this programme then it is for you. If you have never done this programme before, it is for you. **THIS PROGRAMME IS FOR YOU!**



The course runs in this way:

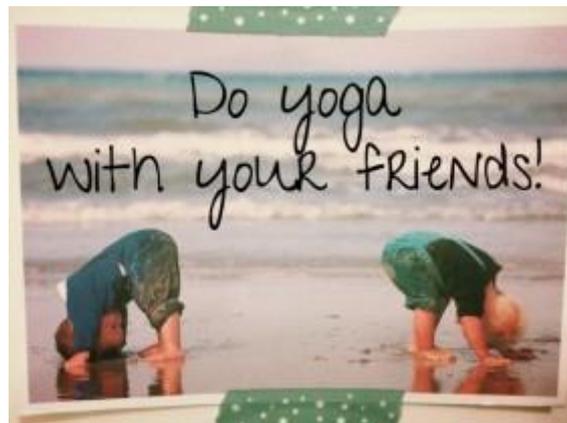
- We have weekly workshops on Sunday evenings at which we discuss the themes of the week, we lead you through the practice of the week, we meditate together, and we discuss the nutritional focus for the week and the personal inquiry topics of the week. These will be live streamed for those taking part online.
- In between workshops you are invited to meditate twice daily and practice asana daily with the option to take a rest day each week. Observe the nutritional focus and reflect upon the weekly personal inquiry questions.
- You will receive weekly handouts at the workshops (or by email if you cannot or are unable to be at the workshop in person) and daily emails to keep you engaged with the process. Many people who have participated in the programme have said that once the course finished they greatly missed getting their daily email of philosophical principle.
- The time commitment increases over the duration of the programme with the recommended time in meditation and asana increasing weekly from a modest commitment at the outset to a much greater commitment by the final week.
- All your practices at Apollo Power Yoga's studios during the programme are covered by the fee for the course. If you are participating online then you will need to practice at home or at the studio of your choice in your region.
- Included in the fee for the course is the text book, *40 Days to Personal Revolution* by Baron Baptiste. Read this book in advance of the course or follow it as the course unfolds.
- If you have any concerns at any point during the course, Hamish and Margo are available to talk with you and give you guidance.

Your investment is: for annual members the fee is \$165 including the text book. For non-annual members the fee is \$385 including the text book. The fee to participate online is \$245 which includes the textbook.

Places on the course are limited so book your place now! We sometimes have students ask when the next edition of 40 Days to Personal Revolution will be held. Make now the time that you choose to be the change you seek in your life. Deferring your personal revolution until later achieves nothing. Make your commitment to your best way of being this spring and mark 4 October in your diary as Day 1 of your personal revolution.

### **BRING A FRIEND FOR FREE**

**Bring a friend new to Apollo Power Yoga for a free first class.** This offer has been a great success and we have met a good number of new people. Thank you to everyone who has brought in a friend or friends to practice with us. We greatly appreciate you sharing our practice with your community so that, together, we can all form a greater community. **This offer is continuing indefinitely.** So, if you have not done so yet please bring in someone who has not previously practiced with us and their first visit will be free. They can then still do a two week starter pass and really get going with their practice at Apollo Power Yoga.



Spring is a tremendous time to reconnect with those things that bring you joy and vitality: friendships and yoga. Practice often and reap the rewards in connection, strength, mobility and overall health and well-being.

### **STEP INTO YOUR POWER YOGA INTENSIVE**

Thank you to all those who participated in our just-completed yoga intensive at Wainui. What an incredible week of learning, growth and transformation it was too.

Our next intensive is in January 2021 (15-23 January). If you feel a sense of envy for those who take part in our programme or if you wonder what happens that causes our trainees to

come back so lit up and with such energy and enthusiasm then make the commitment to be with us in January 2021. Don't say "one day". Make now the day.

On our programme you will engage with wonderful people, you will develop your own asana practice, you will meditate and discover, rediscover or enhance the benefits of that practice for you, you will learn about anatomy and physiognomy as it relates to yoga practice (at a level much greater than other 200-hour programmes), you will develop skills to take your seat as a teacher and you will engage in inquiry and self-discovery that will imbue you with a new lease on life and a fresh commitment to your path.

This may seem a big promise but we deliver. As one trainee observed upon the completion of our programme this month, we "walk the talk".

### **PRATIPAKSHA BHAVANAM**

The Yoga Sutras of Patanjali twice make the assertion that when you are caught in a negative state of mind, redirect your mind to the opposite. This is a practice known as pratipaksha bhavanam.

The two references both appear in Book 2 of the sutras, the Portion on Practice, in sutras 33 and 34. In the first, Patanjali says that when you are suffering from afflicted thinking, then contemplate and see the situation from a different perspective. In the second, Patanjali says that if you have negative thinking that comes from anger, greed or delusion then the outcome will be suffering and ignorance. Accordingly, take a new view and reframe your perspective.

This can work as a re-framing of one's perspective on the particular issue at hand or by diverting one's attention from the matter that is causing upset and re-directing one's awareness to a positive or constructive thought. The simple philosophy and truth of the practice is that if the power of one's mind can cause distress, worry and negativity, it also has the power to create calmness, contentment, and positivity. I use this technique myself and have done for many years, long before I knew what the Yoga Sutras had to say about it.

I believe I share with many people a tendency to revisit, fret over and invest a lot of attention in problems. By committing a lot of attention to problems they grow in my imagination and assume a prominence that they do not deserve. I also extrapolate in my mind from where a situation rests at present to where it could go. My imagination seems, from my perspective, to be more adroit at imagining poor outcomes and results than good ones.

As I scan the last 20 years of my life I see plenty of problems that have or do still exist. In the last two decades my sons have lived their lives and I have had many parental concerns about their health, welfare, progress and happiness. For the first of the last two decades I was a "house-spouse" having given up paid employment to stay at home with our sons. That was a tremendous privilege but it ultimately created a problem for me as to what was I to do when ultimately I returned to paid employment. The earthquakes of 2011 damaged our house somewhat and there were elements of the damage that EQC were unwilling to accept were due to the earthquakes. That was a problem that got me worried. Margo's

satisfaction in her work decreased greatly in the last couple of years that she practiced the law and I worried for her. In 2013 Margo and I started Apollo Power Yoga and we have been through all the concerns of starting a new business from scratch and running a business. We were both partners in the law firms we worked for but both those businesses were of long-standing and we were among a number of other partners. The hot breath of challenges related to running a business is much greater in my experience when it is just the two of you starting from nothing.

There is nothing unique or special about the issues in my life and I have been, relatively speaking, extremely fortunate. There has been enough material there, however, for me to fester, be anxious and worry about. My general perception of myself, based on high standards and a tendency to compare myself unfavourably relative to others, means I can get rather insular and negative in my thinking. At these times pratipaksha bhavanam is of great benefit.

I used to play golf. I was not a good golfer. At times I revealed truly awful play. However, the best of my play could be excellent. The second hole at the course where I used to play is a par 5 with out-of-bounds all down the right side and a tall, well-established line of trees down the left side separating it from the neighbouring hole. Just where the drive of the longer hitters would finish the fairway narrows with a tree and some bushes encroaching from the right and a hillock intruding from the left. It is a visually intimidating hole and many is the time I have gotten into trouble off the tee and not extricated myself from trouble.

One day, however, I was in a group with a regular playing partner of mine, Peter, and a man on a much lower handicap than me, Frank. He was a down-to-earth sort of guy and I had enjoyed playing with him on the few occasions that we had played together previously. Both he and my partner had teed off and I stood on the tee box of the second hole ready to hit my drive. It was a warm day, early summer. The fairway was dry. The northwest wind that had blown in the morning was quartering to the southwest so as to be at our backs slightly but with no drop in temperature nor any sign of rain. Conditions could not have been better.

I teed up my Titleist ProV1 golf ball and addressed it with my Taylormade R9 driver (8.5° of loft) and swung cleanly through the ball. My balance was good. The contact I made was true with the exquisite feeling of a beautifully timed shot – not exactly the feeling of no contact but the feeling of pure transfer of energy from my body, through the shaft and head of my club, into the ball. As I lifted my gaze in my follow through I could see my ball flying exactly where I had aimed, right for the centre of the narrowest point of the fairway. Right at that moment Frank said “That’s perfect”. And it was. The ball flew long and straight. Upon landing it kissed off the firm fairway and rolled on... and on and on.

In golf, a par 5 is intended to require three shots to reach the green. The better golfers seek to reach the green in two shots. I had previously been on the number two green in two shots and had many occasions when I had intended my second shot to reach the green. However, this was typically with one of my longer irons or even a fairway wood or rescue club. On this day I walked for ever down the fairway to my tee shot and played a 9-iron to the green. After we finished the hole Frank asked me whether I had hit a 9-iron for my second. I confirmed it. He then said that he had never seen such a long drive on that hole – and he regularly plays in the top echelons of the club’s golfers and plays interclub.

From my tale you can see that I have a detailed recollection of the moment. It was a happy moment – one where there was nothing better that I could have done. I could have stood on that tee-box for the last ten years hitting drive after drive and never have repeated the shot I hit that day. Peter and Frank may not remember it – it wasn’t personal to them. But I remember it. At times, when I am feeling down or distracted by care or worry, I recall that

shot. I visualise the scene and recall the light, the warmth of the sun, the gentle breeze behind me, the truth in my contact with the ball, and the sight of my ball flying so straight and true and long. In that moment of recollection I can alter my mood and the direction of my mind.

Use the power of your mind. Direct your awareness away from unnecessary care and concern. I say “unnecessary” intentionally. There will be occasions when an issue must be addressed, confronted and dealt with. A child’s ill-health does not disappear by not thinking about it. An unpaid bill does not get paid by not thinking about it. Pratipaksha bhavanam does not advise us to put our heads in the sand and ignore issues. Rather, it instructs us to not dwell in patterns of negative self-impression, embittered or vindictive outlook, resentment and anger, fear and a perception of impending disaster. Instead, we are called upon to reframe the outlook of our minds, to conjure a new mental perspective and consequently a new feeling and emotional state.

Gandhi spoke very simply to this principle in cautioning us to be careful with our thoughts because our thoughts become our words, our words become our actions, our actions become our habits and our habits become our character and our character becomes our destiny. Do not doom yourself to a miserable destiny with the afflicted state of your mind. Channel your thoughts to the opposite of anger, to the opposite of fear, to the opposite of resentment and create a good feeling within you.

Rewire your whole bodily bio-chemistry by re-aligning your thoughts to work for, rather than against, you. A few moments spent reflecting upon a perfect golf shot, or the birth of a child or a moment of friendship can reframe your experience and bring peace to a discontented mind. Follow the wisdom of the ancients and apply the power of your mind for good rather than for your suffering.

### **ASANA SPOTLIGHT**

Dragon pose (*uttan pristhasasana*) is a deep lunging pose that is very opening to the quadriceps, hip flexors and adductors (inner thighs). As a counter to the stresses and seated positions of daily life, dragon offer tremendous relief and rehabilitation. Here is the pose in detail:

- In downward facing dog, place your right hand to centreline of your mat and step your right foot to the front right corner of your mat.
- Bend your left knee down to the floor. Relax the weight of your hips forward of the line of your left knee. Stretch the front of your left thigh and hip.
- Angle your right foot up to about 45° off-centre to the right. Open your right thigh out towards the right side of the room to the same degree that your right foot is turned out.
- Lift the inner edge of your right foot off the mat and draw the toes of your right foot back towards your right shin (dorsiflexion). In so doing stabilise your right ankle and prevent your foot from sickling.
- Keep your hips as level as you can and your shoulders as level as you can. It is a common default for some students to allow their left hip (when their right foot is forward)

to drop and rotate down towards the floor. It is preferable to hold your left hip and shoulder up approximately level with the right side of your body and avoid collapsing the left side.

- The depth of your torso is very much at your discretion. If you are tighter in your legs then the base of your dragon will be shorter. In this instance you may feel most at ease if you rest the palms of your hands at the floor around the centreline of your mat and support yourself with straight arms. You may even place blocks beneath your hands to lift your torso a few inches higher.
- The next step from being on straight arms is to set your blocks on their edges at the middle height and rest your forearms on the blocks. The next step beyond that is to lower yourself all the way down to your forearms on the floor.
- As you proceed to lower yourself, lower first your left forearm and then your right forearm (or, with your left foot forward, lower your right forearm first).
- Relax your neck and breathe calmly through your nose.



- There are several ways to add intensity to dragon pose. In the second variation, lift your back knee from the floor and engage your left thigh muscles firmly. Press the back of your left thigh up towards the sky. In this variation keep your right foot flat and pull inwards to centreline more. Add stability and seek less opening in this variation.
- In the third variation build on the opening of the first variation. Turn your chest to the right, reach your right arm towards the back of the room, bend your left knee and lift your left foot upwards.
- If you can bind your right hand to your left foot, do so. It will be easier and there will be more space if you are supported on your left hand as opposed to your left forearm.
- Once you have a bind between your right hand and left foot, take your shoulders straight back, press your thoracic spine into your chest and gently take your head towards the left side of the room.

Dragon pose is not a malevolent mythical beast to be feared. Dragon is a pathway to growth and freedom both in your body and your mind. Be willing to open to whole new way of movement, of feeling and of being.

## APOLLO POWER YOGIS IN BUSINESS

**As our community recovers from lockdown, take the opportunity to support your fellow Apollo Power Yogis as their businesses get up and going again.**

You might not know that the yogi on the mat next to you runs a restaurant, a building business, or an interior design company. So we're creating a forum for Apollo Power Yogis to connect with each other's businesses and support them as they rebuild after the lockdown.

Going out for a great meal or a drink? Try one of the Dux restaurants, owned by **Richard and Lisa Sinke**. You can take your pick from [Dux Dine](#), [Dux Central](#) or [The Terrace Tavern](#). Other fantastic options are [Smash Palace](#) owned by **Johnny and Juliet Moore**, and [27 Steps](#) owned by **Emma Mettrick**.

For a healthy smoothie and other vegan treats, head to **Sara-Fae Foldesi's** [Pure Pulp](#), in the Riverfront Market.

For authentic French viennoiserie (croissants, Danish, etc.), sourdough bread, ciabattas and baguettes, there's no better place than [Bellbird Bakery](#) in the Tannery, where you'll find **Alice Terrien**. Bellbird's bread is made with organic or spray-free flour, all sourced within Canterbury, using traditional techniques and long fermentation.

Have a building project in mind? Along with **Anthony Leighs** of [Leighs Construction](#), your fellow Apollo Power Yogis include **Ben Collis** of [Protec Projects](#), specialising in residential builds, commercial fit-outs and design builds, and **Alastair Miles** of [Miles Construction](#).

Thinking of buying, selling or leasing property? Go to **Alison Aitken** of [Harcourts](#), or **Daisy Foldesi** at [Ray White](#) for your residential real estate needs. If you're looking to lease or buy commercial real estate, see **Karen Collis** at [JLL](#).

Need legal assistance? **Philip Sewell** and his team at [Godfreys Law](#) can help you with a wide range of legal expertise and experience.

If you need specialist employment law advice, whether for your business or as an employee, [Jackie Behrnes](#) can help you. And, she has combined yoga and employment law perfectly by being lululemon's NZ-based employment lawyer!

Whether you've built, bought or leased residential or commercial property, make it your own with specialist Interior Design. **Susie Paynter** of [The Duchamp Collective](#) or **Lisa Sinke** of [Lisa Sinke Design](#) can give you the benefit of their impeccable taste and wide knowledge.

For gardening advice and assistance, contact [Jenny Jones Gardening](#). She can advise you on which plants will work best in your garden, and help you with planting and maintaining your outdoor space.

And as we know, lockdown deepened our appreciation of the skills of hairdressers. See **Tracette Owers** of [The Lounge Organic Hairdressing](#) for great haircuts and colours using organic hair products.

Do you need some graphic design work done? Go to [Regina Speer](#). She focusses on helping purpose-driven businesses, who aim to do business sustainably, benefitting communities, people and the environment.

Experience healing Massage Therapy, Naturopathy, Aromatherapy, Reflexology and Reiki with [Karina Thorpe](#). Her career in these healing therapies stretches back to 1987, and includes teaching at the College of Natural Medicine in Christchurch. Karina believes in supporting each person to achieve their best health, including working alongside of standard medical treatments.

Or if you're looking for Bowen Therapy, as well as other massage and skilled bodywork, see [Regan Gill](#). Bodywork can enhance your yoga practice by correcting postural factors that affect how the body can move, stretch, and balance, as well as reducing aches and pains in your body. Regan is a fully qualified and experienced massage and Bowen therapist, and has worked in NZ and Australia since graduating in 2004. Over 15,000+ treatments in that time, Regan has seen the difference that bodywork can make, and specifically tailors his treatments to his clients' needs.

Do you need expert nutrition advice? [Jane Syme](#) is a Clinical Nutritionist who is passionate about improving people's health and wellbeing, by working with her clients to provide a treatment plan that will achieve results. Jane deals with all the body systems to ensure they are all working optimally together to provide energy, vitality and to help maintain peak health.

Are you having sleep problems? Disordered sleep can be associated with many common health problems, including high blood pressure, diabetes, daytime sleepiness, obesity, lowered immune system, decreased libido, increased irritability, and increased pain sensitivity. Poor sleep may be a consequence or symptom of many health problems, but it can also be the underlying cause for some of them. Sleep has an impact on so many of the body's metabolic processes because they all need sleep to restore, repair damage, and recalibrate ready for the next day. If you are having problems, including snoring, sleep apnoea, or insomnia, see **Bryn, Christine, or Grace Sparks** and the rest of the team at [Sleep Well Clinic](#).

For conscious leadership coaching and training programmes grounded in proven frameworks that heighten self-awareness, deepen learning and align intention with action toward transformation, see Fiona **Deehan** at [Cara Consulting](#).

**FROM BARON BAPTISTE**



*Let the past be the past and create a fresh path authoring a whole new way.*

Namaste

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