



APOLLO

power yoga | massage

May 2021

GREAT OPPORTUNITIES COMING AT APOLLO POWER YOGA

We have some fantastic opportunities coming your way in the near future. Be aware and get on board for all or any of them as each will be amazing.

First, **Breath of Life workshop** with Margo, **Sunday 30 May at 6:00 pm**. This is a wonderful workshop created and presented by Margo. Through a series of breathing inquiries and exercises interspersed throughout a full vinyasa practice you will come into a greater appreciation of and a greater power in your breath. Unmissable. Register Now.

Second, **Power in Paradise retreat in Rarotonga** from **13 to 20 August**. This is ideal for couples or besties. There will be twelve yoga practices offered across our six days and seven nights at the Icurangi Eco Retreat in Rarotonga. If you have a partner or friend who does not practice yoga, no problem. They can join in any of the meditation, breathing, asana and philosophy elements they like but otherwise they can just enjoy the beautiful surroundings and warm temperatures. Yoga will take up relatively little of each day and you will be free to make the most of your holiday experience. This is happening and we would love for you to be along with us.

Third, **Step into your Power** is on from **10 to 18 September**. Step into your Power is our yoga intensive/teacher training. You may hope to become a yoga teacher. You may want to experience the challenge. You may want to get clear on your path in life. You may want to delve into yoga practice in an holistic way. Whatever your desire or motivation, our intensive experience will help galvanise your energy and inspire your soul. Plan now as places are limited.

Fourth, **40 Days to Personal Revolution** will run again in October. Through a process of meditation, asana, nutritional awareness and personal inquiry this programme will spring clean your way of being. Margo and Hamish have been delivering this course since 2013 and have a great partnership to help you learn and grow.

It is all here for you at Apollo Power Yoga. For more on each of these opportunities, read on. Get to know your practice better. Get to know your fellow yoga practitioners better. Get to know yourself better. Live your life from a standpoint of physical, energetic, mental and spiritual health with yoga.

WINTER WARMER SPECIAL

This special pass is available to purchase only until the end of May. Commit to a winter of high energy, physical vitality and mental clarity and presence and take advantage of this three month pass. Pay just \$450 and save \$60 on the usual fee for three months consecutive practice.



BREATH OF LIFE WORKSHOP

Is your breathing as good as it could be? In Sanskrit, the language of yoga, *prana* means both breath and life-force. The way you breathe is the way you live.

Back by popular demand, Margo's ***Breath of Life*** workshop will take place at our City Studio on **Sunday 30 May, from 6 – 8:30pm.**

This workshop gives you a range of yogic breathing practices which can expand and enhance your breath, as well as important anatomical knowledge about your breathing processes, and the mind-body connection of breath. It also incorporates a Power Vinyasa (All Levels) asana practice.

Register now on the Apollo website timetable. <https://apollopoweryoga.com/central-city-studio-timetable/> Cost is \$40, discounted to \$20 for Apollo annual members.



COOK ISLANDS YOGA RETREAT – 13 to 20 AUGUST 2021 WE ARE GOING. COME WITH US!

Our Cook Islands Yoga Retreat is on! The retreat will run from 13 to 20 August 2021. Join us for **Power in Paradise!**

Seven nights' accommodation at beautiful Ikurangi Eco Retreat, 6 days of activities including 2 yoga practices each day with Hamish and Margo, and 2 of the following other activities:



- Stand up paddle board and snorkel and/or night SUP lagoon tour
- Glass bottom lagoon cruise and snorkel (includes lunch)
- Cross island trek and/or nature walk (includes lunch)
- Eco cycle tour (includes lunch)
- Cultural island show (includes dinner)
- 60 min traditional Polynesian massage

Also included are delicious 7 breakfasts, 3 lunches and 3 dinners at Ikurangi. Yoga practices will be on Ikurangi's new covered outdoor yoga platform.

We will have tremendous fun. The sun and sea will be a welcome break after the stretch of June, July and August – typically the coldest in Christchurch. No one will be on your case if you want to have a few drinks either. Margo and Hamish may have a few glasses of sauvignon blanc or rosé.

All for just \$NZ5900 per pairing (twin share, not including airfares).

BOOK NOW with margo@apollopoweryoga.com, and secure your place by paying your deposit of \$1100/couple.

STEP INTO YOUR POWER

Our ***Step into your Power*** yoga intensive/teacher training will run **10 – 18 September 2021** at Wainui on Banks Peninsula. Plan ahead and apply NOW to be part of an incredible week of connection, growth and learning!

Whether you wish to teach yoga - and all of the teachers at Apollo Power Yoga have learned through this course – or wish to learn more about yoga, your practice and yourself, this programme will deliver all you need and more!

There are three principal elements to our intensive: **Meditation. Asana. Inquiry.**

Meditation: through stilling your mind, letting go the cares and worries of everyday life, and becoming present to your essential truths you will gain clarity and vision as to your purpose, your direction in life and how to proceed on your path to fulfilment.

Asana: Everyone makes progress with their asana practice on our training. You will too. Beyond that, the posture is a means to access a greater state of oneself. Yes, the poses will help you be strong and mobile. Yes, the postures will build balance and proprioception. Yes, the postures will give you health and vitality at a physical level. More than that, the poses will reflect you back to yourself. In the experience of the poses you will gain awareness of your inner dialogue, your doubts and despondency and the anxieties, grief, guilt and resentment that cause you suffering on a daily basis. In that state of awareness you will have the opportunity to let go all those mental distractions and old patterns of thought and create a new way.

Inquiry: a yogic practice of tremendous value is that of svadhyaya: to study the wisdom of the ages and shine the light of that wisdom upon yourself and your way of being. Through inquiry on our intensive you will learn about yourself and the obstacles that stand between you and your heart's desire. Our students leave our programme lit up – not because we have put anything into them but because we have helped guide them in a process of letting go all that is not their true selves.

Everyone is free to rest, to adapt and manage their own energy and to take care of themselves. We have had students of ages ranging from teens to sixties on our courses. We have trained people who had never practiced power yoga before. We have trained people who have shown up without having been in a regular practice and whose yoga fitness was limited. All have grown and flourished in the environment of our yoga intensives. **This programme is for YOU.**



Here is some feedback from past trainees:

Hamish and Margo have a strong partnership and offer so much more than just learning how to teach yoga. They both embody the principles of the yoga sutras and are well on their way to being some of the most influential yoga practitioners in the nation.

Amazing, transformative, life changing. I levelled up.

I can't begin to express the depth of my gratitude for this whole new world you have opened up for me... Some great people have influenced my life so far but few to this extent. You have truly inspired. Thank you from the bottom of my heart.

Thank you for providing this life-transforming course.

You will not regret your choice to join us to train, to learn and to connect with yourself and your peers in this amazing programme in September. **APPLY NOW!**

ENDERMOLOGIE FOR FACE IS HERE!

People are loving our Endermologie® Power Massage treatments. Now you can have a wonderfully relaxing Endermologie Face Massage, too.



Using much smaller vacuum heads than we use for Power Massage body treatments, Endermologie for face is like an instant face-lift with no scalpels, scars, needles or down-time. It's Endermolift!

Just as with your Endermologie Power Massage body treatments, Endermolift brings blood flow to your skin's surface and encourages drainage of excess fluid and toxins away, for healthier skin using your body's own processes.

You can have an Endermolift facial massage treatment along with your Endermologie body treatment (allow for a 90 minute appointment) or separately. Each facial treatment uses half of a body treatment credit.

MEMBERS' SPECIAL RATES FOR ENDERMOLOGIE

Our Endermologie treatments are in great demand but we will still look out for the interests of our most regular yoga practitioners.

Apollo Power Yoga Annual Members (whether you're on time payment annual membership, or have purchased an upfront special annual membership) will receive a 30% discount on all Endermologie and Endermolift treatments.

Check out these prices:

1 body treatment (or 2 facial treatments)	\$115 (regular price \$165)
5 pack	\$525 (regular price \$750)
10 pack	\$950 (regular price \$1350)

TRADITION OR INTUITION?

In *Journey into Power* Baron Baptiste describes seven common mental mistakes made by yoga practitioners. We have discussed three of the seven in our last three magazines. This month we consider a fourth: the mistake of embracing tradition over intuition.

There are many different styles of yoga practice. Yoga is one thing but takes many forms. Even the great summary of yoga philosophy, the *Bhagavad Gita*, says there are multiple ways to union with the divine: karma yoga (the yoga of selfless sacrifice); jnana yoga (the yoga of philosophical study); bhakti yoga (the yoga of devotional practice). It can be easy to fall into a trap of becoming rigidly attached to one practice or tradition or way of doing things. It can

also be a trap to perceive that the way things are done in a particular tradition is the only way and that you must do a pose in a certain way or you are doing it wrong.

I began practicing yoga at a Bikram studio. I first went to train in power yoga with Baron Baptiste never having done power yoga in a class – never having done a downward facing dog, a low plank, a wheel, a frog, a pigeon, a dancer's pose with a strap, a crow, a crescent



lunge... There was so much that was new to me. One of the things that was new to me was attitude. Many people I encountered on that training and who I chatted with gave the impression of disdain when I said I practiced Bikram yoga. I had heard rumours about the behaviour of Bikram Choudhury towards women on his training programmes but was still somewhat attached to the practice in which I had begun my experience of yoga.

That training programme opened my eyes to: first, the great vista of asana possibilities outside the narrow scope of the Bikram practice, and, second, the contempt that some people can have for other people based on the practice they choose to participate in. As to the former, the perception that Bikram yoga was a comprehensive yoga practice was a mistake (perpetuated by the language of some Bikram teachers). There is so much more in so many ways to yoga than the narrow field offered by Bikram. As to the latter, holding another person in contempt for what they choose to practice is unhelpful. Perhaps a person chooses one practice over another by virtue of physical limitations, or due to ignorance of other practices or because of reasons of convenience or cost or what have you. The judgment of the individual based on their choice of practice is rather un-yogic. Adherence to one tradition of yoga such that practitioners of another tradition are to be reviled is a case for intuitive understanding of our inherent connection.

To be wedded to a tradition closes your mind to other possibilities, other ways. That is one of the many things I love about yoga and its evolution and adaptation across time and Baptiste power yoga in particular. Baron Baptiste was practicing on the west coast of the United States in a period when he and Beryl Bender Birch, Bryan Kest and Shiva Rea were all in the same area and were exploring the method now known as power yoga. Baron Baptiste describes himself as a synthesiser – he has drawn on a variety of traditions and has extracted from them the elements that he found created the best process and outcomes.



Baptiste trained with Mr. B. K. S. Iyengar. Of Iyengar students, Baptiste says they have a beautifully tuned instrument but it is his role to teach them how to play music. Baptiste did some training with Sri K. Pattabhi Jois and the power yoga method owes much to the flow of the Ashtanga method pioneered by Jois. But Ashtanga can be taught rather dogmatically – Jois himself is famous for the line “One pose at a time”. In Ashtanga there are a primary series of poses, an intermediate series and an advanced series which itself has four levels. It is possible for a student to be adept and capable at poses that span the first, second and even the third series but still not be able to perform all the primary series because, for example, of the ranges of external rotation required at the hip. The dogma of some Ashtanga instruction



is such that the poses from the second and third levels are denied to the student until all of the primary stage poses are complete.

Similarly, we have seen in our studios students whose practice has been primarily based elsewhere who have been denied the opportunity to perform certain poses. One, then a newly qualified teacher through another studio’s training programme, did

not know what a bound extended side angle was. He was well capable to perform that pose but the practice he had been participating in was quite simple and he had, effectively, been held back. The same applied to someone else who was told they were not to do low plank pose – not for any health reason but just because.

Baron Baptiste does not subscribe to that degree of dogma. There is freedom in the Baptiste style of practice to explore the potential of your body where you can without being held back or restrained from development. In addition, some practices of asana are taught in a technical and mechanical way without spiritual or philosophical elements. A senior Baptiste teacher, Gregor Townsend, speaks of having been a devoted Ashtanga practitioner and says he loved getting into his body in that way. However, when he came to Baptiste yoga he found the teacher spoke in the language of transformation and that the inspirational and spiritual/philosophical element to the teaching added a dynamic that had been missing from other styles.

In the first years that we operated Apollo Power Yoga I would sometimes become resentful of people who practiced yoga but not with us. I have developed a more relaxed understanding – that there is a yoga practice for everyone but not the same practice for everyone necessarily. In fact, a teacher who taught at Apollo Power Yoga became more inclined to another practice and I suggested to them that they apply themselves where their intuition took them rather than teaching at Apollo Power Yoga in the power vinyasa style if that did not feel right for them. I still do struggle with why people persist with other practices when we are here. Everyone who practices with us has the opportunity to grow. That is my issue to relax with.

I am strongly committed to the style of yoga that I teach. But the manner in which I teach this style has developed over time. When first I started out I would provide a lot of mechanical cues for each of the poses and would recite cues for poses whether or not the bodies in the room needed those cues. In 2012 when I attended a Level 2 Baptiste training I noted in my journal after the first practice that Baron was not cueing all the elements of each pose but was, rather, calling the pose and leaving space for the students to get into the pose. Cues were

offered during the pose but the cues offered were based on the teacher's read of the room for what was missing.

I adopted this style of teaching and had almost immediate feedback as to its efficacy. Margo had a similar experience after she attended a Baptiste Level 2 training. Intuitively, it must be correct to teach to what is missing rather than to teach the same old cues all the time, over and over, no matter how unnecessary they may be. As I say to those trainee teachers participating in our teacher training/yoga intensive, their greatest impact as a teacher will not be in telling the students what they already know, but in guiding them into something new. What is missing in a pose may not be a physical alignment but may be a quality of energy, a state of mind or an experience of spirit. The methodology we use in teaching now allows space to teach to all those dimensions, the physical, mental, energetic and spiritual.

I have not been stuck to a single way of teaching the practice as a whole and the poses within the practice. The method has evolved. I like that. Strict adherence to one way can be disempowering. At Apollo Power Yoga we have a consistency of practice and methodology but there is scope for the practice to be different as to nuance every time and there is scope for each teacher to bring their own personality, strengths and sensibilities to play in the teaching of the practice. There is a tradition but not at the expense of intuition.

The flawed perception that there is just one correct way of doing a pose is not always helped by the way things are taught. A line that the teachers of Bikram yoga (also called "26:2" to hide any association with the reprehensible individual whose name is otherwise attached to that practice) used to say (and probably still do) is "If you are doing it 99 percent right you are doing it 100 percent wrong". What an appalling message to convey!

Students will sometimes raise a problem that they are having with a pose or will identify how an injury they may be carrying is inconsistent with the alignment of a particular pose. I always encourage someone in that situation to adapt. If the nature of your hips means that you cannot effectively take twisting triangle with your two feet in one line up the length of your mat, move your back foot further to one side to free up the balance at your hips. If you have a tender ankle and the placement of your back foot to the mat in Warrior 1 is painful, take a crescent lunge instead and lift the heel of your back foot and create neutral alignment in your ankle. If you are pregnant and a pose does not feel right – even following the adaptations for pregnant women that we have developed – trust your intuition and omit that pose or position yourself in a way that feels appropriate to you in that moment.

Our approach is not to make the student do the pose "the right way". Our approach is to give general guidance for the group but to assist those having difficulty to find a way that works for them. As many different bodies as there are in a class there will be as many different variations or representations of each pose – and that is fine.

Students ask me "What should I feel?" I ask them, "What do you feel?" On our teacher training/yoga intensive we have sessions of inquiry. In these sessions we do not tell anyone answers. We ask people to look inward. The answers are there – sometimes obscured and hard to access, but they are there. Many participants comment upon how Margo and I ask the right questions in these sessions. And that is the point. We are not giving answers. We are asking questions to empower the students to know their own answers.

Your intuition is a great guide. Ultimately, intuition is the absolute guide and no outside source can ever be. It doesn't matter whether you are trying to take wheel pose, or find peace within yourself, or balance in crow or fasten upon your true dharma, there is no one way. One student, hyper mobile in her joints, lacked the strength to press up into wheel but had all the mobility she could ever need in her hips, spine and shoulders to make wheel happen. For her, the way into wheel the first time was not from the floor, flat on her back, but, instead, from flip dog where she could open her hips and heart to the sky and reach her free hand down into wheel.

One person may find that they need blocks in front of them to rest their head on as they try to take crow pose. At the same time, another student may realise that what blocks them in crow is not a fear of falling forward but an inability to get their hips up. The latter person may set their feet on a block as they try to take crow. Only the student knows, intuitively, where they are blocked from achieving the pose.

A student recently shared that she felt most drawn to power restore classes and most resistant to power vinyasa classes. She stated that she felt her resistance to power vinyasa classes was a sign she needed that style. Accordingly, she make a commitment to attend Power Basics and Power All Levels classes where she does very well. Her intuition informed her that she should not seek just the practices that were easiest for her but should apply herself where she experienced resistance. Like her, trust your intuition. Listen to your innate wisdom. Follow your inner knowing and make your experience of yoga a powerful one full of growth and fulfilment.

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.

Autumn and winter are ideal times to come together in the warm, welcoming environment of Apollo's studios to Practice together and share an energising, grounding, soul awakening experience. Practice often and reap the rewards in connection, strength, mobility and overall health and well-being.



ASANA SPOTLIGHT

Continuing our series on hand balancing poses, we this month look at side crow. Side crow (parsva bakasana) is an intermediate hand balancing posture. It is a step up from crow by virtue of its asymmetrical nature and the twist incorporated in the pose. There are two ways into side crow. We shall address each in term in this item.

Method 1:

- In this method, access to the pose originates with your weight in your feet and the twist comes from your shoulders with your hips neutral.
- 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 experience some discomfort in your wrists you may need to play a little with the 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. Tone the muscles of your shoulders and back and hold your arms in firm integration to your torso. 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 need to dip your head and chest further towards the floor to compensate for the weight of your left leg now being behind you.
- It is harder than you may imagine to straighten your left leg behind you. You can reach it out behind you but it will typically be somewhat bent at the knee. Fully engage the quadriceps muscles on the front of your thighs to straighten your legs at knee.
- To maintain a see-saw like balance engage your leg, core and upper body muscles to create a union and integration between your lower and upper bodies for lightness and balance.

Method 2:

- In this method the pose originates with an emphasis upon your weight being in your hands and the twist is generated at your hips with your shoulders relatively neutral.
- Begin in downward facing dog. Raise your right leg straight back up behind you to the sky.
- Draw your right knee through to your left upper arm. You may need to shorten your base slightly to ensure your right knee actually touches your left upper arm. Without this, there is no side crow.
- As you draw your right knee forward, shift your shoulders forward to stack straight up and down over your wrists. Round your thoracic spine up towards the sky and hollow your belly. Make space beneath you to draw your right leg forward and hug your right thigh up towards your chest.
- As your right knee meets your left upper arm, bend your elbows and dip your chest forward, much as you would for low plank or crow pose.
- Now, engage from the balls of your left foot, through your left thigh and into your core and float your left leg up off the mat to balance solely upon your hands.
- Finally, contract the muscles of your right thigh tightly and extend your lower right leg out to the left side of your body.
- To come out of the pose, shift your weight back fractionally and set your left foot to the mat. Press your arms straight, hollow your front side and extend your right leg back up to the sky.

Side crow is a strong, twisting hand balance with an uneven distribution of weight in your body. All this can create a mental barrier and a sense that the pose is beyond you. Ultimately, the pose is just a balance between right and left, front and back, up and down. You have an innate appreciation of balance and how to create it. Trust your inner knowing and bring trust, confidence and a sense of YES to side crow. You will be rewarded with lightness, fulfilment and a sense of personal power.

SCAN THE CODE – STOP THE VIRUS

Come from We Are Connected: be part of the team of 5 million and keep NZ going strong. Every time you visit a new location, scan the QR Code. When you're offered

the Covid-19 vaccination, take it. Ensure that, if the virus does break through the border defences, the outbreak can be shut down quickly without another lockdown. And you could win a free month's yoga pass, or an Endermologie treatment.

Until recently Taiwan was hailed as a country that had successfully excluded coronavirus from the community and was touted as a potential partner for a travel bubble with New Zealand. However, like New Zealand, there had been a very small percentage of the population vaccinated against COVID-19. On 1 May Taiwan was managing well and had four new COVID-19 cases and no community spread. On 22 May there were over 700 new cases that day and community spread was accelerating without containment.

In India not only are community infections raging out of control and health resources are stretched beyond capacity but there are adverse consequential effects of the coronavirus. One is the spread of black fungus infections which thrive following the compromise to the immune systems of coronavirus patients – and possibly due to the prescription of some medications other than the COVID-19 vaccination used in the treatment of COVID-19 patients. This fungus attacks particular parts of the body including the face and often can only be managed by cutting away the affected tissue. It has a high rate of mortality.

We cannot be complacent here in New Zealand. We are not at Level 0 with respect to COVID-19 but are at Level 1. It is a small inconvenience to scan the QR codes of the business premises you visit. It is a small sacrifice to make to contribute to the health of the whole of society to have a vaccination against COVID-19 when it arrives.

As an encouragement to do so, we're running a monthly competition. At the end of each month, use the "My diary" option in the app to count up how many times you've recorded a visit to any premises (not just Apollo!) that month, and email margo@apollopoweryoga.com with your number. We will give a free monthly unlimited yoga pass or a free Endermologie treatment to the Apollo yogi with the highest recorded number. You can use the pass yourself or gift it to another person. Get scanning!

And a special offer for our "Everyday Heroes": if you're working on the border or in healthcare, give us a photo of you receiving your vaccination that we can share through our e-magazine and social media, and you'll receive a free Endermologie treatment.



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](#) or [Dux Central](#). 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? Try **Alison Aitken** of [Harcourts](#) 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!

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.

Michelle Hall offers physiotherapy and acupuncture and dry needling treatments through her business, [AcuPhysio](#). Michelle is located in Redcliffs and can assist with the treatment of chronic and acute injuries.

If you have Women's Health issues, consult [Dr. Olivia Smart](#). Olivia is a Gynaecologist specialising in minimal access (keyhole) surgery, including excision of endometriosis, laparoscopic hysterectomy, colposcopy, the management of vulvo-vaginal disorders including abnormal smears, lichen sclerosis, pre-cancerous conditions, and treatment for painful sexual intercourse. She works as part of a group of experienced doctors at Oxford Women's Health,

located in the Forte building on Peterborough St. They cover a wide range of women's health issues, and work in co-operation with allied health professionals including physiotherapists, dieticians and psychologists to provide a holistic approach to wellbeing.

If you're pregnant, call the midwife [Gretchen Mornin](#) is a registered midwife & mother of three. She offers continuity of care from her first meeting with you, through to birth & the postnatal period, including antenatal visits at clinic or home & breastfeeding support. Gretchen believes that with the right support the majority of women can achieve safe and satisfying pregnancy and birth experiences. For this reason, her focus is on homebirth & birth in primary hospital settings, such as St George's, Rangiora & Lincoln birthing units, where research shows, women have improved chances of having safe, normal birth experiences. She loves supporting women & families from all backgrounds & cultures, and offers plenty of information to help you make informed decisions on any screening, tests or procedures. Gretchen uses a range of approaches to support your body to adjust to the changes pregnancy & labour brings, to resolve fears and foster your confidence.

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](#).

Fiona Deehan at [Deehan Leadership Collaborative](#) is a Leadership, Professional Transformation + Strengths Coach, Facilitator + Consultant. She helps workplace leaders and professionals realise their potential and work in ways that are intentional and sustainable.

FROM BARON BAPTISTE



*If you are not going forward and creating your future,
the past has a way of coming back in.*

Namaste

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