



APOLLO

power yoga | massage

July 2021

APOLLO POWER YOGA IS 8 YEARS OLD

On 27 July 2013 we opened our doors for the very first time at 107 Hereford Street. In a meeting with our accountant two months prior to that he sagely told us “Don’t go signing any leases”. Well, we ignored that advice!

It wasn’t that we had conceit about our business acumen – perhaps some naivety. It wasn’t that we were being financed into running a yoga studio as part of some other organisation like a gym. What propelled us forward was a belief in yoga and our commitment to power yoga as a practice to transform.

Our four year lease at Hereford Street came to an end and we moved to 46 Salisbury Street. Our move was made without missing a class which was quite an achievement. In February 2019 we opened at our Ferrymead studio.

Since opening we have had almost 10,000 different people through our studio. In addition to teaching at our own premises we have gone out to schools, workplaces, to people’s homes, to parks and to retreat venues. We have facilitated the raising of many thousands of dollars for the benefit of Africa Yoga Project, the Christchurch City Mission and Movember, and we have personally donated thousands of dollars to other causes including the Heart Foundation.



Our mission to empower people through yoga practice – to strengthen and mobilise our students and to offer philosophical guidance to bring you into a calm, relaxed state of presence – is an ongoing process and a way of being for Margo and Hamish.

Thank you all for being part of Apollo Power Yoga, as our students, our teachers and our friends. Please help yourself to a piece of cake from reception on Tuesday 27 July as we celebrate our past, our present and the great possibilities for our futures together.

POWER IN PARADISE – LAST CALL!

It is not too late to join us for *Power in Paradise*, our yoga retreat in Rarotonga.



Power in Paradise runs from **13 to 20 August** (Rarotonga is in a different time zone from New Zealand so take that into account). 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.

We cannot accommodate you all so, if keen, book now with Margo (margo@apollopoweryoga.com or 027 2272026).

The first priority is the holiday. You will have ample opportunity to follow your own schedule and enjoy the tropical pleasures of Rarotonga.

To enjoy as much yoga as you like, join our morning meditation and vinyasa practice, our evening meditation and restore practice and follow our philosophical themes.

None of the yoga sessions are compulsory but they are there for you to take part in to the extent you desire.

For full details [click here](#). All for just \$NZ5900 per pairing (twin share, not including airfares). If you are wanting to travel by yourself we are happy to pair you with someone so do not be deterred if the other half is reluctant but you are keen. You can go to the ball but be quick.

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

JULY WORKSHOP - THE ETHICS OF YOGA

Thank you to those of you who have registered for our workshop The Ethics of Yoga – a Discussion of the Yamas.

There is still the opportunity to register for Sunday 25 July at 6:00 pm so please hop onto our Timetables page on our website, sign up and come along to learn, to discuss and to meditate.

The guidance of ethical principle will help you to a better contentment within yourself, a better relationship with the world around you and will cause you to be a source of inspiration for others who are struggling to reconcile themselves with the demands of life.

Your investment is \$30, or \$15 if you are a current Apollo Power Yoga annual member.

AUGUST WORKSHOP – TAKING FLIGHT

In this workshop we will develop your powers of flight in individual poses and in transitions between poses. From low plank to crow to floating forward from downward facing dog to handstand we will cover a range of poses and transitions to bring power and expression to your practice.

This workshop will involve a lot of work bearing weight on your hands and a lot of core engagement.

To generate a sense of lightness and flight in your poses and transitions there is technique to master but there is no magic wand to be waved to make it happen. There is work and in this workshop we get down to that work.

If you are keen to bring transformation to your practice and to your sense of personal power, register for this workshop and level up to a new level of freedom and expression in your practice.

Date: Sunday, 29 August 2021

Time: Midday – 2:00 pm

Price: \$40 (Apollo Power Yoga annual members \$20)

Register online or email hamish@apollopoweryoga.com



STEP INTO YOUR POWER

Step into your Power is a yoga intensive/teacher training. Running from **10 – 18 September 2021** at Wainui on Banks Peninsula this week will be transformative in your life. Plan ahead and apply NOW to be part of an incredible week of connection, growth and learning!

This programme is for you if:

- You want to expand your understanding of yoga.
- You want to advance your asana practice to new levels.
- You want to learn and bring meditation into your way of being.
- You want engage in personal development to gain a new lease on life and renew your enthusiasm.
- You want to learn to teach yoga.

Our training works to produce good teachers. Our intensive works to transform people's lives. Our training works to imbue you with a sense of power and vitality. There is no cause or justification for delay. **YOU ARE READY NOW!**

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.

Step into your Power is for YOU! APPLY NOW! <https://apollopoweryoga.com/step-into-your-power-yoga-teacher-training/>

ENDERMOLOGIE FOR FACE AND BODY!

Our Endermologie® treatments are giving great benefit to a growing number of women and men. Following their first treatment one woman said, "Thanks so much for the treatment yesterday. My body felt quite different, so much tension taken out of most of my muscles, I was impressed!"

Unlike a regular massage where pressure is applied downwards into your tissues, Endermologie uses rollers and suction to draw skin and soft tissue upward and roll it to invigorate your body, to mobilise stuck areas of fat and stimulate metabolic processing of waste. These treatments are both therapeutically and cosmetically beneficial and will leave you feeling, relaxed and renewed, slimmed and toned.

We offer Endermologie® Power Massage treatments and 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.

Book with Margo via email, margo@apollopoweryoga.com or via phone/txt, 027 2272026.

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)

NOT UNDERSTANDING THAT LESS IS SOMETIMES MORE

The penultimate of the seven most common mental mistakes described by Baron Baptiste in his book, *Journey into Power*, is not understanding that less is sometimes more.

One year I ran a marathon as a late decision. I had trained more or less with the intention of running a half marathon but decided a few days out from the event that my training had actually been better suited for a longer, slower race and that I hadn't had the speed work to run the sort of time I desired for a half marathon. I ran the marathon and it went really well and I ran my best time for the full distance.

The following year I thought that if I could produce the result I had last time on the level of training I had done, I would do even better with more training. On that basis, I ran more miles in training than the previous year, I did more long runs, and I did more speed work – more of everything. I did so on the basis more would produce a better outcome. I was wrong. I ran a worse race than the previous year and was left feeling disappointed and frustrated.

More is *not always* better and this truth applies to yoga practice. Yes, there is a time to bring more to a pose. It may be more engagement of your back leg in crescent lunge. It may be more extension of your thoracic spine in bridge pose. It may be more steadiness of gaze in warrior 2. It may be more exclusive focus on your breath during frog pose. But there are other times when less is more.

Anyone who practices power yoga knows that low plank/chaturanga dandasana is a challenging pose that requires technique and strength. Those new to power yoga typically lack in both their technical understanding of the pose and the total body integrity required to be powerful in the pose. Even when offered a modified way of doing the pose, students are unlikely to accept the guidance offered to them and try to do the full unmodified pose. In so doing they lose form and struggle in a greater or lesser degree of collapse.

If only they were willing to do less, to modify low plank by bending their knees to the floor, by shortening the span of the pose between their hands and their knees, the pose would become so much more accessible to them. They would experience less strain and would develop strength gradually until they could level up to the full pose.

A student recently shared with me her growth in stepping forward into warrior poses from downward facing dog. When she first began she had needed to get down on one knee and then step a foot forward to get into a lunge. This took more time than stepping straight through and she felt like she was too slow and experienced some frustration with that. But she persisted. Then she learned how to step partway forward and to use one hand to help her front leg forward to a fuller lunge. She persisted with this modification for a time. She still felt a bit awkward and like she was too slow but she overcame her mental resistance and kept going.

The other day she went to step into warrior 1 and found she did not need to use her hand to help step her front foot further forward. She had been able to make the step from downward facing dog into her warrior pose without modification. She was rightly pleased with her progress and I was delighted to hear of her accomplishment. This small step for a yogini, a giant leap for an individual, came as a result of being humble, patient and willing to do less.

By modifying this student had created the conditions for growth that yielded a really rewarding outcome.

Perhaps the greatest triumphs for anyone willing to do less are the triumphs of modesty, humility and patience over pride and a desire for immediate outcomes. For high achievers, for Type A personalities, for those driven by outcomes, the mind-set of anything less than the best is a failure is a hard one to overcome. It takes great presence, and a willingness to overcome the patterns of thought that cause suffering, to apply oneself in a different way from normal. However, by so doing you can create the conditions for growth that make yoga practice so rewarding.

Another student struggled, as so many do, with wheel pose. When she tried to press up into wheel she found her hands spun inwards and her elbows bent outwards and she could not convert the energy she was expending in the pose into vertical lift of her upper body. She took to looping a strap around her upper arms to hold them at just wider than shoulder width. The presence of the strap prevented her arms from collapsing outwards and enabled her to channel her energy upwards. By using the strap she could experience wheel. She also developed the strength that, a short time later, enabled her to take wheel without the strap.

Her willingness to modify, to do a lesser variation of the pose, enabled her to progress in a way that would not have been possible had she struggled on just trying, and failing, to do the full pose.

As Baron Baptiste says in *Journey into Power*, "The edge for you to learn from might not be how far you can go in a pose, but rather what you need to do in order to make your pose healthy".

Be intuitively aware of when the time for less is appropriate. A great example is late in class when an inversion is offered. There are options at this point and it is wise to take the option that is true to you rather than to try to do the most advanced variation. A woman I was practicing next to one day on a training programme I attended decided she would do headstand when we reached the inversions point of the practice. The issue, however, was that we had just been practicing, hard, for around three hours and she was fatigued. Instead of taking waterfall as many around her were doing, she tried to take headstand.

Up, down. Up, down. Up, down. Up, down. She was too tired and her core and back and shoulders were too spent to enable her to take headstand. I whispered to her that she should try another pose. "I can do it!" she hissed back. Well, right at that point she could not do headstand and her efforts were a distraction to those around her. The stillness desired in the inversions stage of the practice was not present in her. Instead there was agitation, over-exertion and a lack of self-understanding.

She was being driven by a sense that she needed to do the full variation of each pose. That hard-wired mental approach was denying her peace and was leaving her just more exhausted, more frustrated and more burdened with a sense of failure.

Baron Baptiste advises that there are three conditions in which it is always advisable to do less. The first is in the case of injury. If you are injured then there will be a limit on your ability to perform certain asanas. Respect that limitation and do less to experience a fuller, more holistic and well-rounded experience in your practice.

Sometimes I am asked whether it is acceptable for a student to modify due to injury. I always say yes. It is often better to keep practicing with an injury and adapt and modify, than it is to abstain completely from practice. Last year I wrenched something around my left hip when trying to get out of my car when I was parked too close to the side of my garage. I was seriously impeded in many poses. I could not compress and fold into my left hip crease even. Instead, I would do a forward fold that looked more like a halfway lift or I would fold forward standing just on my right leg while lifting my left leg behind me to keep my left hip open.

I had to adapt many poses for an extended period of time but I practiced every day, modified every day and grew every day back to full function. Respect your injuries and, by doing less rather than more, create an environment of healing and growth.

Another circumstance demanding less is if you experience bad pain. Some degree of discomfort is present in most poses. That is part of the process. However, there is a degree of discomfort that becomes not just painful (like the heat in your front thigh in a long hold of warrior 2) but is bad pain. Acute, sharp pain is a clear sign to back off. Lessen the depth of your pose, take a lesser variation of pose or come out altogether if you experience bad pain.

I sometimes get a sharp, painful twinge in my left wrist when doing crow pose. I know that is a moment to step back. I sometimes manage it by altering the spread of my fingers or the turnout of my hand. Sometimes I just need to put crow aside for that practice. Pain is a sign that must not be ignored. Override your ego sense with your discerning wisdom and take care of yourself.

A final situation where less is more is if you become panicked or afraid in a pose. On one of our yoga intensives/teacher trainings we had a student who was very uncomfortable putting weight on her head. When we came to teach headstand she was very triggered by panic and fear. She was brave and willing and took the initial steps of bringing her head to the floor but she could not go beyond that point. We ensured she had the freedom to do no more than she was comfortable with. She felt much better in shoulder stand and in waterfall. As the programme proceeded and others took opportunities to practice and develop their headstands she was content to take an alternative pose.

Her choice to take a less challenging pose was a wise one and respected the fear and distress she experienced when loading weight onto her head. She observed the techniques and learned what was involved in the pose. She took the techniques as far as she could but at the point where she felt overwhelm she backed off.

At Apollo Power Yoga we do not teach to the lowest common denominator. We do not try to simplify the practice to a level where everything is achievable by every student. We like to offer the opportunity for growth, expansion and expression. Listen carefully, however, and you will notice that we offer the freedom to you to look after yourself, to do justice to your levels of strength, mobility, energy and experience. Whatever you bring to practice is good and you are free to modify or to rest as you need.

We give you the space to do less if needed. Be willing to give yourself that space and freedom too. As you will have observed, there is no prize giving at the end of class. We do not make awards for fastest, highest or strongest. Your growth and well-being are the reward of your practice. Be present and do justice to yourself in each moment.

ASANA SPOTLIGHT

Last month our focus was on Warrior 1 pose (virabhadrasana 1). This month we turn our attention to Warrior 2. There are similarities but significant differences between Warrior 1 and Warrior 2 and these differences take shape deep in your legs and manifest most noticeably in your upper body.

- Begin in downward facing dog. Step your right foot to the inside of your right hand. Turn your left foot inwards and bring the sole of your left foot flat to the mat.
- Align your heels in one line straight up the length of your mat.
- Lift your torso upright over your hips. Extend your arms alongside your ears towards the sky. Warrior 1.
- Anchor your right knee vertically over your right ankle. Do not allow your right knee to drift or be pulled inwards at all.
- Rotate your right thigh bone in a clockwise direction.
- Rotate your left thigh bone in a counter clockwise direction and turn the front of your hips towards the front left corner of your mat.
- Lift the inner arch of your left foot and reach downward into the outer edge of your left foot.
- Hug the muscles of your left thigh strongly to the bone and straighten your left leg at the knee.
- Tone your buttocks to initiate and sustain the outward rotations of your two thigh bones and to expand open the front of your pelvis.
- Some teachers cue you to turn your left foot outwards to the left side of the room to initiate the movement into Warrior 2. I believe this is undesirable. If you happen to be tighter in your hips and you do this then it will not be possible for you to maintain the position of your front knee over its ankle.
- If, in turning your left thigh bone counter clockwise you sense that you can turn your back foot outwards more without losing the integrity of your front knee then please do so. This movement is not, however, essential to create the pose.
- Your pelvis is broader than it is deep from the front to the back of your body. You may notice that as you move from Warrior 1 to Warrior 2, and your pelvis turns from front on to more of a side facing orientation, you can creep more length into your base. If you are able to do so, creep either of your feet away from the other up the length of your mat and bend your front knee to a 90° angle.
- Do not collapse your hips lower than the height of your front knee as this will cause the pose to just be a stretch for your legs and you will lose the element of contraction in your legs that gives the pose much of its power. Engage both the hamstrings on the back of your front thigh and the quadriceps on the front of your right thigh to hold the angle at your front knee with strength and stability. In the image below you will see the contraction of both Hamish's hamstrings and quadriceps.
- As you turn your left thigh outwards towards the left wall, rotate your torso to face the left wall also. Again, it is not necessary for you to make your pelvis square with the left wall. Do not be distracted by any teacher who cues that. I believe such a cue to be undesirable.
- Turn your chest and shoulders to be square with the left wall. Extend your arms forward and backward at shoulder height.

- A common default in Warrior 2 is for your torso to lean forward towards the front of the room. Do not do this. Instead, reach through your left arm towards the back of the room and align your spine vertically over your hips. Again, the image of Hamish in Warrior 2 shows a neutral alignment in his spine with his joints stacked and his torso upright over his hips.
- Another common default is for your pelvis to tilt forward and for your low back to curve inwards excessively. To correct this, draw your pubic bone up towards your navel to neutral. Engage your lower abdomen in towards your spine.
- Frequently students will lift their right arm higher than shoulder height and/or allow their left arm to drop below shoulder height. Ensure that both your arms are held steadily at shoulder height. Engage your arm muscles to the bone and extend powerfully outward from your spine through your shoulders and arms to your fingertips.
- Align your right arm straight forward over your right thigh and your left arm straight back on the line of your left leg.
- In so doing, draw your shoulder blades in towards your spine. Some teachers cue you to pull your shoulder blades “together”. That is neither anatomically possible nor does it convey the desirable degree of energy to be applied to this action. Ease your shoulder blades towards one another and spread your collarbones and chest wide. Let go any unnecessary tension in your upper trapezius muscles – from the top of your shoulders into your neck.



- Expand your chest and upper back and relax your front ribs in towards centreline. The teachers who cue you to pull your shoulder blades together never or almost never give the cue to relax your front ribs inwards and downwards. The intention is to create a balance

between the front and back sides of your body rather than an over-exertion in the back of your body and a blowing out of your front ribs.

- Turn your chin towards your right shoulder and set your gaze steadily to one point along the line of your right middle finger.
- Breathe steadily for 5 – 10 breaths. Notice the resistance of your mind and its tendency to over-dramatise the pose. Feel what you feel and relax with that sensation. Make your breath your primary focus and draw strength and courage from your breath. Disempower the proclivity of your mind to resist, complain and make excuses.
- To come out, rotate your chest forwards towards the front of the room, set your hands to the mat and take low plank, upward facing dog and downward facing dog. Then step your left foot forward to repeat the pose on the other side.

Quentin Tarantino says his choice of the song *Misirlou* to open *Pulp Fiction* was a statement that they were up to something BIG. Be up to something BIG in Warrior 2. Generate your pose as a statement of strength, mobility, focus and resolve in the face of challenge. As Baron Baptiste says of this pose in *Journey into Power*, “Streamline your energy into a single ray of 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.

COVID-19 just will not go away. The recent scare in Wellington and the renewed lockdowns in Australia are a reminder that we are a hairs-breadth away from the crisis that affected the nation, along with the rest of the world, in 2020.

In New Zealand, there has been still a relatively small percentage of the population vaccinated against COVID-19. 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.

ARE YOU STAGNATING OVER WINTER?

We understand it can be difficult getting into class over winter. The mornings and evenings are dark. The cold weather can make going straight home more appealing. You may just feel less motivated to get going when the weather is less appealing.

Whenever you feel disinclined to practice, consider how you feel when you fulfil that disinclination. You do not feel energised. You do not feel warmed from the inside out physically. You do not feel spiritually uplifted. You may even get down about yourself and chastise yourself for not having made it in to practice.

Here are some simple tips to help you get to yoga class and get the empowering experience of having practiced yoga:

1. Make it an appointment. Put your yoga practice in your calendar or diary and commit to it as you would the other appointments you have made.
2. Prepare the night before. Pack a bag with all you will need for yoga and have it ready to go. That way, there can be no excuses that you didn’t have time in the morning to get ready.
3. Take time in the middle of the afternoon to hydrate and have a small snack so that when you finish work you have energy on your side. Simply doing this made a big difference to me when I was playing rugby and felt a drag about going from work to trainings on dark, wintry nights.
4. Arrange to meet a friend at yoga. If the two of you are meeting at our studio you will feel a stronger sense of commitment. See the next item in this magazine about our “Bring a friend for free” offer.
5. Understand that you can only be your best self if you take care of yourself. Your partner, your children, your friends and your colleagues will have a better experience of you when you have practiced yoga than when you have not. You know you will feel better for it too!

Our studios are warm and welcoming and the environment is ideal all year but especially during the winter months. Make the commitment to yourself and come on in. You will never regret being part of class at Apollo Power Yoga.

BRING A FRIEND FOR FREE

Tip number 4 to help you get into yoga class was to arrange to meet a friend at class. If you do not know anyone who practices at Apollo Power Yoga, just bring a friend along anyway and their first visit is free.

We have had a great response to our offer to **bring a friend new to Apollo Power Yoga for a free first class**. Thank you to everyone who has introduced a friend to our studios. 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.

You do not need to be an annual member to bring a friend for free. Whatever basis you practice with us, bring a friend, a relation, a colleague or someone you know – a random stranger off the street – and their first visit to Apollo is on us. Bring everyone you know in – you are not limited to just one friend.

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.



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. Opening soon in Sumner is a great new vegan café/restaurant, [Bonobo](#), run by our yogis, Annelies Basten and Deane Simmonds.

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.

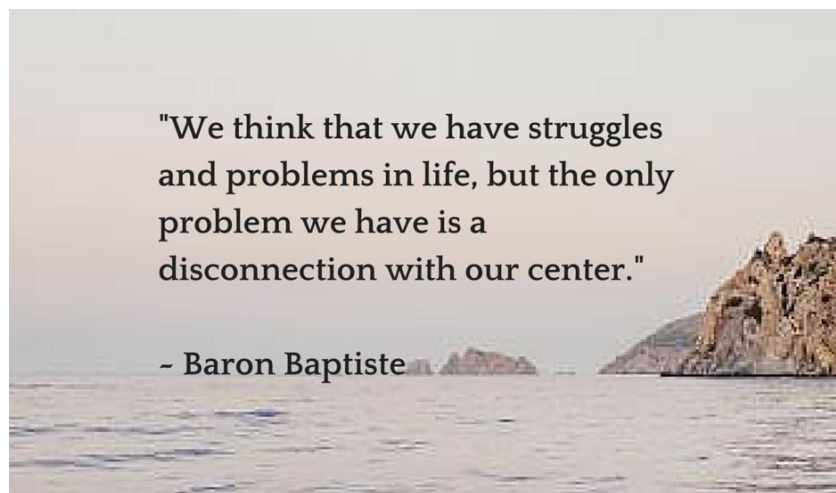
If you're pregnant, call the midwife [Gretchen Mornin](#) is a registered midwife & mother of three. She offers continuity of care from her first meeting with you, through to birth & the postnatal period, including antenatal visits at clinic or home & breastfeeding support. Gretchen believes that with 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.

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



Namaste

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