



# APOLLO

power yoga | massage

January 2023

## TO WHAT ARE YOU COMMITTED?

***Welcome to Apollo Power Yoga in 2023. We look forward to working with you this year. There will be power vinyasa yoga, power Pilates, relax and restore, yin-style, classes, workshops, special events and lots of growth at all levels.***

The title asks where your commitment lies. It is a strange thing but I often see people being committed to things that are not healthy, not empowering, things that do not enhance their way of being. I notice this myself in my own patterns. When I look at the things that I do repeatedly that are not beneficial, I realise that I have made a commitment to these things. They may not be helpful and, in fact, are ultimately harmful, but still I have committed to them through repeated behaviour. I have a taste right now for Tasmanian mint KitKat. My consumer patterns would say I am committed to this product. I like the taste but there is no other good reason and the calories and sugars are reasons why I should avoid these products.

The tendency to form habits of behaviour that are not effective or valuable or that undermine good work previously done is a recurring pattern for each of us. The diet industry, at some level, thrives on this pattern. Someone will begin a diet, make progress, lapse into old patterns and begin again, and again...

The other day a student who has been away for some time commented after class that they had lost strength in their upper body while they had been away. They then identified a form of exercise they had been doing while away and asked whether we would offer that exercise at Apollo Power Yoga. Why would we offer a form of exercise that weakens someone? Why would we give an imbalanced style of practice that neglected some parts of your body leaving you with strength in some parts but weakness elsewhere? That is not our aim or intention. It is not what Margo and I want in our bodies and it is not what we want for you.

Through our lives, Margo and I have tried a broad range of physical activities and have experienced the different effects of them. We have come to power vinyasa yoga and power Pilates as a means of being strong, mobile and energetic in our whole bodies in a natural and balanced way, as well as present, calm and at peace with ourselves at a philosophical and spiritual level. Nothing else offers this comprehensive package.

Be committed to that which builds true power in your whole being – Apollo Power Yoga's classes.

## **SPECIAL ON ANNUAL MEMBERSHIPS – ACT NOW**

**Through to 31 January 2023** we will be running a special on upfront payment annual memberships. During this period **buy an annual membership for just \$1450!** These memberships have been \$1550 up to now and will increase as at 1 February 2023 to \$1650. Do not delay!



An Apollo Power Yoga annual membership is a fantastic deal and gives you all of the following:

- Unlimited yoga and Pilates practice for twelve consecutive months at our two locations in the city and at Ferrymead.
- Half price in-house workshops.
- Half price 40 Days to Personal Revolution programmes.
- Mat storage at our city studio.
- The opportunity to put your membership on hold if you are incapacitated from practice for a period of two weeks or more due to ill health, injury or if you are away from home due to travel.
- 30% off Endermologie treatments.

Another option is our Combo Package: An Apollo Power Yoga annual membership **plus** 12 Endermologie Power Massage treatments for \$2500 – great value!

Make a commitment to health and wellness through a year of yoga practice with Apollo Power Yoga – best practices, best teachers, best studio.

## **SOME CHANGES**

As we get into 2023 there are some changes taking effect. The most significant is that Margo will now only be teaching on Saturday afternoons. She is going back to legal practice, not through choice but through necessity. Margo is not giving up on Apollo Power Yoga students but the simple reality is that too many Apollo Power Yoga students have given up on us. Margo's wonderful teaching will be missed throughout the week. It is the hope of all that this is a temporary change.

Margo's contribution to Apollo Power Yoga over the last ten years has been tremendous as a teacher, as a leader of workshops, as a trainer, as an organiser of schedules, events and retreats, and as a catalyst for growth and the development of the studio and its community. Margo is a great practitioner, as are all good teachers first and foremost, and you will see her in classes regularly and you can enjoy her teaching on Saturday afternoons in the city 3:00 pm class.

Margo's teaching spots, other than Saturday afternoon, are being picked up by others, including some new faces. Brad and Graeme have been teaching some early morning classes over the last few months and many of you will be familiar with them already. We also welcome Cherita and Jocelyn to our teaching ranks. Cherita trained with us several years ago and has previously done Endermologie treatments. Jocelyn, trained with us last year, and has begun teaching on Wednesday mornings at 6:15 am. We welcome all the new teachers to their roles and we are sure you will enjoy their individual styles.

It is our intention to offer as much continuity of service as we can. We are here to serve you as best we can. Let us know what is working well for and where you feel we might do better. We are open to feedback!

## **STEP INTO YOUR POWER - WAS AMAZING!**

We had a fabulous week in Wainui from 6 – 14 January with a great group of trainees on our latest Step into your Power intensive. Our programme is more than just a training in yoga. It is a process of discovery of yourself. You will not regret being part of this programme as you will grow in so many ways including ways that you did not expect or imagine. Here is what our trainees have said about their experience in January:

*"Thanks so much!!!! I am OBSESSED with the yoga intensive. I can't get it out of my head, and I have been utterly transformed since I have been back... I feel like I have come back awake after being asleep..."*

*“Thank you for your kindness. It was truly an eye opening experience for me. I will be forever grateful for the space you have provided for deep, meaningful growth.”*

*“Another very big thank you to you both for your excellent yoga intensive/teacher training course! It is more than a course, a well-considered curriculum that is so effective due to the mastery of your delivery... Your communications were always from your heart, full of connection and with a desire to bring out the best in everyone.”*



**Step into your Power** is a fantastic experience of learning, growth and connection and it is for you! Plan now for our next intensive in late September.

### **FIVE GREAT REASONS TO PRACTICE YOGA IN THE PRESENT AGE**

There are many people who are sceptical of yoga practice. They dismiss it as being just stretching for middle-aged women or dismiss it as some mystic psycho-babble. They sneer at anything that is not “new” and have an attraction for what they perceive to be a great “innovation”. There is value in inventions and creations but this respect for what is new need not be at the expense of that which is old.

Respect for that which is old need not be just a veneration of antiquity but from a perspective that the world has moved on from that. Some look on monuments of civilisations of the past with curiosity but a sense of superiority too as if the ancient people were quaint in their ways but we know so much better now. Respect for the old can extend to an acknowledgement that some ideas and practices retain their validity and relevance in modern times.

There are many reasons why yoga has survived across many millennia in its varied forms. The essential reason is that yoga is beneficial and a person would be foolish to dismiss the opportunity to integrate into their life a practice that has proven itself across the ages. The present age offers unique challenges but that does not mean the world needs to look for new answers. The answers are often right here and all it takes is for a person to embrace rather than to dismiss them.

### **Reason number 1 for practicing yoga in the present age:**

Anxiety is rife in society. The American Institute of Health asserts that over 30% of adults experience an anxiety disorder in their lives. The New Zealand Life Education trust says that anxiety is the biggest issue facing schools in the modern age. A survey of 2500 primary and intermediate schools principals, deputies and teachers found anxiety was the biggest issue in New Zealand schools, with 90 per cent saying it was a concern.

The youth and the adults of the modern world are plagued with feelings of anxiety. **The practices of yoga give relief from anxiety.** Yoga calls for presence – to be in the moment rather than fretting about what might happen. Yoga has disciplines of drishti (steady, single-pointed gaze) and pranayama (conscious breathing practices including ujjayi) that aid in focussing one's mind in the moment to relieve feelings of anxiety.

Yoga has been proven to reduce stress, improve focus and concentration, boost energy levels and improve overall quality of life. In terms of physical movements, yoga postures help increase body awareness and coordination which can lead to better impulse control and increased focus. Research has found that because of its meditative component, regular yoga practice helps reduce anxiety.

Regularly I notice that problems or concerns that are preoccupying and worrying me, lose their hold on my mind or are put in a better state of perspective when I practice yoga. Rather than feeling squeezed by issues, an hour of power vinyasa yoga with rhythmic breathing, comprehensive ranges of movement, focussed action and a gentle wind-down to savasana, leaves me in a state of equanimity with respect to the issues of my life. Our yoga practices will do the same for you.

### **Reason number 2 for practicing yoga in the present age:**

**Good posture.** Poor posture is a factor of many elements of modern life including the rise of desk world, the advent of smart phones and tablets and their use in so many aspects of daily living, and the decrease in physical activity of increasing percentages of the population as a whole.

The World Health Organisation reports that worldwide, around 1 in 3 women and 1 in 4 men do not do enough physical activity to stay healthy. Insufficient activity increased by 5% (from 31.6% to 36.8%) in high-income countries between 2001 and 2016. Sedentary life styles and desk jobs with a dependency upon use of technology with screens contributes to a malaise of people with excessively rounded backs, forward head and shoulder positions, tight hip flexors, weak backs and cores and loss of natural ranges of motion and the ability to balance.

Poor posture may lead to a range of health complications, including respiratory problems, back pain, high blood pressure, spinal dysfunction, and joint degeneration.

Our yoga practices restore healthy posture with their expressive range of postures and their capacity to strengthen and align your body in a natural way. The long term benefits in good health, freedom from joint degeneration and pain, more vital energy and better enjoyment of life are immense.

### **Reason number 3 for practicing yoga in the present age:**

So much of life involves external focus it is essential to take time to refocus your awareness inward. Yoga is a means of doing this. Life presents a constant barrage of external impressions that influence our sense of self with respect to body image, identity, fashion and so on. Life requires us to be engaged in doing in our commitments to work, education and leisure.

**Yoga creates an opportunity for inner awareness.** You will have heard me ask the question “Who are you being right now?” when you are in a pose. The question is not what your pose looks like. The question is not whether you are performing better than someone else. The question is who are you being? It is a call to inquire into your perspective on yourself, your inner thought patterns and your own sense of self-worth.

Yoga is a practice for you to work on your body’s strength, mobility, alignment and energy and it is also a practice for you to learn and practice contentment within yourself and to be free of pressures directed from the outside in. Ultimately, yoga is a practice to give you power to stand in your own being and to breathe, move and radiate out into the world with confidence.

Throughout my life I have been conscious of an inner conflict between my sense of capability and a desire to be up to something big on the one hand and a feeling of doubt and fear on the other that holds me back. In the period since I began practicing yoga I have been more inclined to extend myself and pursue opportunities because yoga has given me more presence and has made me less prone to believing my doubts.

### **Reason number 4 for practicing yoga in the present age:**

**Yoga gives you space from hate speech.** The United Nations recognises hate speech as a tremendous problem in the modern age. One of the great issues with hate speech is that the forms of media and communication in the modern age allow for exceptionally wide dissemination of hate speech in an exceptionally short period of time.

The UN says “hate speech” refers to offensive discourse targeting a group or an individual based on inherent characteristics (such as race, religion or gender) and that may threaten social peace.

The UN Strategy and Plan of Action on Hate Speech defines hate speech as:

*Any kind of communication in speech, writing or behaviour, that attacks or uses pejorative language with reference to a person or a group on the basis of who they are, in other words, based on their religion, ethnicity, nationality, race, colour, descent, gender or other identity factor.*

The examples are rife. The recent resignation of Jacinta Ardern as Prime Minister raised the issue of hate speech as she had been the victim of much hate speech in her tenure in New Zealand’s top office. I saw posts on Facebook from people I am acquainted with who for varying reasons were opposed to Ardern’s politics but chose to express their views by way of attacks on Ardern in very personal terms. I have disregarded those people’s posts since and they have gone down substantially in my estimation, not because they oppose Ardern’s politics but because of their choice to use hate speech to express their opinions.

When you come to yoga practice you are relieved of hate speech. The intention of the teacher is to use language that is inclusive and that unites us as people. Rather than attacking people for who they are, our message as teachers is designed to accept people for who they are, to teach people to be comfortable in themselves and to understand an essential connection between us.

You will find it pleasant to be in the yoga room and the choice of language of the teachers is part of the ambience that contributes to that experience. Step out of the discourse of hate and the undermining of human connection and step into an environment where all are valued and welcome.

### **Reason number 5 for practicing yoga in the present age:**

**Community.** The experience that many people have of urban life as being squeezed in by other people but of feeling isolated with meaningful connections is a real problem in the modern age. Urban isolation describes an individual's low expectation of inclusion and social acceptance, expressed typically in feelings of loneliness or feelings of rejection or repudiation.

The yoga studio is a great place to feel included. In the yoga room we drop the uniforms and personas of our lives and share in a common experience which creates great bonds of connection. It has been said to me by a male student that my role as teacher means that I am at reception meeting and greeting or farewelling students and, thus, miss the banter in the men's changing rooms. There are many who value the conversations and connections they have and the socialising they get to undertake at the yoga studio.

Further, simply being among a group of people whose desire to practice yoga together brings them into congruence is a powerful experience. I love and do not tire of practicing in class. I really enjoy setting my mat alongside someone who I know is serious about their practice. As we move through the class, the clarity of intention, the focus of energy and the union of experience makes for a wonderfully connected experience. You do not get this synergy in your living room or bedroom.

Yoga is a venerable old practice that is as relevant in the modern era as ever. Do not dismiss yoga as a historical curio. Instead, embrace yoga as a means to heal you of the inner divisions – the divisions that disconnect you with your body, your soul and your people. Practice yoga to be whole, content and connected.

### **HANDS-ON ASSISTS**

We're getting a great response from students who have been choosing to receive hands-on assists as part of our teaching. There are assisting discs in each of the studios. Please place a green disc at the front of your mat if you wish to receive hands-on assists. Use a red disc if you do not, on any day, want hands-on assists. If there is no disc, we will ask before giving you a hands-on assist.

In some classes recently, the only people who put out green discs to receive assists are people who have been on our teacher training course where hands-on assists are part and parcel of the training, both giving and receiving. Hands-on assists help you **generate the form of the pose**, help you **create good alignment** in the pose, help you **generate the ideal action principles** in the pose and help **guide you into what is possible** in the pose. Who wouldn't want all that?

Assists are of great benefit to all students and especially those who are more kinaesthetic in their learning. They can help visual learners too as the touch may supplement the verbal cues to create an understanding when there is no visual example available.

We encourage you to be open to hands-on assists which are a great tool at the disposal of your teachers to help deliver the practice to you in a meaningful way.



## **YOUR VITAL LIFE – MAKE A DIFFERENCE IN YOUR LIFE NOW**

Hamish is currently working with several people in YOUR VITAL LIFE, assisting with mentoring, guidance and life coaching.

Hamish can help you take stock of what is going on in your life, put your awareness on areas where growth and transformation is required and is possible and make qualitative changes.

- You will make better decisions. You will be happier with your choices.
- You will feel empowered with respect to your circumstances. You will act rather than be stuck in a stressful loop of reactivity.
- You will gain clarity and an enhanced sense of direction in your life and contentment in yourself.

Hamish will not make decisions for you. Hamish will not force you into a pre-conceived box. ***We will work together to spring clean your way of being.***

We can address everything from your **nutrition** to your **activities**, your **work** and your **relationships**, your **finances** and your **goals and aspirations**.

As one student has stated: "I'm also glad to see that Hamish is offering coaching now, because I feel strongly that this is not only needed, but something he will be very good at."

Contact Hamish to arrange a consultation either by phone, 021 0551884, or by email, [hamish@apollopower yoga.com](mailto:hamish@apollopower yoga.com)

### **CORPORATE YOGA OPTIONS FROM APOLLO POWER YOGA**

If you are an employer, a manager, a social committee representative or a squeaky wheel asking for better service from the organisation that employs you, Apollo Power Yoga can assist in providing services to your workplace to enhance well-being at all levels for you and your people.

We provide corporate yoga offerings including:

- In-house meditation and mindfulness sessions
- Breathing practices
- Relaxing yoga practices
- Dynamic yoga practices
- Team building sessions
- Motivational talks (along the lines of a TED talk)



We can provide these services at our studios or at your workplace. We can provide them at the time of your convenience. We can supply mats for the sessions as required.

#### **Feedback from corporate yoga work:**

Following a recent event where Hamish taught some gentle yoga and gave a talk entitled “Tools for Integrating Self-Care in the Real World” at BECA, the organiser reported “I thoroughly enjoyed the session so thank you very much for coming and presenting at our event. I have heard only positive feedback... It was such a great start to the day. Your 3 tools were great as well, they definitely were relatable!”

Let us know what your needs are and we will cater something to suit your purposes.

### **ENDERMOLOGIE® FOR FACE AND BODY!**

The Endermologie® room is busy right now. Call or txt Margo on 027 2272026 to reserve a booking for your next treatment – or your first treatment. Our Endermologie® treatments are giving great benefits to a growing number of women and men. Here is one person’s story following their Endermologie® treatment:

*I have been trying for many a year to improve the appearance of my legs. Everything I tried previously seemed to have a superficial improvement but nothing fundamentally solved the problem, until I tried Endermologie.*

*Quite frankly it is AMAZING. It has reduced my cellulite, tightened my loose skin, eliminated pockets of stubborn fat, slimmed my legs noticeably and due to the increased circulation, it enables, has made my legs appear a much healthier colour.*

*My legs are now considerably shapelier with clear muscle definition which was previously hidden by loose puffy fat. Seriously the results are more than I could have dreamed of.*

Unlike a regular massage where pressure is applied downwards into your tissues, Endermologie® uses rollers and suction to draw skin, fascia, adipose and muscle 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. Book with Margo via email, [margo@apollopoweryoga.com](mailto:margo@apollopoweryoga.com) or via phone/txt, 027 227 2026.

### **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 annual membership) currently receive a 30% discount on all Endermologie and Endermolift treatments.

Check out these special prices for Apollo annual members:

	Regular	Annual
1 treatment (face or body)	\$165	\$115
5 treatment pack (face or body)	\$750	\$525
10 treatment pack (face or body)	\$1350	\$950

### ASANA SPOTLIGHT

There is no better pose to be the focus of the first month of the year than wheel (urdhva dhanurasana). Wheel is the peak of the power vinyasa sequence and is a tremendous expression of strength and mobility throughout your body. It gives a super-charge of energy and a marvellous feeling of personal power.

There are many limiting factors that can stand between you and wheel pose. It is important not to rush the process and not to look for any quick fixes. A lack of leg, arm or back strength can impede your progress into wheel. Tightness, injury or degenerative conditions in your hips or spine can impede your progress into wheel. Tight shoulders and immobility in your wrists can impede progress into wheel.

If you have any of these limitations be patient with respect to wheel but do the practice as a whole. Poses throughout the class are contributing to strength and mobility throughout your whole body to ultimately set you free in wheel pose.

- Begin lying on your back. Draw your heels up towards your hips and set your two feet at hip width distance and pointing straight forward up the length of your mat. Hold a yoga block with the middle dimension (6 inches) between your feet to help you achieve good spacing between your feet.
- The most common defaults in taking wheel pose are for students to split their feet too wide apart and to turn their feet outwards. This creates the illusion of space but undermines the power of your legs. Think of wheel as downward facing dog turned upside down and inside out. In downward facing dog it is desirable to set your feet at hip width distance. So too in wheel.
- Place your hands just wider than shoulder width distance either side of your head. Point your fingers towards your feet with your palms facing downwards.
- Another common flaw in students' set up for wheel pose is to have their hands too narrow, angled inwards and too far away from their shoulders. Each of those flaws deprives you of power in getting up into and then holding wheel and each places an undue load upon your joints, especially your wrists, elbows and shoulders.
- Once you have set your base, lift your hips from the floor as you would for bridge pose (discussed in our December 2022 magazine). In so doing, press the centre of your heels and the inner mound of each of your feet to the floor. Engage your inner thighs and draw your knees in to hip width.

- Rotate your elbows inwards to around the width of your hands or just slightly wider. Point your elbows up towards the ceiling. The form of your arms at this point should resemble the form of your arms in chaturanga dandasana/low plank pose.
- Press down through your feet and hands and lift to the crown of your head. Pause here. We call this the “wheel set up position”. In this position carry your weight in your feet and hands. Do not collapse weight onto your head and neck.
- If your elbows have splayed outwards draw them back inward to around the width of your wrists. Hug your shoulder blades and upper arms in towards your spine.
- Now press up all the way into wheel pose. Relax your neck and hang your head down towards the floor.



- Create balanced action (sthiram sukham asanam) – between the strength of your legs and the mobility of your shoulders.
- As with bridge pose, it is important in wheel pose to press your thoracic spine up into your chest. Being sharply extended in your low back but very flat in your thoracic spine is not ideal. Draw your shoulder blades and upper arm bones in towards your spine. Press your thoracic spine up into your chest.
- To come down from wheel, lift your head and tuck your chin towards your throat. Bend your elbows and lower your upper body towards the floor carefully. Rest the back of your head to the mat, then the back of your shoulders, then your mid-back, lower-back and hips. Having been in a deep back bend we do not recommend pulling your knees up into your chest after wheel. Instead, relax your legs flat to the mat or set the soles of your feet together and open your knees out to either side of your body in supta baddha konasana.
- There are a number of ways in which to advance wheel pose. The first is to raise a leg to the sky. Get stable in your two hands and your left foot. Draw your right knee towards your chest. In so doing, turn your inner right thigh upwards and rotate your outer right hip downwards towards the floor. Do not take your right leg across the centreline of your body. Do not allow your right leg to drift outside the plane of the right side of your body. Stay centred but not crossed over.

- Once your right knee is as lifted as you can create, contract the quadriceps muscles on the front of your right thigh and relax the hamstrings on the back of your right thigh. Extend your right foot straight up towards the ceiling. Press firmly with the heel and the inner and outer mounds of your left foot into the floor and with your right foot upwards towards the ceiling.



- To come down, lower your right foot carefully to the floor. Establish a good grounding in all four corners, your two feet and your two hands, and lower carefully to the mat, as described three bullets previously.
- Another variation is to take a hand from the mat. For this variation it helps to have as short a base to your wheel as possible. Take wheel then lift your heels up off the mat and tip-toe the toes and balls of your feet 5-10 cm closer to your hands. Press your outer ribs up towards the sky. Root your heels back down into your mat.
- Shift your weight into your left hand, pull your left shoulder blade in towards your spine and down your back towards your left hip. Reduce the weight in your right hand and check your balance. Engage your inner thighs and hold your knees hip width apart. Draw your back muscles from the outer periphery of your back in towards your spine. Reach your right arm and hand straight back away from your feet and lift your right arm up to the sky and over to rest on your right thigh.



- You will notice from Fig.3 that Hamish loses some of the drive from his feet towards his hands when he has only one hand at the floor in wheel. The load on his supporting wrist is increased because of the more acute angle at his wrist as well as the increased pressure from only having one hand at the floor. Proceed with care!
- To come down, return your right hand to the floor, redistribute your weight evenly in your feet and hands and lower yourself to the mat.
- A third variation is to take viparita dandasana. In this variation, come to the wheel set up position with the crown of your head at the floor. Lift your right hand and reach it further beneath you in the direction of your feet and rest your right forearm at the floor. Repeat with your left arm. I like to clasp my hands together at this point for stability but you may be able to proceed with your hands separate and the palms of your hands pressed to the mat.
- Drive your feet firmly into the floor and elevate your hips as high as you can.
- Draw your shoulders in towards your spine and press your thoracic spine into your chest. Lift your head from the floor and relax the muscles of your neck.



There are those who want wheel immediately. They hear the call for “Wheel!” and take that to mean that they must do wheel or they are, at some level, failing. This a flawed perspective. It is akin to having a child and being impatient with the child’s infancy, their time as a toddler, their years at primary and secondary school... Be willing to be in a process of learning and growing. Seriously. Some of our students are not in a position to do wheel. There is too much flexion in their spines and too little back strength. There is too much tightness in their pelvises, shoulders and wrists. Take your time and breath by breath, pose by pose the conditions for wheel will be built in your body. Wheel pose is not the only place to work on wheel. Every pose with your arms above your head or behind your body contributes to wheel. Every back bend is a contribution towards wheel. The hip opening poses are part of the pathway to wheel. Do the practice, regularly, and grow and build into wheel. Maybe one day you, like Margo and Hamish did in the final practice of our recent yoga intensive, will do 14 consecutive wheels in class and a total of 20 in one practice!

### **ARE YOU RE-STARTING WITH YOGA?**

A number of people have fallen by the wayside over the last few years and have allowed their yoga practice to lapse. Some have started to return to classes. Most discover that they are not picking up where they left off. What should you do in that position where the classes seem to have become harder in your absence and the early practices upon your return are difficult?

**First, do not hesitate to return to class.** Any day and every day is a good day to recommit to the healthy practices of yoga under the guidance of well-trained teachers, in a space dedicated to the practice, and in the company of great people from all walks of life who share in an enthusiasm for the timeless practice of yoga.

**Second, acknowledge for yourself the heights that you reached** when you were in regular practice. Where you were at when practicing with Apollo Power Yoga regularly was something to be proud of – and you can be there again.

**Third, be patient with yourself.** To rebuild strength, mobility and energy is a gradual process and you must be willing to take your time. Support and encourage yourself and do not despise the days of small beginnings. You may need to modify poses, rest at times and restrain yourself from a means of practice that formerly you were capable of in order to make your return to practice a successful one. The stakes are high! If you went backwards in a few months or a couple of years, what awaits you if you do not re-engage with the practice now?

**Fourth, enjoy your practice.** Every pose presents an opportunity to delight in the strength and mobility of your body, the energetic sensations created by the expressive forms, and the truth of your own being as you breathe, relax and adapt to the unique challenges at each point.

See you all in class soon – there is nothing quite like the communal experience of a group power vinyasa yoga class at Apollo Power Yoga.

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

We welcome you to bring in someone, or a whole group of people, that you know who have not practiced with us before, and their first class will be free. The first step of beginning yoga is often the hardest. It can be a tremendous challenge for someone to step into a new place and try something new. Be a good friend to your friends, family and colleagues and help them by making a date to have a class of yoga with us.

Our practices are a huge step ahead from anywhere else. Start with the best. Start with Apollo Power Yoga. Start your friends, families and colleagues with a first class FREE. Other practices are easier from day one. Those practices remain easy and deny the person who chooses to start easy with the pathway of growth. Start with the premier power yoga practice in New Zealand at Apollo Power Yoga.

Thank you to everyone who has already 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.** 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 know you always feel better for having practiced yoga, so come in to the still, 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.

## FROM BARON BAPTISTE



*Getting real about where you are not being real – that s you getting REAL.*

## 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 Sinke**. You can take your pick from [Dux Dine](#) or [Dux Central](#). 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.

For hairdressing try **Tracette Owers** of [The Lounge Organic Hairdressing](#) for great haircuts and colours using organic hair products.

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. Hamish has used Karina's services and found her to be very knowledgeable, she had excellent technique and the results were very good.

**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.

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](#).

Drop by for lunch from Samson at **The Rolling Om** or order a meal from **Three Donkeys** (<https://threedonkeys.co.nz/order-now>). You will receive a great meal prepared with skill and love. You will also receive the biggest smile this side of the Equator. Samson is the chef on our yoga intensive/teacher training programme and **everyone** loves the tremendous meals he provides us with.

Namaste

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