



# APOLLO

power yoga | massage

June 2023

## INTERNATIONAL YOGA DAY – THE ETHOS APPLIES ALWAYS

The solstice was the occasion of International Yoga Day. IYD was established by the United Nations at the request of the Indian Prime Minister, Narendra Modi. It seems to me very much in keeping with Indian myths and origin stories that there should be an IYD.

The legend has it that Shiva, the Adiyogi, called to him the seven great sages and taught them yoga. He then charged them with the responsibility to spread and disseminate what he had taught them to the whole world. Yoga was not just for some. Yoga was for all. IYD is an expression of that.

IYD honours the traditions of yoga. This year IYD had a theme: vasudhaiva kutumbakam. That means one world, one family, one future. As I taught classes on 21 June I spoke to this theme. A good theme. A theme that speaks to our connection and what we share in common. A theme that reminds us we are all in the same boat and that we must work together. A theme that informs us we are just tenants for the time being of this earth and we must look after it to pass it on to those who will follow.

As I scrolled through posts on social media on the evening of 21 June I saw many yoga teachers making IYD posts. None referenced the theme. None spoke to the intent and philosophy of the day. None, no matter how slim their waist or pretty their hair or slick their poses, got to the why of IYD in any meaningful way.

IYD is a day that reminds us of our role every day. And every day we should practice the practices of yoga to be united as people, connected in humanity and committed to our earth. Yoga is the way to the way.

## JULY WORKSHOPS – BEGINNERS AND ADVANCED

We have two great workshops for you in the coming month:

1. **Getting Started.** This workshop will give you great foundations in the sun salutations, the essence of vinyasa practice, techniques for breath, core engagement and gaze, together with an overview and rationale of the power yoga sequence as a whole.

If you are new to practice, returning after a break or wishing to reinvest in the fundamentals, this workshop is for you

When: Sunday, 16 July, 1:30 pm – 3:30 pm.

Where: Apollo Power Yoga city studio, 46 Salisbury Street.

Fee: \$30 (Apollo annual members \$15)

Book: online at <https://apollopoweryoga.com/studio-timetable/>

2. **Trick and Transitions.** This is a fabulous workshop to extend your practice. You will learn how to build upon your poses to create more advanced variations. This will be taught step-by-step with opportunities for demonstrations, questions and repeat tries. We will also teach you more advanced transitions – ways of moving between poses to combine poses and access one series of poses from another with power, grace and expressive mobility.

This workshop is for those confident in low plank, side plank, crow and bound extended side angle pose.

When: Sunday, 23 July, 1:00 pm – 3:30 pm.

Where: Apollo Power Yoga city studio, 46 Salisbury Street.

Fee: \$40 (Apollo annual members \$20)

Book: online at <https://apollopoweryoga.com/studio-timetable/>

### WHAT DO YOU SEEK FROM US?

On 27 July 2013 Margo and Hamish opened Apollo Power Yoga to provide the city with a specialist power vinyasa yoga studio. We have sought to be adaptable over the last ten years while holding true to our commitment to styles of practice and a teaching methodology that are effective and provide you with physically transformative classes taught against a background of philosophical principle.

I am at my wits end as to what I can do to get students to practice with us so that Apollo Power Yoga's tenth birthday is not its last. I love the practices we teach at Apollo Power Yoga and we have scheduled classes at times that we perceive will work best for you to get to class. Yet only half the people who practiced with us four years ago, now practice with us. Is there something we are not doing that you want us to do?

#### What would you like us to do differently for you?

- Would you like a different time of class?
- Does 4 pm rather than 4:30 pm on Tuesday and Thursday afternoon appeal?
- Are the early morning classes during the week too early?
- Do you want Relax and Restore classes at times during the day at 6:15 am, 9:30 am or at lunchtime?

Please let us know what we can do to help you come in for class. We are willing to adapt. We did that with Apollo Power Yoga on Demand and we did that with live stream classes. For a while you used those services but now very few of you use even those yoga-at-home options.

Have you gone elsewhere? Have you stopped practicing yoga altogether? How can we help you get back into the studio and onto a mat so we can make Apollo Power Yoga work?

Be in touch with me: [hamish@apollopoweryoga.com](mailto:hamish@apollopoweryoga.com)

## MATARIKI

The Matariki public holiday is observed on Friday, 14 July this year.

We will have a reduced schedule of classes that day.

- 8:30 am Power Vinyasa at Ferrymead
- 9:30 am Power Vinyasa in the city
- 5:30 pm Power Groove in the city
- 5:45 pm Relax and Restore at Ferrymead

We hope you will be able to join us to practice.



## STEP INTO YOUR POWER

Make this the year to ***Step into your Power***. If you wish to experience this amazing programme, take the opportunity this year. The dates for our remaining 2023 intensive are **Saturday, 30 September to Sunday, 8 October**.



Go online and learn about the course: <https://apollopoweryoga.com/teacher-training-retreats/>

Ask Margo or Hamish or any of our teachers about the course, its rewards and what to expect. Then set aside the time for you to be your greatest, most aware, most enthusiastic and most fulfilled self. You will not regret being on the course – in fact, it may just revolutionise your life – but you will regret missing out.

Physical breakthroughs occur. A number of people have achieved their first wheel on our course. Emotional and spiritual breakthroughs are made.

*“What I learnt the most about is about myself and how good it feels is to connect again with other people and their life experiences - something that I have been doing less and less of over the past few years. Thank you so much for your dedication and guidance helping me and others to find answers and for me to realise how to go to my edge and what that looks like as part of my new way of being. Your programme is truly world class.” - HS*



We have had some wonderful groups train with us and everyone on our programmes has learned, grown and enjoyed a unique experience. If they can, you can. This is the time!



**FOR KEEN YOGA STUDENTS AS WELL AS TEACHERS  
AND PROSPECTIVE TEACHERS!  
FROM HAND, TO BODY, TO SOUL  
THE ART OF ASSISTING**

Hamish has had a course approved as a YACEP (Yoga Alliance Continuing Education Provider). His course on hands-on assisting, ***From Hand, to Body, to Soul***, will run from August 25 to August 27 here in Christchurch at Apollo Power Yoga.

This course is for you:

- If you are a **yoga teacher** and want to **learn and improve your skills** as a teacher with hands-on assists.
- If you have experience as a **student** and want to **learn more about essential alignment** in poses.
- If you are **interested in how yoga works** and want to **establish meaningful connections** with your fellow yoga students.

After our workshops many people say they really enjoyed and benefitted from the partner work we do. Do this programme and it will be ***a weekend long workshop in helping you upgrade your poses and practice***. Just as the partner work in our workshops is great fun, this whole course will be enormous fun.

If you are a Yoga Alliance registered teacher this course will give you **20 hours** of the 30 you require every three years ***to maintain your registration***.

You will learn, you will connect and you will level up your skills as a teacher. Submit your application NOW.

Fee = \$950 (payable by way of a non-refundable deposit of \$100 upon signing up and the balance four weeks before the course begins).

Places are limited so do not delay or hesitate. This course will take your teaching and your confidence ahead.



**CHANGE IN MAGAZINE PRESENTATION**

The first Apollo Power Yoga magazine came out in 2013 before we had opened our first studio. The intention was to educate, edify and connect with students interested and engaged in what we do at Apollo Power Yoga – our style of practice, our philosophy and yoga generally.

Over time, the intention has remained unchanged but we have given much more – more detail, more articles and more offerings as a whole. Some of you take the opportunity to mention your enjoyment of what we offer each month and we are grateful for that. It is reassuring to know that our effort in producing the service of our magazines is being effective in reaching you as an audience. A greater audience is part of our intention – not just Apollo Power Yoga students, but those across the globe interested in the very things we discuss in our items and that you enjoy reading every month.

Over the course of the next few months we are moving to a system where Hamish will be writing his items on yoga, philosophy, posture, health and wellbeing on a different platform - <https://hamishkenworthy.substack.com/> - under the style of **Your Vital Life**.

Rather than coming out monthly, there will be regular items, one or two per week, that you can access and read. Some of these will be published on our [Updates/Latest News](#) tab on our website. Others will only be available on **Your Vital Life**.

If you have enjoyed what you have been reading from us over the last ten years, follow what we are writing on **Your Vital Life** and share with your contacts. We share a lot of ourselves in our teaching and in our magazines. We believe in the principle that one lives ones truth by sharing it. Follow the same principle – if you like what we offer, live that by sharing what we offer with those with whom you are connected.

Periodically, we will send out news of what is going on at the studios and in class by email to you so you are up to speed with developments and how we are serving you. Gradually, that will be confined more to workshops, timetabling matters and events at the studios. The substantive material of postures, philosophy and wellbeing will appear regularly on our alternative platform.

## **YOGA IS A DIFFERENT WAY FROM OTHERS**

In late 2009 I was lent a beaten up old copy of *Journey into Power*. I did not read it. I did not like the cover. Margo read it and told me to do the same. The person who lent it to me was a yoga teacher – not in the style set out in *Journey into Power*. She told us the author, Baron Baptiste, was going to be running a training programme in Australia in February 2010 and that she was going. Margo told me to go to. So I did. My life changed.

In 2021 Baptiste re-issued *Journey into Power* with a new introduction. In the new edition he says:

*Early on in my own pursuit of personal growth and physical fitness training I hit a crossroads in my journey. I had a choice: I could either take the more traditional, conventional, and socially accepted approach to health, fitness, and peak performance or take the road less travelled. Today, I look back and think, thank God I took a different path. Thank God I had the wherewithal to step outside the conventional*

*wisdom of the day, which was lifting weights, cardiovascular conditioning, and a low-fat diet. Most people stay on this path for the rest of their lives, not understanding that as time goes on, this one dimensional way of training combined with typical acts of daily living cause our bodies to become tighter, stiffer, unbalanced, and therefore more susceptible to injury and general fatigue.*

How right he is. I see so many people losing ground physically and blaming age. I see people falling into a rut mentally and spiritually and supposing that a new partner in their bed or a new car in their garage will solve their existential woes. All the while they do the things that Baptiste talks about. They push weights as if bicep size equates to health. They ride expensive road bikes but their bellies hang over their belts. They seek solace in entertainments that are actually just distractions.

I knew someone who was a professional trainer. He was highly committed to the process Baptiste calls the “traditional, conventional, and socially acceptable” approach. He was brought into yoga class and, across the space of a year, did about 25 classes. Then he stopped. He found yoga hard. He struggled to get up and down off the floor. The back bends and hip opening poses stressed his unyielding implement of a body that he had trained as a blunt instrument. He gave up the strengthening, mobilising and calming way of yoga in favour of the “one dimensional” methods that he was so familiar with. And he got to not only stay tight and resistant but grow even tighter and more resistant. A blinkered view condemned him to the outcomes Baptiste describes and continues to deny him access to holistic health and vitality.

He was certainly fit in his own way. He was strong in his way. But if someone cannot tie their own shoes or get down onto the floor and back up again or twist and bend to pick up a bag of groceries without seizing up, one wonders what value some types of fitness and strength are to a person.

Those who have gone the “traditional, conventional, and socially acceptable” way are not regular yoga students. They are my former colleagues, my former team-mates and my former peers at school and university. The cost of their way of life is worn in the way their bodies function. They are lost people, stuck in a routine that is failing them and bewildered as to how to get out. They are the people who need yoga but will not try.

They do not try because they have a preconceived notion of what yoga is – and their notion is so utterly flawed it belongs in the realms of toxic misinformation. These people do not try yoga because they have committed so far to the wrong path that they see no way back. There has, for many decades, been a societal indoctrination to a form of fitness based on pushing tin, doing cardio until all you can do is gasp through your mouth while at the same time prizing a certain physique that does not belong to everyone. They have been indoctrinated to the socially acceptable way. What a shame. There is a saying, “No matter how far you go down the wrong path, turn back”.

I recently taught a private session to employees of a nearby law firm. On the way out, one said they had not been looking forward to the session. I asked why and they said it was because they don't do yoga and did not think they would be good at it. But they found they did enjoy it. “I really enjoyed that” she said. In so doing she acknowledged the error of a

misapprehension of yoga. Rather than being slow and boring and being all about stretching, she found yoga could be dynamic, strengthening, mobilising and fun.

I have been down the wrong path. I used to train for everything by hitting the roads to run myself into fitness. Once I reached a certain age, late in high school and through my twenties, it became important to have more physical presence and strength. So I got into a gymnasium and pushed weights – with no particularly great results. Once I gave up rugby as a sport I ran for fitness and I could run well enough. But my strength was not a comprehensive strength across my whole body. Nor was my fitness good for me as a whole. I developed tightness injuries which really did scream out that my methods were not working. It was in response to that screaming that I began yoga. As Baron Baptiste says, thank God that I did.

If you are present, there is ample evidence as to what is or is not working for you. Have the courage to take the way that is not so well entrenched in the minds of the populace. Baptiste speaks of what came to him after he chose the path less travelled. A California state championship in Tae Kwan Do. Participation in a junior Olympics as a boxer. Yoga teacher to the celebrities of Los Angeles. Member of the Philadelphia Eagles NFL training group. He has attempted much and achieved much on the back of his work on his yoga mat in practice and in meditation.

You, too, can accomplish much if you commit to yoga as your way. It may not be what you have been indoctrinated to believe is traditional, conventional and acceptable. But it offers growth and expansion into wider spheres. There was a famous heavyweight boxer once who broke bones in one hand in a number of fights until effective repair became unfeasible. It was decided to set his hand in a fist so he could keep on boxing. His hand was useless for anything else but he could punch. The traditional, conventional and acceptable way is like fixing oneself into a tight, clenched state, physically and mentally.

Practice asana/posture and create and sustain functional strength and mobility in your body your whole life long. Breathe with presence and develop the capacity to relax and reset your nervous system. Meditate and centre your mind away from the distraction and worry of thought. Apply philosophy and wisdom to your way of being and be a better person. Yoga will enrich your whole life. The traditional, conventional and socially acceptable way will produce different results. Be careful, they may not be the ones you want in the end.

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

Hamish offers mentoring, guidance and life coaching.

Hamish can help you get perspective on the circumstances that are bothering you, help you come into a better relationship with your troubles and develop strategies to better manage difficult situations as they arise.

- You will gain new, empowering perspectives.
- You will re-frame and breathe new life into stuck relationships.
- You will gain clarity and an enhanced sense of direction in your life and contentment in yourself.



Hamish will listen and help identify the issues at play and offer techniques to address those issues. ***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**.

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

- Yoga (either or both of dynamic, flowing practices and slow-moving stretch-based classes) on an on-going basis or as part of a special event or programme.
- Meditation and mindfulness sessions
- Breathing 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.

Hamish has worked with many organisations providing yoga sessions of varying types, breathing sessions and discussions on mental and spiritual wellbeing including:

- Beca (engineering consultants – yoga and wellbeing discussion),
- Synlait (milk producers – yoga with a philosophical theme),
- Buddle Findlay (lawyers – yoga),
- Anderson Lloyd (lawyers – yoga),
- Wynn Williams (lawyers – yoga),
- Eliot Sinclair (land and site development consultants – yoga and breathing),
- Canterbury Rams (yoga),
- Canterbury Crusaders (yoga),
- St. Margaret's College (high school – yoga, breathing, wellness discussion),



- Silver Fern Farms (meat producers – yoga),
- Lululemon Athletica (clothing retailers - yoga, themed discussion)
- Christchurch Hospital Emergency Department (doctors, nurses and administration staff – yoga).

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

### **CAR PARKING AT THE CITY STUDIO**

For some time the Christchurch Casino has offered the first two hours free at its car park between Salisbury and Peterborough Streets. As of 1 July this will be changed to just one hour of free parking with a \$3 charge for every hour or part-hour after the first hour.

This is still a good option and cheaper than the metered street parking on Salisbury and Victoria Streets. You can find car parks on Conference and Beveridge Streets to the north of the studio.

### **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:

*Does it work? YES, without a doubt. This treatment helped re-shape my waist area. I saw major improvement after 10 sessions and from then on, I have been doing them just once a month to maintain the results. Is it permanent? No, the firming effect last about a month, but that wouldn't stop me from recommending it...*

*It has tremendous, noticeable health benefits. Having the treatment on lower half made that heavy feeling in my legs a distant memory. I used to feel like I was literally dragging myself around. This increased energy and better circulation made it much easier to get off my butt...*

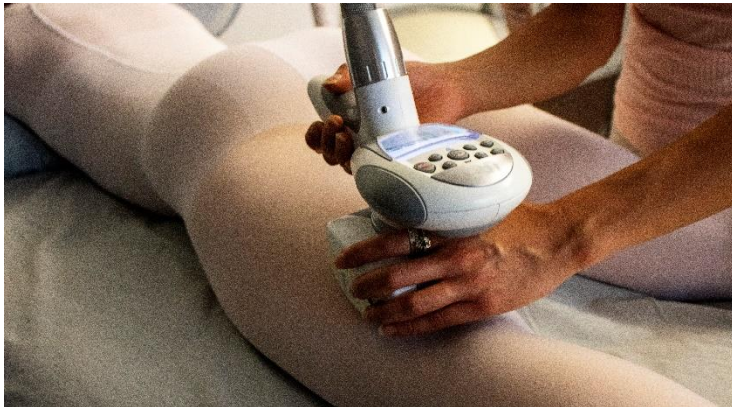
*The treatment, improves circulation and lymphatic drainage, and you can definitely feel the effects. [Endermologie®] also greatly improved my sleep. I have restless legs syndrome and I had better nights for the week I had a treatment. It improved my overall energy levels. No doubt! I started feeling like I had the energy to keep going all day instead of getting that 'crash' by 2:00 pm.*

*It rescued me from my winter months' depression. It totally carried me through the winter on that level. I think it would be a good treatment to get when you are going through any kind of bad stress.*

*It gave me more stamina. It has been radical for me in so many ways. I feel like it has helped me even more on a health level than on a beauty level.*

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**

This month we look at dragon pose (utthan pristhasana). There are several variations and varying degrees of depth that you can pursue in this pose. My first experience of dragon was an eye-opener and revealed some limitations and tightness within me. By persisting with the pose my body has opened up and the pose has been of tremendous benefit to me – it will be so for you too!

#### Variation 1 – Fire Breathing Dragon

- Start in downward facing dog. Bring your hands in towards one another until your thumb-tips touch. Step your right foot forward to the outside of your right hand.
- Start with your right foot pointing straight forward on 12 o'clock.
- Hold your left foot with your toes tucked and the toes and balls of your left foot supporting you.
- Engage your left leg extremely strong and straight and press the back of your left thigh towards the ceiling. The unbroken contraction of the quadriceps on the front of your back thigh is the source of the greatest heat in this variation and it is from this action that the pose gets its “Fire Breathing” name.
- Tone the pit of your belly in towards your spine (uddiyana bandha). Keep your midsection buoyant rather than collapsed.
- You may stay on your hands with your arms straight or you may lower your forearms onto a block or blocks or you may lower your two forearms onto the floor.
- Ease the weight of your hips forward and create a powerful stretch through the front of your left thigh and hip and through your right inner thigh.
- Ideally, lower your shoulders to a position level with your hips.



#### Variation 2 – Dragon

- Start in downward facing dog. Bring your hands in towards one another until your thumb-tips touch. Step your right foot forward to the outside of your right hand.
- Turn your right foot outward towards the right side by around 30° to 45°.

- Angle your right thigh outwards to the same degree as your right foot. In so doing, lift the inner edge of your right foot up and rest on the outer edge of your right foot.
- Flex your right foot back towards your right shin. Do not allow your right ankle to sickle. This occurs when the outside of your ankle bulges outward. It is more prone to happen when you point your toes in plantar flexion and less likely to happen when you draw your foot back towards the front of your shin in dorsiflexion.
- Lower your left knee to the floor. You may choose to either keep your toes tucked or point your toes back towards the back of the room. The comfort of your left kneecap is a factor in the choice here. Some people feel discomfort in their kneecap with their toes pointed backwards.
- Tone the pit of your belly in towards your spine (uddiyana bandha). Keep your midsection buoyant rather than collapsed.
- You may stay on your hands with your arms straight or you may lower your forearms onto a block or blocks or you may lower your two forearms onto the floor.
- Ease the weight of your hips forward and create a powerful stretch through the front of your left thigh and hip and through your right inner thigh.
- Relax your hands and face. Many and oft are the occasions I have seen students clenching their hands until the knuckles show white or their jaws as if playing the role of someone being tortured in a movie.
- The intention in the pose is a stretch but is also to release pent-up energy in your pelvis that is generated by your stress response to everyday trials and tribulations. If you clench your hands or jaw you are holding in tension and stress that you would be better served letting go.



### Variation 3 – Revolved Dragon

- Pick up for this variation from where you reached in variation 2.



- Now, lift your right hand/arm from the floor and begin to rotate your chest towards the right side of the room.
- You may need to move by degrees. Set your right hand to your right knee and perhaps encourage your right knee to open a fraction wider to the right.
- Next, reach your right arm straight towards the back of the room.
- Finally, bend your left knee, raise your left foot and bind your right hand to the outside of your left foot or ankle.
- A common flaw that students drop into is in dropping their chin to their chest and looking towards the back of the room. Do not do this. Instead, lift your chin up away from your chest. Press your thoracic spine into your chest and arch your spine backwards. Generate powerful opening up the front of your torso and across your chest.
- There is a big difference between taking this twisted bound variation with your left hand at the floor and your left arm straight and taking it with your left forearm at the floor. Move consciously and carefully. If you are new to this bind and are not sure how much give your body has, start on your left hand and progress to binding with your left forearm at the floor.



These poses are able to be held for prolonged periods. The first and third variations may be less sustainable than the second. In any variation, breathe steadily and deeply through your nose. Relax into the experience of the pose. Right at your edge the way to something new is to surrender deeply.

The first time I took variation 3 was in a class taught by Baron Baptiste. I had been able to bring my forearms to the floor in variation 2. When the bind was offered, I reached for my ankle and there was no connection. As long as my arms are, I could not achieve the bind. I lifted onto my left hand and space opened up and I took the bind easily enough. By taking

that bind, in a short period of time, space opened up so that I could bind with my supporting forearm at the floor. Dragon opens up space. Open up. Awaken.

## **IS PAIN PREVENTING YOU FROM GETTING BACK ON YOUR MAT?**

A number of people have fallen by the wayside over the last few years and have allowed their yoga practice to lapse. Coincidentally, some of that same group have experienced pain in their bodies that is acting as a deterrent to them practicing and being active. Counter-intuitively, movement and practice may be just exactly what you need!

Dr. Rachel Zoffness (Stanford University lecturer and professor at the University of California San Francisco - <https://www.zoffness.com/>) is a specialist in pain and the management and treatment of chronic pain.

She identifies a mix of factors going into pain and there are psychological factors that compound and exacerbate the pain we may be receiving from sore or injured body parts. Fundamental to Dr Zoffness' methodology for relieving chronic pain is living in a healthy way.

That means to sleep well. That means to eat healthily. That means to move well. The best means of movement I have encountered in my life is yoga asana. That also means to maintain healthy social relationships. I love the ambience in the yoga studio. I enjoy the people there and I enjoy the interactions I have there every day.

To make yoga part of your return to health and vitality rather than pain and withdrawal from community follow these steps:

**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. Feel free to start small with Relax and Restore classes. Move consciously, gently and to the ranges and depths that feel good for you. If you need to adapt a pose, ask for help from your teacher.

**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 rewire after a hyper-sensitivity to pain, to build 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 and the experience of being at the studio.** 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. Arrival at the studio and in reception and the changing rooms after class you can chat and engage with your fellow students and with your teacher in a communal atmosphere concerned with health, growth and connection.

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

### **FROM BARON BAPTISTE**



*“Close your eyes, let go and be awake.”*

### **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.

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.

## **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? Consult **Anthony Leighs** of [Leighs Construction](#) and **Alastair Miles** of [Miles Construction](#).

Thinking of buying, selling or leasing property? Try **Alison Aitken** of [Harcourts](#) for your residential real estate needs.

Need legal assistance? **Margo Perpick** and **David Lang** of [Saunders & Co](#), our teacher, **Alice Matheson**, at [Cunningham Taylor](#), **Philip Sewell** and his team at [Godfreys Law](#) and **Megan Gall** at [Young Hunter](#), and **Joyce Bennett-Longley** at [Duncan Cotterill](#) 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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