



August 2018

Five Years and Growing:

Friday 27 July marked the 5th anniversary of Apollo Power Yoga offering yoga classes in Christchurch.

Opening, as we did, in central city Christchurch in 2013 was a remarkable leap of faith and the first few years were extremely difficult. Margo and I drew on all our resources and expended all our savings to make Apollo Power Yoga work.

We resisted the temptation to change what we were doing to try to be all things to all people. Instead we held fast to the practice of Baptiste-style power vinyasa yoga. It has worked for us and it is and will continue to work for you too. It is a practice that will transform, strengthen and mobilise your body. It is a practice taught against a backdrop of philosophical principle that will transform your spirit and appreciation of yourself.

We have made a commitment to offering a full-service studio at affordable rates. It dismays us to see the going rate for yoga classes across the city set at \$20 when most other practices do not offer a true studio, do not offer changing rooms, showers, or a heated practice room and do not offer the quality of instruction upon which we insist at Apollo Power Yoga. We believe we excel in providing the best environment and the best instruction, not just in the city but in the country!

Year by year we have grown. In May this year more people attended our classes than in other month since we began operating. We have not achieved some of the targets we set when we embarked upon this project but have far exceeded others. We began offering 17 classes per week. We now offer 40. We began with just Hamish and Margo teaching. We now have nine other teachers who have regular spots as well as Margo and I.



In 2016 we started our own teacher training school and all our current teachers are products of that school. The idea of training teachers was not part of the original plan but, as I have said, we have far-exceeded our goals in some areas.

All along the way, the greatest reward has been our connection with you as our students. It is your growth and progress as practitioners that is our greatest motivating force. Thank

you all. We have big plans for our next five years and we look forward to sharing them with you.

Spring into Summer Special:

From 1 September to 31 October you can purchase a month unlimited pass for just \$130 (normally \$170). The Student/senior discount month pass is reduced from \$140 to \$100. You may buy one anytime in September and one anytime in October.



Previously we have offered this special in October and November but we have decided to bring the special forward by a month to more accurately correspond with the arrival of spring.

Leap in and take advantage of this great special to make yoga part of your daily routine. And be the change you want to see in your life.

Workshops:

Thank you Margo for a great **Breath of Life** workshop last Sunday. Pranayama is one of the eight limbs in the classical description of yoga practice and an oft-neglected one. Margo's workshop provided a powerful reinforcement of the way breathing consciously can transform the physical, energetic and spiritual impact of your breath upon you. Make breathing your primary focus

in asana practice and your practice will lift itself to amazing new levels.

Budokon® Basics with Hamish: Sunday 9 September, 12:00 – 2:00 pm.

This workshop will give you the basic foundations of the Budokon® Yoga practice taught at Apollo Power Yoga on Saturday mornings at 9:00 am. Drop what you know, embrace a powerful way of movement and lift your practice to a new level of strength and mobility. Fee is \$60 (annual members \$30).



Our next iteration of **40 Days to Personal Revolution** begins on **Sunday 7 October 2018** and runs, with weekly Sunday evening workshops, through to 15 November.

This is a powerful programme to spring clean your way of being and give you access to new vitality, presence and power in your life. Plan ahead and make the commitment to your personal revolution now.

No Class Cancellations – An Update from our last Newsletter

Because of travel that Hamish has planned to teach elsewhere around the country we had thought we would need to cancel the Budokon® class for a few weekends. However, April Morel, who some of you will recall having taught at Apollo Power Yoga previously, has returned to Christchurch and will fill in for

Hamish when he is not available. This ensures that there will be continuity of Budokon® Yoga instruction on Saturdays at 9:00 am.

Book Now – The Power Within Yoga Retreat:

We're looking forward to working with Marlborough Yoga Retreats again, this time at beautiful Fairfield House in Nelson.

There will be meditation, asana and philosophical discussion. The weekend will also include a 10 minute acupressure massage for each student.

Maia Pono, founder of the 'Earthbound Kitchen' in Marlborough will offer a workshop shedding light on a wholefood plant-based diet and lifestyle that gives optimum health to the body, soul and environment. Maia embodies this way of life with years of experience and training, and is passionate in enabling others to do the same.

Lunches and afternoon teas/refreshments are included.

The retreat runs **from September 29 at 8:45 am to September 30 at 6 pm** at the beautiful Fairfield House, 48 Van Diemen Street, Nelson, New Zealand 7010.



The cost of the retreat is \$400 per person. You need to arrange your own accommodation.

For more information including booking details go to the Facebook event page: <https://www.facebook.com/events/1889512621106761/> or contact Anne Brooker: yogaretreatsnz@gmail.com

How to Roll Your Yoga Mat:

We regularly observe that students with Lululemon mats roll their mat up after class with the shiny side of the mat to the inside of the roll. This is not recommended.

It is our experience and it is Lululemon Athletica's advice that you roll up these mats with the shiny side to the outside.

The mats have been designed to be rolled up this way. They dry out better this way as the surface tension helps release moisture trapped in the upper layers of the mat. The structure of the mat is such that the shiny, firmer upper surface does not respond well to being shortened when these mats are rolled up with the dull side of the mat to the outside.

In a recent example, one of our students had the shiny surface of a relatively new mat begin to crack. This was due to the mat being rolled up with the shiny side on the inside of the roll.

Roll your mats up like this:



and ensure they remain in as good a condition as possible for as long as possible.

Children's Yoga During School Holidays:

We've been asked to offer, through the studio, yoga lessons for children during the school holidays. If there's sufficient interest, we're happy to do so.

The classes will be suitable for ages 7-12. Parents are welcome to practice along with their children.



We'll schedule 45 minute lessons at **1:30pm on Tuesdays and Thursdays October 2, 4, 9 and 11**. The cost will be \$10/lesson per child. If we have at least 10 children per lesson registered and paid for by 28 September, we'll go ahead with the lessons.

To register your children for the lessons, contact margo@apollopoweryoga.co.nz

We Are Not Stocking Bottled Water Any More:

Apollo Power Yoga will not be stocking plastic bottles of water any longer. We are on the last few bottles of our current supply and when they are gone there will be no more.

Instead, we have purchased a Kangen water filter. You are most welcome to help yourself to water from the filter in the room behind the reception desk.

PLEASE run only cold water through the filter. Many thanks.

We have a limited supply of clean, recycled bottles and cups for you to use if you do not have your own. Once used, please return these so that we may clean them again and re-use them.

Head, Heart, Being:

It does not make sense for Margo and I to be doing what we are doing. To have had careers in a profession that, in general, is respected and to have attained a level of seniority within our respective firms and, in Margo's case, in her field of expertise, it is illogical for us to have turned our backs on that profession.

Logic and reason, the functions of mind, of the head, would say that we have acted ill-advisedly to let go our careers, the income we were making in those careers and to risk what we had created for the course we now are pursuing as yoga teachers.

It is true that many things are different as a result of our change in career path. Being a yoga teacher does not carry the same respectability as being a lawyer does and we have let that go. Our financial position has altered tremendously and the commitments we entered into when supported by Margo's earnings as a partner her law firm have become onerous as we generate a much smaller income from our current work.

As yoga teachers we have a different group of connections from those we had as lawyers. I used to enjoy the idea of being connected with senior members of the legal profession and with judges. I felt like I was part of the *cursus honorum* of the legal profession. In the yoga room, however, there is no hierarchy. Yes, the teacher directs the practice, but from a place

of connection with the students. It is a very levelling and humbling environment.

The head would say that, having forged careers for ourselves in a profession the sensible, rational and logical course would be to continue with that, to accumulate material wealth and to not give up ground gained in one area for a speculation upon a completely different path.

And yet here we are. We are not fools. We have good powers of reasoning. Logic was one of our tools as lawyers and we used that tool well in our professional capacity. We could perceive all the benefits of holding fast to our careers as lawyers and following the sensible course. But we chose not to.

Other motivations acted to guide us in a direction that our heads would not recommend but that we found utterly compelling - and having made our way here we would not have it otherwise.

In part, this is the influence of heart. Heart does not speak in the language of pros and cons. Heart is not concerned with what looks good or what pays the most. Heart is concerned with emotion. For both Margo and I, yoga practice creates an emotional response. The thought of going into the law office to fight with other people over a different set of people's problems created one set of emotions for us. The thought of going into the yoga studio to practice or to teach creates a different set of emotions.

A day in the law office left us with a certain emotional state. A day at the yoga studio leaves us with a different emotional state. The law was strongly outcome oriented. I could go to court and perform as best I could and come away elated with a win or go to court and do the best I could only to come away defeated and feel dejected. In the former I would glory in what I had done and in the latter case I

would second-guess myself, chastise myself and wring my hands with anguish over the "failure".

Teaching yoga does not carry that outcome oriented quality. Yoga, to a much greater extent is a process-oriented practice. Students will often offer feedback describing their enjoyment of their class and the positive impact it has had upon them, physically, emotionally or spiritually. Sometimes a student will comment upon how they tweaked or twinged some part of their body during class.

Whatever the individual experiences of the students, the process is working overall and the trend to greater physical strength and mobility and towards a more composed and positive state of being is unavoidable. The emotional response Margo and I get from being part of that process is very rewarding and is far more consistent than was the rather more rollercoaster-like emotional ride of legal practice.

Then there is the being. Being is concerned with truth and with dharma or life's purpose. Osho is clear on this distinction. He says:

"The head will go round and round thinking, brooding, philosophizing; it knows only words, logic, argument. But it is very infertile; you cannot get anything out of the head as far as truth is concerned, because truth needs no logic, no argument, no philosophical research.

The heart is also a mechanism - different from the head. You can call the head the logical instrument; you can call the heart the emotional instrument. Out of the head all the philosophies, all the theologies are created; out of the heart, come all kinds of devotion, prayer, sentimentality. But the heart also goes round and round in emotions." (Osho, *From the False to the Truth*, Talk #31)

The poet Robinson Jeffers in *Meditation on Saviors* says, "Reason is never a root, neither or act nor desire". Ultimately, being sensible and reasonable can be stifling and unfulfilling. When I ceased practicing law it was not a rejection of the law. It was a rejection of who I was as a lawyer. When Margo left the law it was not a rejection of the law but a rejection of the toll practicing the law was having upon her.

When we started teaching yoga and started Apollo Power Yoga it was a calling to live out what was in our hearts – a desire to radiate the positive influence of yoga to the world and a desire to work together as a partnership. Our choices have made sense.

They make sense in so far as they have produced rewards at the level of our being. Our consciousness, awareness, our inner *Purusha*, perceived the conflict between mind and reason on the one hand and heart and emotion on the other and created a way of being for us that renders our minds tools at the hands of our inner truth and our hearts' desires.

Here is Osho again from the same discourse:

"You have to make a synthesis between the two. And the synthesis, I have to emphasize, should be that the heart remains the master, and the head becomes the servant. You have as a servant a great asset - your reasoning... The heart has all feminine qualities: love, beauty, grace. The head is barbarous. The heart is far more civilized, far more innocent.

A conscious man uses his head as a servant, and his heart as the master... And this is so simple for the man of consciousness to do. Once you are unidentified with head or heart, and you are simply a witness of both, you can see which qualities should be higher, which qualities should be the goal. And the head as a servant can bring those qualities, but it needs to be commanded and ordered."

The balance that Osho describes is valuable. Your teachers or parents may have told you to "be sensible" and in so doing you may have received the impression that you had to act according to the head and the dictates of reason.

You will have heard of crimes of passion where people in a fit of jealous rage, for example, have lashed out. In such cases there is no reason but just the heat of emotion from the heart.

Osho asserts that it is best to meditate and be present to both the desires and emotions of the heart and the wisdom and good sense of the head. Using the head as a tool to give effect to the desires and emotions of the heart will enable you to live a fulfilling life.

Right now be present to your feelings and experience of your life. Consider what your heart's desire is and how the different elements of your way of being make you feel. Use your good sense and wisdom as a tool to give effect to that which is your heart's desire. I had the good fortune to experience that when I left the law. I left the law to become a house-husband when Margo and I began a family.

I had worried about my decision to change my career path. One judge seemed shocked when I told him I had resigned my partnership and was out of the legal profession on a longer rather than short term basis. The senior partner of my firm with whom I had worked closely on many cases told me my choice was "a waste". I certainly doubted myself. And then our son was born and I held him in my arms and my heart welled with love and pride and my inner truth was clear: I had made the right choice and was utterly blessed to have the chance to be a house husband.

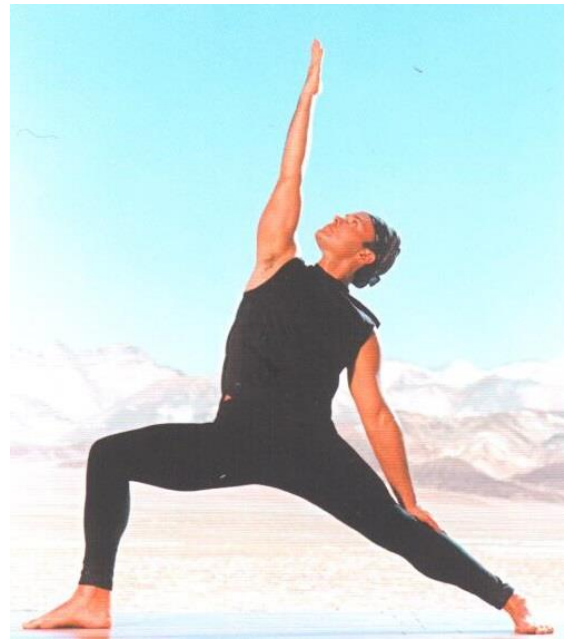
Seek your inner truth and access good emotions in your life using your best reasoning and wisdom to make your heart's desire manifest.

Asana Spotlight:

Reverse Warrior is our focus pose for this month. We take this pose occasionally as part of the Vitality series once we have been warmed by a strong flow of sun salutations. It is a powerful lateral stretch and creates strong, positive energy.

- Start in downward facing dog and step your right foot forward to take Warrior 1. Critically in Warrior 1, rotate your left inner thigh inwards towards the back of the room. Draw the whole right side of your body towards the back of the room and the whole outer left side of your body forward towards the front of the room. Reach your arms up to the sky.
- For Warrior 2, rotate your left leg outwards, open your hips towards the left side of the room and turn your chest to face the left side of the room. Extend your arms in one line at shoulder height straight up and down the length of your mat.
- In Warrior 2 set your front foot on 12 o'clock such that it points straight forward along your mat. Stack your right knee at a right angle straight over your right ankle.
- Draw your right thigh bone in towards your spine and core to create stability, integration and power in your Warrior 2 pose.
- Lift the inner arch of your back foot upwards and press the outer edge of your back foot to the mat. Engage and tone the muscles of your back leg all the way up to your hip.
- Create a neutral pelvis. A common tendency in many students is to drop the front of their pelvis forward and sway their low back. Instead, lift the front of your pelvis up towards your navel to neutral. Engage *uddiyana bandha* by drawing the pit of your belly in towards your spine.

- Set your hips no lower than the height of your front knee. It may be that your mobility necessitates your hips being higher than your front knee. That is acceptable and from that starting point you can, over time, work towards lengthening your base and deepening your lunge.



- It is not helpful, however, to have such a long base that your hips sag below the height of your front knee. In this situation stability in your pose will come simply from your muscles being stretched to their limit. If you have your hips at or above the height of your front knee you will create stability from eccentrically engaging the muscles of your legs – that is contracting your leg muscles even as they are stretched by the lunge you are in.
- Align your spine straight up and down over your hips. Many students tend to lean their torso forward towards the front of the room in Warrior 2. Do not do this. Stack your spine straight over your hips for balance and vitality.
- Draw your shoulder blades away from your ears and your shoulder blades in towards your spine.

- Firm the muscles of your arms to their bones and hold your arms steady at shoulder height.
- Turn your chin towards your right shoulder and set your drishti gaze straight over your right middle finger towards the horizon.
- Now, rotate the palm of your right hand outwards to face the ceiling. Turn the thumb of your right hand upwards first and then outwards towards the right side of the room.
- Now, reach your right arm straight up towards the sky and rest your left arm softly at your left thigh or fold your left arm behind your back. Do not collapse any weight into your left hand. You may be able to tuck the fingers of your left hand to your right inner thigh.
- Follow your right hand with your drishti and take your gaze up to the sky. If this is a strain on your neck adopt a position with your head that is free of strain or pain. For most people, neck pain in reverse warrior is removed by turning their chin away from their right shoulder towards the left side of the room (or, with the left foot forward, turn your chin away from your left shoulder towards the right side of the room).
- In reaching your right arm up to the sky resist any temptation to lift your hips upwards and to lift out of the depth of lunge you created. Notice in the picture the excellent square angle Baron Baptiste has created in his front knee. Emulate that!
- Stretch your right arm powerfully to the sky. Many students buckle their right arm at the elbow and reach their upper arm over their head in a bent position. Do not do this. Make your right arm straight and stretch upwards. The upward stretch is the most important element of this pose and will generate a strong lateral stretch without you trying to contrive a lateral

stretch by crumpling into your left waist or collapsing your upper arm over your head towards the back of the room.

- Once you have reached as high to the sky as you can you may begin to laterally extend your spine. Shorten the left side of your torso and reach your upper arm towards the back of the room. The essence of this pose is a lateral stretch. Hold your torso side on to the front of the room and avoid turning the pose into a backward bend – make reverse warrior a side bend.
- Breathe strong, powerful *ujjayi* breath.

Side body stretches are very challenging to me. Create a strong lateral stretch and then stay. You have options to run away from the power of the pose or to resist and fight with yourself and the pose. However, your greatest power, the power of the warrior within you, will shine forth if you stay, relax with the challenge and breathe.

From Baron Baptiste:



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

Namaste

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