



May 2018

40 Days to Personal Revolution:

40 Days to Personal Revolution is proceeding well. We have 24 people participating in the current course and we are approximately halfway through.

In this course the participants are encouraged to experience yoga in an holistic way that permeates their entire way of being.

Daily meditation, asana practice, nutritional awareness and personal inquiry all work to help the participants create physical, mental and spiritual well-being.



The course helps participants develop healthy habits in their way of being and create a positive experience of self-esteem that serves them in all aspects of their lives.

We next run 40 Days to Personal Revolution in October so keep your eyes peeled for notices and sign up to generate the transformation that you seek in your life.

Queen's Birthday Weekend:

We are open for all our normal classes on Saturday 2 and Sunday 3 June. On Monday 4 June, Queen's Birthday, we are open for the following classes:

- 9:30 am PAL 90
- 5:30 pm PAL 60
- 7:00 pm PR 60

Please note that the morning of Sunday 3 June is the running of the Christchurch City Marathon. The early stages of the course take the runners west along Salisbury St outside our studio and, after they have taken a loop around North Hagley Park, back along Salisbury Street and down Victoria Street.



This image shows Jim Peters in the process of collapsing while leading the Empire Games marathon in Vancouver. He finally fell over a line believing it to be the finish line but it was a few hundred yards short of the finish. He had been in the lead at the time. Peters resolved to never run again!

There will be road closures in our area that morning and access to the studio will be more

difficult than normal. Give yourself more time to get to the studio that morning and plan to park away from the studio if you are coming by car.

Maps showing the road closures will be displayed in the studio in the week leading up to the marathon.

The road closures closest to Apollo Power Yoga will be lifted from around 10:00 am as that portion of the course is used for the first 10 kms but roads giving access to the intersection of Kilmore and Colombo Streets and further in to the central city will remain closed for the duration of the event.

Save the Date – Spring Weekend Yoga Retreat:

We're looking forward to working with Marlborough Yoga Retreats again, this time at beautiful Fairfield House in Nelson. Save the dates: 29/30 September 2018. In addition to Power Vinyasa and Power Restore classes, there will be talks on Yoga Ethics, and a cooking lesson with a vegan chef. Fabulous!



The Log(s) in my Eye:

There is a saying from the Bible (Matthew 7:3 - 5) that demands that we not be concerned with the splinter in another's eye when we are blind to the log in our own.

I am reminded of this call to drop hypocrisy from time to time. The issue surrounding our use of plastic bags has brought it to my mind again. I use plastics all the time and cannot account for the fate of the vast number of plastic bags that I have used in my lifetime let alone all the other packaging and toys and pens and innumerable other examples of plastics that I surround myself with on a daily basis.

Notwithstanding this, I am, and have been, very blasé about plastics and their impact upon the world. I prefer not to look at the images showing wildlife affected by plastics (turtles that have grown horribly deformed because they became caught in a plastic 6-pack holder; birds and fish choked by plastics mistaken for food; vast tracts of ocean covered in plastic waste...) than to act and change my behaviour.

In many ways I feel powerless to address the issue. What can I do? I am only one of over seven billion people on this earth. How can I possibly change the world?

In *Catch 22* by Joseph Heller, the principal character, Yossarian, is asked why he does not behave more responsibly. He says that doing so is not in his interests. He is asked what if everyone felt that way. He says, then he would be a damn fool to think any other way. I first read this book when I was about 16 or 17 years old and I enjoyed the humour, the irony and the satire of the book. I even thought that it would make me humorous and ironical and satirical to adopt some of the ideas and opinions that were characterised in *Catch 22*.



The result is that I chose to neglect my personal growth and deny my conscience while railing about the splinters in others eyes.

I look at other periods in human history with a smug superiority at the ignorance of those who have gone before. I marvel at the ancient Romans who created magnificent aqueducts that brought water from sources up to 100 kms from Rome to the great capital to supply the city of over 1 million people. At the same time I smirk at their ignorance as they used lead for the piping to supply water from the aqueducts to public and private uses.

The chemical symbol for lead is Pb from the Latin *plumbum* and it is from this material and its use for water piping that we get our word plumbing.

Even as I chortle at their ignorance, and that of the Elizabethans who used lead in cosmetics (that white mask of make-up that Elizabeth I wore was lead-based!), I live in a world where many paint products as I grew up contained lead and the petrol that was consumed by the cars I was driven in and that I drove as I grew up also contained lead.

The ingenious Mr Thomas Midgley, whose brainstorm it was to put lead in petrol to make it run more smoothly in cars and to boost power, also is responsible for the invention of chlorofluorocarbons for use in refrigeration and in aerosol sprays.



I sneer at the ignorance of those in the past and yet I contribute to the wrapping of the world in layers and layers of plastic!

Where else am I being hypocritical? In many areas. I have judged people by their dietary habits but would be ashamed to let others know exactly what I eat myself. I tut to myself at the prejudices of others and yet I have laughed at racist jokes and re-told them. I have put people down on the basis of their gender and made assumptions about people with disabilities.

I am improving. The log in my own eye is ever more apparent and I assume greater responsibility for my thoughts, words and behaviours. By bringing the lessons of my yoga practice to bear on my way of being I have access to being a better person, setting a better example and being part of a shift in societal attitudes and behaviours that has the potential to change the ethical and behavioural norms of the world.

Such norms do change over time. For example, thoughts and practices with respect to crime and punishment have shifted. In New Zealand and our mother land, Great Britain, the exaction of physical pain or the maiming of a person are not approved as a means of punishment whereas the severing of fingers, ears and noses and the use of burning and whipping were once common.

Gandhi said "Be the change you wish to see in the world". He recommended one attend to the log in one's own eye first. Be present to what you think, what you say and the way you behave. Be conscious of the impact you have upon the people with whom you are in contact and the earth. Create a way of being that ensures your legacy is an example, not a warning.

The greatest power I have over myself is to change my mind about myself. I have embarked upon a process of changing my mind that I am not likeable and have started to embrace the idea that I can like myself and I

can like others too – with no need to put them down over their difference from me! I have the power to change my mind that I have no ability to influence the state of the earth. I do not need to be like Yossarian. I can make my own individual contribution and leave everyone else to make theirs.

I am not creating a movement and do not have the conceit that this is what I am doing. Rather, I am choosing to be part of a movement instead of resisting and staying stuck in old habits. Margo is the driving force for my shift in behaviour with respect to plastics. She has embraced soft plastic recycling. She has re-useable supermarket bags and cloth bags for vegetables and fruit. She is great at initiating change in our family and her example with respect to plastics (as one instance) is a lesson to me.

Students at the studio also provide a great example through their concern for causes important to them and by their example (whether it be veganism, vegetarianism, feminism, volunteering for aid programmes or whatever) they are an inspiration to me to be a better person.

Instead of complaining about the corporations that generate the plastics or the countries that have poor methods of handling waste and being utterly consumed by the splinters in their eyes, I can remove the log in my own. Here I go – little by little, day by day, being more awake, more considerate and more responsible.

Asana Spotlight:

Our focus pose this month is parivrtta trikonasana (revolving triangle). The base for revolving triangle is the same as that for

parsvottanasana (split leg standing forward fold). This pose was the focus pose in last month's magazine. Here, we will repeat the actions to set up the base for revolving triangle as if coming from straddle legged forward fold.

- From straddle legged forward fold (March's focus asana) set your hands at your hips, engage your core and lift your torso to vertical. Turn your right foot to face the front of your mat on 12 o'clock. Step your back foot forward by about a third of the distance of your stance in straddle legged forward fold.
- The precise distance by which you need to shorten your base varies from person to person. The key is that the length of your base should allow you to now rotate your hips such that they face the front of the room. This action should be able to be taken but without too much ease. Work for it. Experiment with what happens with different lengths to your base and work towards a length that works for you in each practice with little variations (your body may be less responsive in a morning practice or your body may be more responsive when you have been sitting less).
- Align your back foot to about 10:30 on the clock. Again, this angle (45° off-centre) is approximate. Those with tighter hips may require a slightly narrower angle. Those with greater hip mobility may be able to work with a wider angle (perhaps 60° off-centre). For those with tighter hips avoid seeking too much ease by having too narrow an angle at your back foot. There is work to be done here.
- Ground the big toe mound of your front foot, and the centre of your front heel. Press the outer edge of your back foot to the floor. Rotate inwards and upwards through your legs to your pelvic floor and

turn your hips to face the front of your mat.

- Contract your inner thigh muscles, your adductors, and shear the inner edges of your upper thighs against one another like the blades of a pair of scissors.
- This is a straight-legged pose but there is no need to be rigidly straight in your legs if doing so causes you to experience strain or bad pain, or causes you to hyper-extend your right knee, or creates a hooping and rounding of your low back. A slight bend at your front knee can free up your experience in the pose.
- Similarly, you may experience a strong counter-action between your back foot and the squaring action of your hips. Creating a square with your hips is more important than having the outer edge of your back foot or even your back heel grounded. A slight lift here is permissible but take this variation only if necessary to ensure you can square your hips.
- Once your base is set stretch your left arm high to the sky, hinge your torso forward from your hips and twist your torso to the right.
- Steady yourself with your left hand on your fingertips or on a block. Steadying yourself with your left hand does not mean dumping weight heavily into your left hand. Lightly use your left hand to maintain your balance.
- The use of a block is important especially if you are tight in your hamstrings and hips, have a short base for this pose or have long legs relative to your arms and/or torso. Over-reaching for the floor will cause your back to round which is neither healthy nor helpful when twisting.
- In twisting, stretch your spine as long as possible – this is called axial extension. Press your sitting bones, ischial tuberosities, towards the back of the room

and elongate the crown of your head forward towards the front of the room.

- The orientation of your head is important here. Hold your head in line with your spine and **do not** drop your chin to your chest. Hold your drishti gaze at a point at least level with the front edge of your mat but not further back in the room than that. If your neck is responsive enough to do so, turn your face and gaze towards the sky through your upper thumb.



- Turn around your spine. I see many students new to this pose trying to stretch one arm to the floor and another to the sky with no rotation of their torso at all. Use your abdominal, rib and back muscles to create a rotation of your trunk around the spit of your spine.
- Draw your right shoulder blade in towards your spine and stretch your right arm high to the sky.
- The placement to your left hand relative to your right foot is relevant. Setting your left hand towards the centreline of your mat and to the left of your right foot will give more stability. Moving your left hand further and further to the right will lessen the stability of the pose but offer greater rewards in the depth of your rotation.
- Hold for 5 breaths or more. With each round of breath invite more length into your spine and with each exhale turn your left lung down to the floor more and your right lung up towards the sky more.

Of all the poses in the Baptiste Journey into Power sequence revolving triangle is the most technically challenging. Yet it has tremendous rewards. Lengthen and twist to rid yourself of all that is not truly you and flow out of revolving triangle renewed, reinvigorated and up to something BIG!

From Baron Baptiste:



Share yourself in ways that impact others.

Apollo Power Yogis Up to Big Things

Karina Thorpe – Reflexology

Karina Thorpe, a yoga student of over 30 years, has been practicing at Apollo Power Yoga during the last year. She finds that our practice builds her strength, and says that she also enjoys Hamish's wisdom.

Karina works as a Naturopath, Massage Therapist, Reiki Master and Reflexologist. She's been doing this work for almost as long as she has been practicing yoga. We asked Karina to share her knowledge about Reflex Zone Therapy or Reflexology.

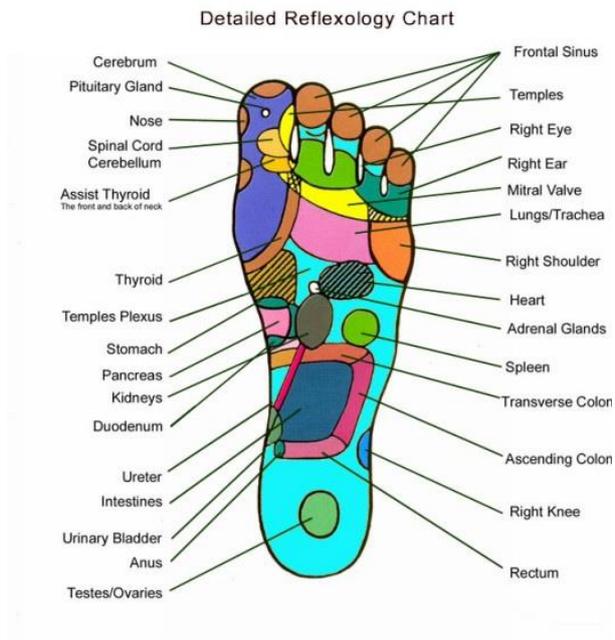
"Reflexology is based on the relationship between the surfaces of the feet and the zones of the body and its organs," says Karina. "This connection is an energy pathway, much like

acupuncture or acupressure in Traditional Chinese Medicine. Although there is no scientific explanation for this connection at this time, reflexology has been used for many years now to indicate problems with, and treat areas of the body, at the same time."

"Reflex Zone Therapy was founded by Dr William Fitzgerald, who was born in the USA in 1872. He was interested in studying various traditions that used reflex points to initiate healing, for instance during medieval times in Europe, and the Chinese. This work was further developed and formalised by an American masseuse Eunice Ingham, and then by Hanne Marquardt. She realised that effects could be provoked over the whole body by giving a specific foot massage."

"In reflexology, the body is divided into zones which correspond to a much compressed zone grid found on the feet. For example, the head and neck region are represented by the toes. Organs on the right side of the body, (e.g. the liver), are found on the right foot and organs on the left side of the body are found on the left foot, (e.g. the spleen and heart). Paired organs, (e.g. the kidneys) are represented on the soles of both feet."

"The massage is performed, mainly to the soles of the feet, to provide particular pressure to very specific points on the feet. The client is supported on a massage table, and when problem areas are pressured the client feels a change in sensation, usually a tenderness or sharpness. This indicates a 'weakness' in the area it corresponds to, which could be transitory or chronic. It does not diagnose in a Western Medical sense."



Karina give two examples to illustrate this:

1) A client with sinus congestion will very likely be tender in the head and neck 'zones' of their feet, specifically those parts that relate to the sinus points, the lymphatics that drain this area, the ears, and the Eustachian tubes. Regular treatment with reflex zone therapy may assist in relieving the sinus congestion and discomfort. I would also recommend other naturopathic treatments in conjunction with reflexology, (e.g. inhalations with decongestant / antimicrobial essential oils, dietary advice, and support for their immune system)."

"2) If a client had a tender pancreatic zone on their feet, I would ask about their blood sugar regulation. Does the client skip meals, binge or crave particular foods, especially refined carbohydrates? Do they suffer from low energy or other symptoms related to their food intake? From there, I can give guidance to improve their diet, and recommend nutrients that support pancreatic function and prevent insulin resistance."

"Like yoga, Reflex Zone Therapy is a holistic treatment for the body/mind that promotes well-being."

If you're interested in having Reflex Zone Therapy with Karina, you can contact her on 021 121 0743.

Kangen Water!

We now have a Kangen Water machine at Apollo Power Yoga. It is located in the room just behind the reception desk, and you are welcome to fill your water bottle with Kangen Water. Please ask to be shown how to use the machine if you're not familiar with it.



A Kangen Water machine uses electrolysis to ionise the water turning it into a powerful antioxidant. Antioxidants attach to and therefore neutralise free radicals in your body. The Oxidative Reduction Potential (ORP) is a value that measures the proportion of oxidising ions and reduction ions in a solution. If the ORP is a negative value, the solution is an electron donor and has greater antioxidant ability.

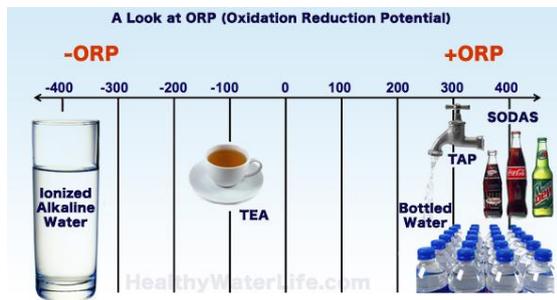
Kangen water is at the alkaline end of the pH spectrum (8.5 to 9.5), so it also counteracts acidity in your body. And the electrolysis process breaks up large clusters of water molecules into smaller clusters, so your body is better able to absorb it.

The Kangen machine also contains a filter, so it removes chlorine and any other impurities – we don't like drinking swimming pool water!

Besides producing drinking water (pH 7 to 9.5), the Kangen machine can produce other waters which have a wide range of uses such as:

- Strong acidic water (pH 2.5 and below), which is a disinfectant;
- Strong alkaline water (pH 11.5 and above), which is a good grease-cutting cleaning agent, so it can be used as an environmentally-friendly replacement for cleaning products and detergents;

- “beauty water” (pH 4 to 6.5) which can be used as a skin toner, hair conditioner, or in your washing machine as a fabric softener.



As part of our move to Kangen water, we will be phasing out the selling of plastic water bottles. Please remember to bring your own reusable water bottles in to the studio.

Christchurch Pops Choir:

One of our students, Rita Clark, is a member of the Christchurch Pops Choir. They are holding a fundraising event called Not Just a Quiz Night on 6 June and Apollo Power Yoga has provided some prizes for this event.

Tickets are already sold out for this occasion and we wish Rita and the Choir well. The Choir's next gig is on 30 June at 3:00 pm at The Piano: Christchurch Pops Choir Unplugged with songs by Aretha Franklin, Nash and Young, ABBA, the Beatles, Pink, Toto and a lot more besides.

Namaste

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