



October 2018

Step into your Power:

Our yoga intensive/teacher training, Step into your Power, runs for 8 days from 12 to 19 January 2019 at Wainui on Akaroa Harbour.

Whether you wish to be a teacher or whether you wish to know more about yourself and about yoga or whether you want to throw off the chains of limiting self-beliefs and disempowering habits, this course is for you.



APPLY NOW! Places on this course are limited and an application is necessary. Get your application in today. Hamish and Margo run a tremendous course and the feedback from participants is uniformly positive and the results in the way of being of the participants is fantastic.

You are ready for this. You are up to this. Do this course now.

Hamish was recently interviewed by Kara-Leah of The Yoga Lunchbox. To hear him speaking about Apollo Power Yoga, his partnership with Margo, this training course and other matters as well, follow this link:

<https://www.youtube.com/watch?v=j6KKT4OWpcl>

For more information, or to apply and download the application form, visit Apollo Power Yoga's website:

<http://www.apollopower yoga.co.nz/Yoga-IntensiveTeacher-Training/>

Spring into Summer Special:

Our special on month passes ends on **31 October**. If you have not yet purchased a month pass in October you may do so up to and including 31 October for a discount of \$40 off the usual price.

Yoga is the foundation for your physical, emotional and spiritual health. The more often you practice the better chance you have of receiving the rewarding outcomes from practice. Buy this month pass and make a giant leap forward in your state of health.

40 Days to Personal Revolution:

We are about half way through our 40 Days to Personal Revolution course. This intake is a strong group with a healthy mix of those who have done the course before and those participating for the first time.



Thank you to everyone who signed up. Stay the course and make yoga your way to THE way.

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. Hot water damages 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.

Be Yourself:

I went to a school to teach yoga today. There were about 50 young people in the group. One stood out because she had been over zealous with “fake tan” in an effort to beautify herself for a dance or ball. There were uneven dark smears around her ankles and knees. Her hands were an orange-brown colour with nicotine-like darkness around her nails. Her impression that she would look better with a different skin colour back-fired. Her tan was fake and obviously so. She was being a fake and it was that falsehood that characterised her.

Michael Jackson’s appearance changed dramatically across his life. His skin coloration may have been affected at least in part by a disease called vitiligo that affects pigmentation. However, I know of no disease that does to a person’s nose what occurred with Michael Jackson’s nose.



Mickey Rourke is another whose appearance has changed over time, not as a result of natural aging processes but as a result of intervention of unnatural means.



We all want to look good and no one wants to be considered unattractive. In the way we cut our hair, the clothes we wear, the make-up we use and so forth we endeavour to present ourselves positively to the world. Other bodily enhancements or procedures might be used to improve appearances. It might be the tucking of skin in drooping eyelids. It might be a breast reconstruction after a mastectomy.

There are many studies that show a positive correlation between the way we look and the way we feel (e.g. a study by Mehdi Samadzadeha, Moslem Abbasib, Bitah Shabbazzadegan published in 2011 and available online: <https://www.sciencedirect.com/science/article/pii/S1877042811022658>). However, the concern for looking good, whether physically or in having the right possessions or wearing the right brands, can ultimately create a sense of inner disharmony.

The girl with the fake tan was trying on an appearance that was not truly her. What if, at the same time as creating a mask of fake tan she were also wearing a mask of a false persona to try to gain approval? During my teenage years I can recall trying to be different ways of being to either be “with it” or to be “anti” the common herd. Somewhere along the way I became lost and I stayed that way, lost and uncertain and acting in a way that my truest self was uncomfortable with, for years.

By the time I reached the age of 42 I acknowledged I did not like who I was being. In that hour of need the universe provided for me and I attended a teacher training programme in which I was introduced to meditation, I was called upon to make inquiry into my way of being and I was invited to dispel the lie of who I had been and embrace a new way of being. In shedding the falsehood I decided I could like myself.

That experience was revolutionary for me. I suggest it can be revolutionary for you too. There is no need to try to conform to an ideal. There is no need to play act a role of identity. You do not need to look right to be right. The key is *unconditional* self-acceptance.

Conditional self-acceptance, in which your sense of self-worth and self-esteem is based upon your perception of how well you are meeting external standards and the expectations of others or of society as a whole is not healthy.

People characterised by conditional self-acceptance, which implies an excessive focus on evaluation and comparisons with other people, are vulnerable. Studies suggest these individuals are characterised by perfectionism, as a requirement made to themselves by their perception that they are not good enough. Evidence suggests that perfectionism has consistently been associated with distorted perceptions of one’s own value and vulnerability to the experience of failing (Hall, H. K., Hill, A. P., Appleton, P. R., & Kozub, S. A. (2009). *The mediating influence of unconditional self-acceptance and labile self-esteem on the relationship between multidimensional perfectionism and exercise dependence. Psychology of Sport and Exercise, 10, 35–44*).

The lesson I have learned is that my self-respect is not contingent upon anyone else’s good opinion of me. The more equanimous I am with respect to myself, my accomplishments and talents and my shortcomings and failings, the more contented I am with myself and the better I feel.

I have high standards and want to do my best but I am not trying to jump through other’s hoops or my perception of what may be their hoops. Be yourself and be content with yourself. The fake tan, the fake personality and

the belief that you are not enough (good enough, smart enough, pretty enough, whatever) is not, ultimately, the way to contentment. Acceptance and a resolve to be your true self will give you greater peace than striving for some perceived external standard of perfection.

Asana Spotlight:

Last month we put some detail into the alignment and action principles for crescent lunge (*anjaneyasana*). This month we shall look at how to build on crescent lunge with added expression.

The first option we will consider is crescent lunge with prayer and twist (*parivrtta alanasana*).

- Start in crescent lunge (for details read last month's edition of this magazine). Draw your hands to prayer position at your heart centre (*Anjali mudra*). Take your hands low enough that there is a straight line from your left elbow through your forearms to your right elbow. Press the palms of your hands in to one another.
- Lean your torso forward such that your spine is on a plane with your back leg. This action requires a strong engagement of *uddiyana bandha*. Draw the pit of your belly in toward your spine. At the same time, draw your back muscles from the outer edges of your torso in towards your spine at your centreline. Avoid any collapse and wrapping of your shoulder blades towards the front of your body.
- Rotate your shoulders and turn your torso in the direction of your front leg. With your right leg forward, twist to the right. Catch your left elbow just to the outside of your right thigh.
- It is often the case that, in order to catch your left elbow to the outside of your right thigh, you must move your arms further

than your torso. Ideally, your rotation should come from your spine and your torso and arms should rotate as one integrated unit. The world is not ideal, however, and moving your arms more than your torso to get your elbow to the outside of your thigh may be necessary.



- If that is the case in your pose, you must then rotate your torso more to bring your core and your extremities into balance. A guide that lets you know whether there is an imbalance between your torso and your arms is the position of your hands once you have twisted. If your hands are further towards your right armpit than the centre of your chest then there is work for you to do to establish the integration of your trunk with your extremities.
- First, engage *uddiyana bandha* and generate lift and lightness from your core. In the image above you will see that there is daylight between Hamish's torso and his front leg. This comes from core stability.
- Press your right hand strongly into your left hand, draw your right shoulder blade

in towards your spine and turn your left lung towards the floor and your right lung towards the ceiling. Rotate until your hands sit right at the centre of your chest. Hamish's hands in the image are well-positioned at his sternum.

- Finally, rotate your head and turn your chin towards your right shoulder and lift your *drishti* gaze towards the sky.
- The orientation of your head is important. It is a common flaw for the student to drop their chin towards their chest and to look backwards in the room. This simply creates flexion/forward rounding in the student's spine which is neither healthy nor effective for twisting. Even in a twisted position create length and space in your spine. Use core stability and the strength of your back to elongate your spine and to open and expand your chest. The image of Hamish above shows openness in his chest and throat. Create those elements in your pose.

The next variation is an extended revolved crescent lunge.

- Having created crescent lunge with prayer and twist, reach your left hand down to the floor and your right arm straight up towards the sky.
- An option if you cannot get into the original twist with your hands in prayer is to twist and place your left hand, not to the outside of your right leg, but to the inside of your front leg at the centreline of your mat. This reduces the degree and intensity of the twist considerably.
- In the extended variation ensure your front leg is held on 12 o'clock. Activate the muscles of your right buttock and hip and draw your right thigh straight towards the back of the room. Press your right knee outwards towards your right little toe. Contract your inner thighs, pelvic floor and

lower abdomen to remain stable and centred.



- Once you have extended your arms another option is to reach your upper arm forward over your head towards the front



of the room. Rotate your left arm internally so that the palm of your right hand faces forwards, soften your right shoulder of tension and extend your right arm forwards until there is a straight line from the heel of your left foot, through your left leg, your spine and your right arm to your fingertips.

The final variation is a bound variation.

- From the pose with your arms extended, internally rotate your upper arm until your thumb faces the back of the room and the palm of your hand faces the wall to your left. Bend your elbow and fold your right arm behind your back. Maintain rotation at this point. Turn your left side towards the floor and draw your right shoulder blade in towards your spine.
- Rotate your lower arm, your left arm, internally so that your left thumb faces the back of the room and your left palm faces the left wall behind you. Bend your left elbow and swing your left forearm underneath your right thigh.



- This action places a load upon your left shoulder. Be careful and stop if you experience any strain.
- Bind your two hands beneath your body as far forward towards your right knee as you can.
- As before, pull your right hip towards the back of the room and press your right knee out towards your right little toe.
- Lift your torso upwards away from your right thigh and pull your whole torso towards the left side of the room.

I do not find crescent lunge and its variations easy but I greatly value the vitality and inherent energetic power of these poses. Create core stability then twist and rinse yourself clean of all the impurities of your body and soul.

From Baron Baptiste:



Be open to getting what you don't think you deserve.

The Blue Rower Fundraising Quiz Night:

Thanks Isaac Giesen, aka the Blue Rower, for holding a fundraising quiz night for your nominated charities; charities Victim Support, BraveHearts and Black Dog Institute.

For the record, the Apollo Power Yoga team (Hamish, Hamish's son Vincent, friend Simon, and teachers Jim, Camila and Laura) came second in the quiz. We were an eclectic group and that helped us perform creditably.

Best wishes, Isaac, as you conclude your preparations for the Talsiker challenge and your solo row across the Atlantic Ocean. Isaac is one of just five solo entrants and begins his row on 11 December.



Namaste

©Hamish Kenworthy and Margo Perpick 2018

