



August 2014

Five Reasons to Practice Baptiste Power Vinyasa Yoga at Apollo:

1. Baptiste power vinyasa yoga – only taught at Apollo Power Yoga in New Zealand – is a complete practice. You will strengthen and lengthen, open your hips and your heart, and without the need for any other form of exercise or training.
2. This practice has sequential intelligence. It touches everything, omits nothing and there is balance to the practice. We do not gloss over anything or pay lip service to things that may be challenging. We ensure there is time for the elements of the practice without rushing or leaving out key actions.
3. Our teachers have trained at the source. Hamish and Margo have trained with Baron Baptiste and Hamish is mentoring Hannah and giving her the Baptiste methodology.
4. Your lifestyle needs you to practice power vinyasa yoga. In this practice you are aligned in a postural “Yes”. Whether you sit a lot at work or ride a bike regularly or run or golf or whatever, you will benefit from the sequence we offer that gives your

anatomy a natural, powerful alignment.

5. Baptiste power vinyasa yoga is taught against a backdrop of philosophical principle. We will give you not only the mechanics of the poses but speak to the spiritual focus as you find union - yoga – of mind, body and spirit in your practice.

Parking:

Yes, finding a car park is becoming more difficult. As central city land owners seek to utilise their land after over 3½ years of them lying idle the City Council’s reactive parking approach of using empty lots has started to fail. Coupled with that they have turned Hereford Street into a drop-off zone for the Ibis Hotel. The Council continues to punish people for coming into the central by charging for parking where suburban areas have free street parking for two hours or more.

However, **there are car parks around** and by looking at this City Council link (www.ccc.govt.nz/cityleisure/gettingaround/parking/index.aspx) you can find out where they are. At worst, you will be a few minutes away. As you do not need to book in at Apollo or arrive half an hour

before class to secure a spot, allowing a couple of minutes walking time is an easy solution to the problem.

We disagree with the approach the City Council has taken and have lobbied them for better parking arrangements in the central city. The Council claims their modelling demonstrates there are sufficient parks in the city. Modelling can be flawed as to the assumptions underlying it, the conclusions drawn from it and its ability to cater for changing circumstances, such as more people coming into the city.

If you have a parking grievance the City Council needs to hear about it. Email Kevin.warwood@ccc.govt.nz with your concerns and tell your City Councillor too. The squeaky wheel gets the grease.

Workshops:

Walk the Path of Yoga in Your Life: This was a fantastic day of asana, meditation and discussion. We did work on some foundational poses and tried on some more adventurous poses. We explored some existential notions and made some great personal connections during the course of the day.

The participants make the workshop and the people who made the commitment to this day were wonderful. Thank you.

Here is some feedback we have received from the workshop:

"Totally loved it. Please do it again soon."

"The participants, the meditation, and the 'who are you' exercises, in particular the sharing as you can add to your frame of reference by what others think and feel.... very 'Landmark-ish'."

"On the asana side of things the workshop format worked really well, helping me with little breakthroughs in low plank and wheel. For the latter it was certainly helpful having the extra freedom to move to the wall and try things out. The handstand stuff was fun and made for good variety even though it was challenging."

BodyMind and Yoga on 14 September

12:30pm to 3:30pm will be led by a visiting instructor named Janine Gaddie, a bodymind worker and therapist who takes workshops guiding students into mindbody connection and from that point into release and expansion.

Venue: Apollo Power Yoga 107 Hereford Street.

Cost: \$55.00 (incl GST).

Breath of Life will run again in October. Margo took this great workshop earlier in the year. It is a full power vinyasa practice interspersed with a range of breathing exercises and activities. Embrace your breath as the essence of your life. More details in next month's magazine.

Asana Spotlight: We continue our series of back bends with **dhanurasana** (bow pose). This is a strong, deep back bend drawing on the power of your legs. It is opening to the shoulders, chest, abdomen, hips and quadriceps.

- Begin lying flat on your front side. Bend your legs up and catch the outside of your feet/ankles/shins with your hands. Hold firm with your hands cupped at your feet/ankles/shins.
- Bring your knees and feet to hip width distance. Often students need to splay their knees wider than that in order to take their bind. If that is you, look to work

your knees and feet back to hip width before you start going up.

- The division of *sthira* (muscular engagement) and *sukha* (relaxation) occurs between the legs and the body above the hips in this pose. Press your shins toward the back of the room behind you. Turn your inner thighs up towards the ceiling and lift through the inner edges of your feet towards the ceiling.
 - Allow your upper body to curve up away from the floor in response to the power of your legs. It is as if an archer's fingers were pulling at the point where your hands bind your feet/ankles and the bow from your knees to your shoulders curves in response.
 - Feel your shoulder blades drawing towards one another, their inner edges pressing your thoracic spine forward.
 - You do not need to lift your head here. Let the focus be what is happening between the hips and shoulders. Many people find it awkward to lift their chin and crank their neck back here. It can lead to pain or injury.
 - Maintain a calm flow of breath and a steady *dristhi* gaze. You can choose to fight with yourself here or relax with what is. The latter choice will not drain your energy and cause you to get upset. Instead, trying easy will allow you to open and enjoy the release through the front side of your body that bow pose offers.
 - If you cannot bind both legs or if you experience pain in the pose with both legs bound then practice the pose with just one leg bound then repeat with the other side bound. Brace the opposite forearm in front of you with the forearm parallel to the front edge of your mat.
- Many people feel uncomfortable at the front points of their hips in bow pose. Do feel free to pad your hips with a towel to relieve pressure on the front aspect of the iliac crest.
 - For more advanced back bending press more firmly backwards through your shins or rock back a little to shift your centre of gravity backwards as you come to rest on the fronts of your thighs with your torso lifted higher.
 - With all poses it is important to come down carefully. Release with control on an exhale with no collapse or drop out the pose.



Giving up the struggle and choosing to surrender your upper body to the strength of your lower body will give you a new, liberated and tranquil experience of *dhanurasana*. The passive energy of the arrow coupled with the powerful harnessed energy of the bow creates the arrow's flight.

Chakra Theory: Over the last seven months we have traversed the seven chakras and looked at them in isolation. Now what? Dr. Anodea Judith in *Wheels of Life* likens the journey up through the chakras to the evaporation of water from the earth with that water rising as a vapour into the air. There is a change from a unified body of water like a

lake or the ocean to a vast, disparate spread of water molecules.

The journey back down through the chakras is like the condensing of the water molecules into droplets of water. These fall as dew or rain to the earth where they continue to gather together into streams and rivers and flow together to a vast, unified body of water like a lake or ocean.

The descent through the chakras takes that which is a mere notion and manifests it into that which is tangible. From the infinite realm of the mind a single notion is distilled at the seventh chakra. At the sixth chakra that notion is visualised. At the fifth chakra the notion is communicated, described and expressed.

At the fourth chakra the notion is brought into relationship with other people and things. An intention to travel overseas is brought into relationship by contacting a travel agent or airline, by booking accommodation, by obtaining foreign currency and so on.

The notion will not manifest all by itself. This is where our will at the third chakra comes into play. We commit to saving money with which to travel, we do research into the places we wish to travel, we commit to learning some of the foreign languages we will need to use and otherwise take steps so as to bring our notion to fruition.

The second chakra concerns movement. In the process of manifestation this may look like buying tickets and luggage, packing our bags with the things we will need, getting ourselves to the airport and otherwise setting in train the steps necessary to make the idea reality.

Finally we have the root chakra – earth. We cross through customs, take our flight and land on foreign soil. We are there. The hot Mediterranean sun shines down upon us. Our descent through the chakras is complete.

In chakra theory there is a constant upward and downward flow through the chakras. Rising to an ethereal plane of super-consciousness and awareness then descending to a level of presence and tangibility. This two-way flow is a constant replenishment of vital energy. If we remain stuck at the level of earth there is inertia and a lack of growth. If we can ascend the vertical plane we can access new ideas, can give rein to our imagination and can stimulate all aspects of our being: thought, sight, hearing and speaking, empathetic connection, will and drive, action and movement, as well as grounding.

As Dr Judith says, “We now have the dance of liberation and manifestation, freedom and enjoyment, that form the basic polarities of human experience.”

Christopher the Cat:

Christopher the yoga studio cat is much happier back home with a renovated house but he does miss the adoration and treats.

Thank you everyone for being so kind to him while he was in unfamiliar surroundings.



Forgot your gear? Never fear!

Occasionally even the most present yogi will turn up to the studio and find that they've failed to pack their yoga clothes. It's pretty

tragic when it occurs (in a First World problems kind of way...).

So at Apollo Power Yoga we've solved the problem by acquiring a collection of male and female yoga tops and bottoms (gorgeous Lululemon stuff, of course) in various sizes, which we can lend to you for a session. If you've forgotten your gear, just let us know and we'll fit you out so you can get on your mat and get strong.

More Great Things About Christchurch Central City

Check out STRANGES LANE, running between High Street and Lichfield Street near the Manchester Street corner. Lots of great bars and restaurants with a funky feel. We dropped into the LOWER 9TH DINER, a New Orleans inspired cafe and bar. The walls are covered in interesting stuff, and the menu is out of the ordinary. Smoked Canterbury lamb ribs, South Island clams, Fried chicken with buttermilk biscuits, Three-bean chilli, and Margo's favourite, Burnt Broccoli (this sounds horrible, but it tastes amazing!). Charles the congenial bartender and Jack the dapper wait-person are seen here getting up close and personal with Margo.



Get along to Apollo's 5:30 Groove class on Friday, 4:30 Power All Levels on Saturday, and/or 4:30 Restore on Sunday, have a shower, and then cruise on down a few blocks to Stranges Lane for a great meal and a glass or two. Cheers!

Namaste

Hamish and Margo

©Hamish Kenworthy and Margo Perpick 2014

