



August 2016

Foundations of Power Workshop:

Book now for **Foundations of Power**. In this three hour workshop we will traverse the Baptiste-style power vinyasa practice taught at Apollo Power Yoga and give you tools to move with your body, mind and spirit in alignment throughout the entire practice.



In this workshop we will explore ujjayi breath, uddiyana bandha, True North alignment and core principles for moving with power and grace through your power vinyasa practice.

If you find the transitions from high to low plank and to upward facing dog difficult, we will help you find balanced strength and power in these transitions. Do you have difficulty with crow pose? You will get help here. Does balancing on one leg come with difficulty for you? After this workshop you will have better insights into how to stand powerfully on one leg. Do your back bends

need to be unlocked? This workshop has the key.

Date: Sunday 18 September 2016

Venue: Apollo Power Yoga studio, 107 Hereford Street

Cost: \$60 (\$30 for Apollo Power Yoga annual members)

Book NOW by contacting Hamish on 0210551884 or by email hamish@apollopoweryoga.co.nz

Step into your Power:

Registrations are now open for our Yoga Intensive/Teacher Training called **Step into your Power** in January 2017.

Whether you wish to make advances in your physical yoga practice or learn about meditation or undertake personal growth and development or learn more about anatomy and philosophy as they relate to yoga this program is for you.

For eight days you will engage in an intensive experience of living and breathing and learning yoga as a way of being, all in the beautiful surroundings of Wainui on the Akaroa harbour and in the company of like-minded people undergoing a similar search to yours.

Dates: Saturday 14 January to Saturday 21 January 2017 (both dates inclusive).

Venue: YMCA Wainui Park Camp, Wainui, Banks Peninsula.

Cost: \$1999.00 including meals and accommodation.



For more information or to get an application form contact Hamish by phone or email (021 0551884 or hamish@apollopoweryoga.co.nz) or visit www.apollopoweryoga.co.nz and refer to the Yoga Intensive/Teacher Training page of the website.

One of the participants from our last intensive in April 2016 could not have put it better when they said:

I highly recommend this course! Hamish and Margo are brilliant facilitators and will bring out the best YOU! It will be tough, but trust me: it's well worth it... I [am] very grateful for the massive shift that happened for me on the course and have continued to reap the benefits ever since... and they're still going. DO IT!

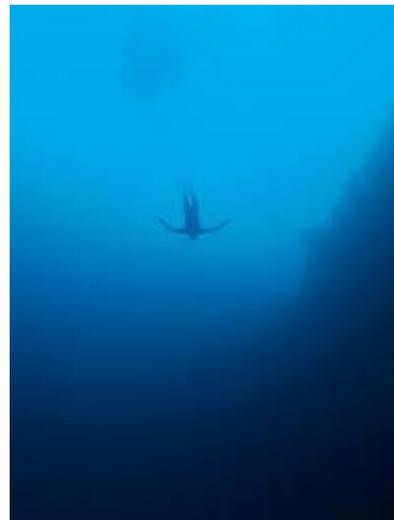
Register NOW and make the commitment to yourself that will cause you to **Step into your Power!**

Depth:

What is depth in yoga practice? A lot of people bandy the expression “deepen my practice” but when asked what they mean they typically respond, “I don’t know” or “I’m not sure”.

This uncertainty is understandable as we do not, as a society, embrace yoga as a way of being. Many people who have had some experience of yoga feel a calling to find more meaning in their lives and more fulfilment in their daily experience. We seek something that has a more enduring satisfaction than the hit of white sugar, the taste of chocolate, the lift of caffeine or the numbness of alcohol.

The yearning for depth and for a holistic sense of well-being and life purpose is natural. The quick-fix answers of the modern era do not provide a solution to such primal feelings. Instead, there is merit in reaching back through the ages to a time and a place in which wise people established a formula for living with contentment.



At the same time that there is a yearning for depth the patterns of behaviour and thought that have held sway, sometimes for many, many years, are resistant to giving up their

hold upon us. As much as we may seek transformation and depth in our experience of yoga, we also shy away from the excavation process.

At an intensive Hamish was leading, one of the participants was responding to questions and could feel energy and emotion moving in her. It was distressing to her and she said to Hamish, "Don't go too deep". This occurred on the first morning of a week long program. The questions had teased out a thread and gentle tugging on the thread pulled on something deep-seated for the participant.

The hold that the old patterns had on her was such that, instead of embracing the inquiry and choosing to follow it to root causes and to healing, she wanted to close down and tuck the thread in where it could not be pulled upon any more.

Depth in yoga practice can take many forms. It could be folding deeper in *Uttanasana*. It could be bending deeper in your front knee in *Virabhadrasana 1*. It could be reaching your heels with your hands in *Ustrasana* or binding your raised foot with your hands in *Natarajasana*. It may be achieving hand balances or taking binds in poses. But physical depth is ultimately not food for the soul. On the contrary, proficiency at asana practice can lead to pride, performance and a concern for looking good.

A key to depth in yoga practice is breath awareness. Just as the Yoga Sutras of Patanjali trace the limbs of yoga and pass from *asana* (limb 3) to *pranayama* (limb 4) so we should be aware that through asana practice we need to come into a closer, more meaningful connection with our breath, breath representing the gateway to meditation and to the spirit.

Turning your focus to your breath is a simple and very effective way of acquiring calm at

any moment. A man from New Mexico who travels the world and has spent time in Christchurch and practiced at Apollo Power Yoga, once broke his leg in a remote area a long way from help. In the time before aid could get to him he describes focussing on his breath to keep himself calm and to take his mind off the pain from his leg.



Many sports people speak of drawing upon their breath to sustain them through moments of significance in their competitions. Women in labour are called to use their breath as a means of regulating pain and moving their body in synchronicity with their contractions to bring forth their baby.

We all know that when stress builds the most immediate tool at our disposal is to breathe more deeply and more slowly. Our intuition tells us this is so and our body craves the relaxing effect that long, slow breath cycles taken through the nose have upon our nervous system, our hormonal body and our emotions.

The more you put your mind in your breath the more awareness you gain of your body. You become present to areas of tension in your body. You become present to subtle qualities of energy. You start to gain a sense of being that is not wrapped up in mind or thinking.

As you embrace the understanding that you are not thought – not any single thought nor any collection of thoughts – but that your most primal spark of identity is not of mind but is of spirit or soul or being then you may construct a way of being in service to that truth rather than in denial of it or in pursuit of short-lived feel-good sensations.

Baptiste style power vinyasa yoga as we teach it at Apollo Power Yoga invites you to depth in the sense of profound physical transformation through challenging asana practice. It invites you to depth through breath awareness and direction and the limitless expansion of energy from breath direction. It invites you to contemplate your way of being against a backdrop of philosophical wisdom drawn eclectically from the ages.

The woman who was unwilling to go too deep on training would hardly be likely to praise Hamish as a teacher, leader and coach by calling him superficial or shallow. Yet there was an implicit request on her part that Hamish keep the inquiry at a shallow depth.

There are studios and practices that do business in the superficial. There is a pretty façade about the environment and the idea of yoga but there is no real depth. It is like lipstick – smeared on over the top to look good but changing nothing. At Apollo Power Yoga we seek to honour Baron Baptiste's message of personal transformation through yoga by taking the focus off the superficial clothing and make-up of people's way of being and putting it on the flesh and bones.

Your own personal truth, the truth of your body, your emotions and your spiritual reality lie deep and await excavation. Use the limbs of yoga as tools to undertake that process of finding depth. The rewards for so doing are great.

40 Days to Personal Revolution

And speaking of depth, a great way to deepen your practice is the Baron Baptiste created program 40 Days to Personal Revolution. Baron designed this program to help people move from a yoga practice limited to occasional asana practice into a holistic yoga practice as a way of being. As he says, "Go from a human being doing yoga to a human being yoga!"

The program calls us to practice asana and meditate daily, as well as cleaning up our nutrition and looking inward through personal inquiry to discover our true way of being and shed negative self-limiting beliefs.

Most of us get a sense, when we begin a yoga asana practice, that there is much more to yoga than simply striking poses and getting a great physical workout. We can see that the asana practice is just the beginning, the gateway to growth in all aspects of our lives.

The 40 Days program leads us through the transition from yoga as physical exercise to yoga as a way of living and being.

Although the program was originally designed to be taken as an individual journey, using the textbook written by Baron and practicing daily at home, many Baptiste studios including Apollo now offer the program for groups of people to undertake together. We meet once a week during each of the 6 weeks of the program to meditate as a group, go through the asana practice for the week, discuss nutritional principles, and explore our beliefs and values. Taking the program as part of a group enhances our chances of sticking with it, and enables us to support each other through challenge and change.

The cost for the program covers the 6 weekly workshops, the textbook, other written material, daily motivational emails, and for

those participants who are not Apollo annual members, an unlimited pass to practice at the studio during the 40 Days. (Having said that, asana practice at the studio is not a required part of the program – you may choose to take some or all of your asana practice at home, using the textbook as guide.

Cost: \$150 for Apollo annual members (including time payment annual members), \$350 for those who are not Apollo annual members.

Dates: Tuesday 18 October to Saturday 26 November 2016. All Tuesday evening workshops begin at 6pm, and increase in length throughout the program as the meditation and asana practice increase in length.

From Baron Baptiste:



Asana Spotlight: Iron Toe Stand

Iron Toe Stand is a powerful balance taken at the beginning of the third stage of the Budokon® Yoga practice. In Iron Toe Stand your whole body works with integrated strength to hold you stable.

- Budokon® Yoga is all about transitions rather than destinations or final poses.

This is as true of Iron Toe Stand as of any other mile stone during the practice. Iron Toe Stand begins in Plow pose!

- Lie on your back, reach your arms over your head along the floor and raise your legs, then your hips and your whole back up from the floor and over your head until you are in Plow pose.
- Having curled up upon yourself you have created a tremendous potential energy which you then express by rolling forward onto your feet with your arms stretched forward in front of you at shoulder height.
- As you roll forward look to do so with just enough momentum to get onto your feet but not so much that you risk over-balancing and falling forward.
- Do not straighten your legs as you come to your feet but, rather, hover your hips with your knees bent roughly to right angles.
- As soon as you are on your feet begin to lift your heels up from the floor as high as they will go so you balance on the balls of your feet.
- At your hips, draw your coccyx (tailbone) down towards the floor and strongly engage *uddiyana bandha* (the muscular lock at your abdomen - from your navel to your groin flatten your belly). It is counterproductive to let your pelvis drop forwards in this position and preferable for your pelvis to be neutrally aligned, neither tipping forwards nor backwards.
- At your shoulders, use the muscles at the middle of your back to draw your scapulae towards one another and your whole shoulder girdle towards the back of the room behind you. In so doing, look to stack your shoulders and, therefore, your spine, vertically over your hips. It is tempting to lean your torso forward in Iron Toe Stand. Resist that temptation and play the edge of bringing your torso upright.

- Last of all, stretch up the back of your neck and the crown of your head towards the ceiling and draw the back of your head towards the back of the room behind you. Align and balance your head over your spine.
- Set your *dristhi*, your gaze, to the horizon with calm determination and single-pointed focus.
- Hold briefly, powerfully, with full attention and commitment to the moment before being called into the next transition.

Iron Toe Stand calls for your fullest attention. The muscles of your feet, lower legs, upper legs, core, back, shoulders and arms, and neck are all engaged in this position to hold you steady. Engagement is the key to get you from Plow onto your toes in this balance in a dynamic way. Rigidity, however, will cause



instability. Remember, this practice is all about transition. Have the awareness to create fluid movement in your body without collapse. Place yourself in a position that is difficult for you and hold there without resentment, fight or negativity. Be the warrior.

GoPro Solar Cooker – Nigel Wood:

Our yogi, Nigel Wood, sells GoSun Sport and GoSun Pro. These are solar powered cookers that use no charcoal, gas or other

fuel. They are clean and non-carcinogenic.

The recommended retail price is \$549 but Nigel offers them to Apollo Power Yoga members for \$499 or \$599 for the Pro Pack.



For every stove sold 20 Trees are planted through a partnership with Trees for the Future.

With this product you can cook a meal in 20 minutes with temperatures reaching up to 290°C (even when it is cloudy). This is a fast and efficient means of cooking with no flame, no fuel and no hot plates.

It is highly portable weighing just a few kilograms and packs up into a small tube. The products from which it is made mean it is safe to touch with the exterior being kept cool with vacuum insulation.

The GoSun comes with a two-year warranty.

It is versatile and can bake, boil, steam and fry. You can cook a wide variety of foods in the GoSun including meat and fish, vegetables and even muffins, biscuits and tortillas.

Lucia Natural Skin Care – Erith Boyd

Our yogi Erith Boyd runs Lucia Natural Skincare, offering a range of products that has been created out of passion, science and the importance of wellbeing.



We are exposed to many chemicals in our everyday routine of personal hygiene, foods we eat and the products we clean our homes with. Making some small changes in our habits can have a very positive effect to our feeling of wellbeing.

Lucia products are gentle on the skin and kind to the environment. The packaging is in cobalt blue glass and Lucia encourages the return of these containers so they can be sterilised and re-used.

Lucia uses only 100% Eco-cert approved ingredients, many of which are certified organic as well. The formulations contain a powerful blend of plant oils and extracts that are packed with essential fatty acids, phenols, antioxidants and vitamins.

Lucia hand makes small batches each week, which ensures that the products are fresh and deliver the best possible benefits from the botanical ingredients.

The 'Rejuvenating Range' is best suited for normal – mature skin types. It includes:

- Bamboo Exfoliator, containing Bamboo, Hibiscus and Mango;
- Purifying Cleanser, containing Kawakawa, Witch Hazel and Aloe Vera
- Vitamin C Serum, containing Orange, Kiwifruit and Calendula
- Rejuvenating Serum, containing Sea Buckthorn, Camellia and Rosehips
- Rejuvenating Day Cream, containing Rose, Green Tea and Rosehip
- Rejuvenating Eye Cream, containing Cucumber, Green Tea and Aloe Vera



The 'Balancing Range' will be available in the next 4-6 weeks and is suitable for combination - normal skin types.

Lucia also has a range of products for men, including:

- Shaving Mud, containing Papaya, Kawakawa and Kaolin Clay
- Post Shave Balm, containing Kawakawa, Mango and Thyme
- Clarifying Skin Polish, containing Cucumber, Green Tea and Papaya

For further information check out the website www.luciaskincare.co.nz

And to go in the draw to win a Lucia product of your choice, keep an eye on the Apollo Power Yoga Facebook page. There will be a post about Lucia products soon, and if you like and share the post by 10 September, you'll go in the draw to win a Lucia product of your choice.

Fundraising for KidsCan/Team KoruDouble7:

Janene McLean and Peter Walters, two yogis who practice at Apollo Power Yoga, are **fundraising again for KidsCan** by participating in the Pork Pie Charity Run driving their Mini from Kaitaia to Bluff at Easter in 2017.

They are having a charity ball on **Saturday 8 October at 7:00pm**. Get behind a good cause and have some fun.

For tickets visit www.eventfinda.co.nz or get in touch with Peter at petermwalters@gmail.com.



Venue: Christchurch RSA, 74 Armagh Street.

Cost: \$85 per ticket.

Dress: Black tie.

Canapes will be served throughout the evening. You will receive a complimentary drink on arrival after which a cash bar will be operating.

The first 100 tickets purchased will go into a draw to receive a \$10 Uber voucher.

Namaste

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