



February 2016

Step into your Power Teacher Training and Yoga Intensive:

WHEN: Saturday 16 April to and including Saturday 23 April 2016, OR Wednesday 19 April to Saturday 23 April.

WHERE: Maruia Hot Springs Thermal Resort, Lewis Pass, South Island.

WHO: YOU. Yes, you are ready now. No special level of practice is required for you to participate and be the cause for your own growth, physically, emotionally and spiritually.

HOW MUCH: \$1875 (incl meals and GST but excluding accommodation) for the 8 days, OR \$1000 (including meals and GST but excluding accommodation) for the four days.

Great accommodation offers are available if you identify yourself as part of the Apollo Power Yoga training group: as low as \$50 each per night for twin share ranging to \$100 per night for a private room.

Registrations are open now. The January intensive is **not** a pre-requisite for attendance in April. ***You may attend the April intensive in isolation, or as a completion of the training begun in January, or as a fore-runner to completing your training in January 2017.***

Do not miss this opportunity to learn about yoga and its transformational impact upon your way of being.

Breath of Life Workshop:

Margo's Breath of Life workshop was a great success and many have asked when we can hold another. We will be holding the **next Breath of Life workshop at Scoop Pilates in Ferrymead in May** so keep an eye out for details.

Here is some feedback from people who attended at the weekend:

"I really enjoyed the Breath of Life workshop. Margo gave us a clever weave of breathing exercises linked in with the segments of the Power Vinyasa practice. Breaking the 90 minute practice into the various components facilitated greater understanding for participants of grouping of poses, i.e. integration, vitality, igniting etc. I felt as the practice continued I gained greater integration with my breathing and yoga practice. I would recommend the workshop to others."

"I thought it was excellent. I went away feeling energised. I wondered how you were going structure three hours, but the structure was great - it flowed. Your instructions are clear and informative. Well done!"

"I took a Power Vinyasa class the day after doing the Breath of Life workshop, and found so much more strength than I normally do. Being able to breathe through the more challenging sections of the practice made me

feel better able to cope with them and carry on with strength."

"I found the workshop to be a lovely integration of meditation through breath and physical practice. I couldn't believe it when then the time was finished... the three hours went by too quickly! I felt so relaxed all day. It has helped me a lot in my practice to focus on the breath instead of the mechanics of the pose. It was just what I needed."

Thank you everyone who came along and made it such a great experience.

Building Blocks Workshop:

Our next workshop is another Building Blocks workshop – this time it is the **standing balancing poses of the Equanimity series** that we will be focussing on.

The cost is just \$10 or free for those on their starter fortnight or \$5 for annual members.

Date: Saturday 19 March 2016

Time: Midday to 1:15pm

Venue: Apollo Power Yoga studio, 107 Hereford Street

Africa Yoga Project:

We are very grateful to everyone who has contributed to our fundraising for Africa Yoga Project. We make special mention of Jasmine Mears who donated organic tomato plants, Sarah Campbell who donated jars of jam and Karen Dennison who donated CoYo yogurt as well as the many who made special donations.

As many of you will be aware, our teacher William is going to Africa in March and April to assist on a Baptiste training in association with the Africa Yoga Project. He needed to

raise funds for that as there is a commitment called for from the trainers that they will contribute US\$4000 to the cause.

Apollo Power Yoga got behind that and all the money raised from the Sunday morning contribution class, from the movie night, from donated goods and funds and from the AYP clothing now available for purchase in the studio has gone into the fund for William to contribute.



Apollo Power Yoga is committed to an on-going association with AYP and will continue the contribution classes and other activities to raise funds for AYP and sponsor a teacher in Africa. That sponsorship provides a Baptiste trained yoga teacher in Africa with an income that enables them to support themselves, their family and contribute to their community and frees them to teach free yoga classes to the people in their community.

Please continue to attend the Sunday 8:30am contribution classes. Entry is by donation of \$5 or more. What you contribute here changes the lives of people who come from incredibly under-privileged circumstances.

Asana Spotlight:

Over the course of the next few months we will be highlighting poses from the Budokon® Yoga sequence. It is strange that the Budokon® classes are not better attended than they are as Budokon® is a wonderful strengthening and mobilising practice. It is rare to find a new style of practice that, rather than being a variation on a theme is a revolution in the way something is done.

Baron Baptiste's Journey into Power sequence of power vinyasa yoga was revolutionary and Cameron Shayne's Budokon® Yoga sequence is too. Hamish, Margo and William have been able to work directly with Baron, the source of the Journey into Power practice. Hamish has trained directly with Cameron, the source of Budokon® Yoga. What we bring to you at Apollo is an unadulterated, unfiltered expression of these two amazing practices.

This month we begin with Revolved Archer, a feature of the second stage out of seven in the Budokon® Yoga primary series:

- Begin in downward facing dog. Commence *ujjayi* breathing and sustain this breath throughout your practice. The continuous flow of the Budokon® practice means there are not synchronised actions to breath. Rather, *ujjayi* breathing is a constant background rhythm against which the whole practice flows.
- Extend your right leg back and up towards the sky with an internal rotation of your right leg. Internal rotation ensures you maintain an even balance across your shoulders and hips. It requires you to engage the adductor muscles of the inner thighs with the effect of stabilising your body towards the midline of your spine. Internal rotation also necessitates engaging your abdominal lock, *uddiyana bandha*, which is strengthening and stabilising.



- Press towards the sky with the balls of your right foot – *demi pointe*. This action is neither a flat footed press nor a pointing of your toes. Rather, it is a martial arts-style kicking action where the ball of the foot is the striking point and that point is extended as far from the centre-point of your body as possible for maximum reach and striking distance.
- Press up high on the balls of your left foot. Elevate your body as much as you can through muscular engagement to create a feeling of lightness and athleticism and to create space beneath your body.
- Bend your right knee and draw your right heel towards your right buttock. Keep the internal rotation of your right leg and the engagement of your inner thighs and abdomen.
- Reach through your arms and press powerfully to the floor with your hands. Roll your shoulders forward towards your hands and draw your right knee forward towards your chest. Keep your right heel tucked towards your right buttock.



- As your shoulders move forwards spread your shoulder blades apart, protraction, and engage strongly at your chest and in the serratus anterior muscles that arise from your front ribs and run laterally around the side of your torso, beneath your armpits to the inside surface of your shoulder blades. This action will flare the muscles of your side body, both the *serratus anterior* and the *latissimus dorsi*. This flaring action is called engaging your cobra hood as it resembles the broadening of the neck of the cobra when it is angered.
- Slowly and with control step your right foot to the floor just to the inside of your right hand. Do not collapse into this step. Remain toned and engaged at your left thigh, at your abdomen and in your chest and side body.



- Make fists with your two hands. Draw your right fist slowly to the front of your right shoulder with your right elbow tucked alongside your ribcage. Then, gradually begin to lift your torso upright over your hips. In the process keep your left arm straight and raise it up with your torso until it extends straight forward in front of you.
- To allow your tailbone to descend towards the floor somewhat and bring your torso as upright over your hips as possible you may need to slightly bend your left knee. Do not over-bend your left knee and only bend it if necessary to create an upright posture in your torso.
- Emphasise the twist of your torso by drawing your right shoulder blade in firmly towards your spine and turning your right lung and ribcage behind you towards the back edge of your mat. Extend your left arm forwards in front of you and rotate your left lung, ribcage and shoulder away from your spine towards the front edge of your mat.



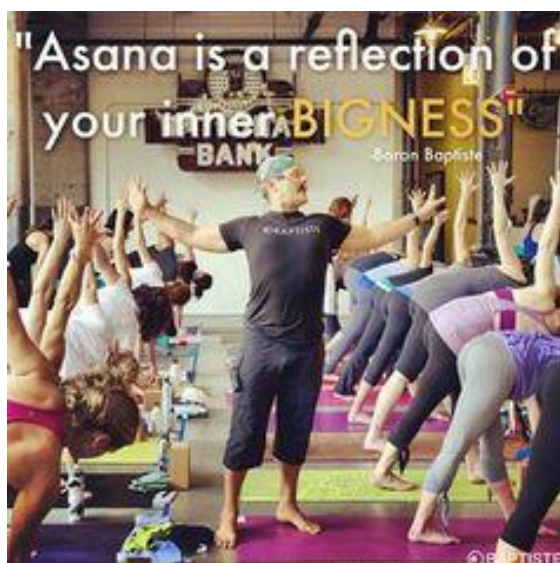
- Resist any tendency to collapse into this lunge or to disengage your legs and simply stretch into the lunge. Maintain a strong, athletic engagement of your feet, calves, thighs and core. You should be able to take a little hop of both feet off the floor

and land securely even in this twisted lunge.

- Set your drishti gaze along the line of your left arm as if aiming your bow at an imaginary adversary and realise in the ultimate there is no adversary but your own negative thought patterns. Realise those thoughts out of existence.

Budokon® Yoga blends actions from yoga and martial arts in a transition-based practice of meditation, power and grace. In the transition into and moment holding in revolved archer sense the coiled spring like strength of your physical body, the life force of your breath and the pure clarity of your spirit.

From Baron Baptiste:



Matters of Philosophy:

Rumi was a Sufi poet and philosopher living in the thirteenth century in the region we now know as the Middle East. He had a teacher to whom he was greatly attached and followed as a spiritual guide. One day men came and knocked at the door of the house where Rumi's teacher was staying. The teacher went

to the door and was taken away, never to be heard of again.

Rumi was distraught. He determined to find his teacher and travelled all over the area, through the modern states of Iraq and Iran, into Syria and Lebanon. He searched and asked questions to try to ascertain the fate of his guide. His search continued for a very long time without any positive leads.

Then one day Rumi realised something. He did not need to maintain a pointless, fruitless search for someone external to him. He realised that his teacher was within him. All the time he had been searching all over the countryside, what he was seeking had lain within him.

**I have been a seeker
and I still am,
but I stopped
asking the books
and the stars.
I started listening
to the teaching
of my soul.**

-Rumi



This realisation is one we all ought to come to. Baron Baptiste puts it in these terms, "Don't ask yourself a question. Give yourself an answer". If we would only stop for a moment looking outwards we would start to discover the wonderfully deep and rich well-springs of

knowledge, virtue, power and love that we have within.

Annual Membership:

Thank you to everyone who made the commitment to themselves and to Apollo Power Yoga by purchasing an annual membership during our special.

Annual memberships can be purchased at any time. If paying in one lump sum the price of an annual membership is \$1400 (which includes mat storage and half price workshops and 40 Days to Personal Revolution programmes – benefits not conferred by other studios).

Time payment annual memberships can also be purchased at any stage with rates of \$30 per week, \$60 every two weeks or \$130 per month for a year.

New Rental Mats:

You may have noticed we have upgraded our stock of rental mats to lululemon's "The Mat". The small fee of \$2 per rental mat hire ensures we have a fund to draw upon to keep our stock of mats in good condition for your use.

To assist in their preservation please:

1. Align your mat with our logo at the front of the mat so that the logo does not get worn off by your feet.
2. If you are especially sweaty when you practice, use a towel over the mat as well.
3. Lightly mist and wipe the mat after use.
4. Keep your toenails trimmed so that they do not cut into the surface of the mat.

Thank you. We hope you enjoy using these mats.

Apollo Power Yoga Students Up to BIG Things:

Many students from Apollo Power Yoga have been taking on big things over the course of the last month.

Vivienne Campbell has completed the Coast to Coast Longest Day event. Sixteen hours of honest endeavour saw her come in as tenth woman in the Longest Day. Well done Viv!

Brian Ellwood was part of a two-man team participating in The Pioneer. This seven-day long mountain bike race – 569km and over 15000m of vertical climbing – is a truly gruelling event. Brian and his partner clocked 40 hours. A job well done.

Ben van Opzeeland and his dad competed in the Wanaka Challenge, a half ironman race comprising a 1.9km swim, 90km bike ride and 21.1km run. John, the elder, swam and rode and Ben, the yogi, ran. Ben reports a tight calf muscle as a result of his endeavours.

Greg Thompson and **Michael Ferigo** competed in the BDO Wellington to Auckland Cycle Race. This event is seven days of racing with around 120km of riding per day. Greg came second on overall classification (just 2 seconds down on the winner) and Michael fifth. Good job guys.

Isobel Stout rode at the New Zealand Masters Games in the individual time trial and the road race. This is all part of Isobel's process of growth. Another part is her decision to join us at Maruia Hot Springs in April for Step into your Power.

Now, you all need to get on your mats and restore your natural posture and ranges of motion.

Paul Anselmi is an architect who, with a group of three others, Maria Chen and Frederic and Sebastien Gapinski, has won the Commons Shelter Challenge. This was a design competition for a public shelter to be erected in the area where the Pallet Pavilion used to be and where a number of other community based Gap Filler projects exist. The design, called Dock 70, is due for construction in a

few months' time. It will afford year round shelter for those attending this space for the various events staged there.

EDGE:

The Emergency Department at the Christchurch Hospital are going really well with their 100 days of activity called EDGE (Emergency Department Get Exercising). A number of people who work in that department in one capacity or another already practice at Apollo Power Yoga, and we are enjoying having ED staff for a private session once per week, teaching them the practice we use at Apollo Power Yoga. Someone randomly added a handstand challenge to the EDGE Challenge so we worked on handstands in our last session which was great fun for everyone!

Namaste

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