



November 2016

### **Power in your Hands Workshop:**

This fun practice is being held on Sunday 4 December from midday to 2:30pm. Hamish last ran this workshop about two years ago and this time William will be leading it. It is a full vinyasa practice with focus being placed on how to effectively bear weight on your hands in poses from downward facing dog and plank to crow, floating boat and handstand and a variety of other hand balancing poses not usually included in classes.



It will be FUN. It will be INFORMATIVE. It is for YOU. Book now! Price is \$50 (Apollo Power Yoga annual members \$25).

### **40 Days to Personal Revolution:**

We have just concluded the final week in the current round of 40 Days to Personal Revolution. It has been a pleasure and privilege to work again with a wonderful group of people committed to making yoga a cause for growth in their lives. In this context “yoga” is used in its broadest sense as a way of being. Throughout the programme participants meditate twice daily, practice asana at least six times per week (taking a rest day if they feel it appropriate), enhance their nutritional awareness and give up or adopt nutritional habits to improve their health and vitality, and engage in personal inquiry to get to peace with themselves and the life struggles that affect us all.

The programme takes a lot of commitment and everyone is to be congratulated for what they brought to the last six weeks. Often people repeat the programme – perhaps to use it as a physical and emotional spring-clean, perhaps to pick up where they left off and take their personal revolution further, perhaps to really explore aspects of the programme that they were resistant to the first/second/third... time around.

Yoga as a holistic way of being offers great benefits. Some people notice they are a better parent when applying the practices of the programme to their lives. Some feel

happier within themselves. Some make breakthroughs as to the direction they want their life to move in. Some gain strength and acquire a leaner, more responsive body. Everyone gets benefits they were not even expecting.

We will run the programme again in the spring time in 2017. Plan to be involved in your personal revolution then.

### Tuesday 6:00pm Power All Levels Classes:

With the conclusion of the 40 Days to Personal Revolution programme our regular PAL90 classes at 6:00pm on Tuesday nights will resume as of this Tuesday, 29 November. We apologise to those inconvenienced during the hiatus in these classes and are grateful for your patience.

### Step into your Power:

There is still time to commit to your growth and integrate yoga into your way of being. This intensive/training will build your physical practice, will bring you into a regular meditation practice (as one trainee from 2016 commented, "After 8 days of meditation this demonstrated the benefits of continuing the



practice in 'real life'. This was one of my favourite parts"), will teach you about anatomy and the movement principles of

yoga and will shine the light of millennia-old yogic principles and wisdom on your life and outlook. Contact Hamish to become involved: [hamish@apollopoweryoga.co.nz](mailto:hamish@apollopoweryoga.co.nz) or 0210551884.

### Asana Spotlight:

Animal Locomotion. In the Budokon® Yoga sequence the sixth of the seven stages of the practice is called Remembering. In this stage we move as if we are a gorilla, a leopard, a crocodile, a monkey and a chimpanzee. In each case it is necessary to integrate strength between the lower and upper bodies and capture a sense of quadrupedal movement rather than bipedal. The energy involved in so doing is great and this short phase of the practice can be fatiguing. It is, however, tremendously playful and great fun. This month we shall spotlight Fighting Gorilla.

- Fighting Gorilla begins in *malasana*, the yogi squat. Place your feet at least hip width apart. You may have your feet pointing straight forward or turn your feet outwards to the degree that you need to rest your feet flat to the floor. Crouch your hips down towards your mat, slip your elbows between your knees and bring your hands into prayer position at your chest. Avoid flexing forwards in your spine. Sit as upright as you can and lengthen the front side of your body from your pubic bone to your throat. To do this you must draw inwards at your belly, uddiyana bandha, and draw your back muscles inwards and down your back.
- Out of *malasana* add spring potential. Lift your hips upwards about 10-15 centimeters and hold your weight in the strength of your legs. In *malasana* your

leg muscles are largely disengaged. As you raise the height of your hips from the floor you must engage your thigh muscles and gluteal muscles to hold you poised, balanced and ready to move. Maintain core engagement. It is essential to give you a sense of lightness and to lift the weight of your midsection away from your mat.

- Release your hands from prayer and hold your hands up in front of your shoulders with your palms turned forwards and your fingers curled somewhat as if ready to grapple with someone.
- To move, lean forwards, rotate your shoulders upwards and your hands downwards so that the backs of your hands are now facing forwards. Lightly sweep your knuckles away from you along the floor. As you reach your arms away from you as far as you can flip the palms of your hands to the floor and take your weight into your hands.
- Pull inwards and upwards at your belly, thrust upwards and forwards from your legs and spring your feet outside your arms and past your hands. As your feet are landing lift your hands from the floor and draw them up in front of your shoulders again with your palms forward ready to grapple.
- In landing your feet maintain the engagement of your thighs and glutes. If you collapse into your landing with disengaged legs and backside the force of your landing will be borne by the tendons of your legs and you run the risk of injury either in your quadriceps near your knee or high in your hamstrings near the hip.
- You can perform repeated gorillas. Get playful and experimental. Try doing several in succession with a pause in Fighting Gorilla to take stock between each movement. Try doing several in succession as if chasing a threat away from your family. Try doing several in succession but as slowly as you can.



In evolutionary terms it is a short step in time since our ancestors were moving on all fours but were experimenting with lifting their bodies upright on two legs (to see further and be more present to threats or to look larger and present themselves in a more intimidating way, or to free up their hands to feed or groom one another and so on). Their skeletal proportions and alignment were different from what they have become and we cannot replicate their strength and movement in an exact way. It is fun, though, to pretend and it is empowering to build the strength that allows us to move in a more quadrupedal way.

### **Resentment:**

In Latin there is a verb *sentir* which means “to feel”. From this root we derive our word “resentment” which means a feeling of indignant displeasure or persistent ill will at something regarded as a wrong, insult, or injury (Merriam Webster Dictionary).

Resentment is pervasive in our thoughts and is a significant source of unhappiness and mental upset. As can be seen from the Latin origin, the word resentment contemplates feeling again and again a sense of grievance. The sensation is not a pleasant one yet we subject ourselves

to it repeatedly. This is neither productive nor enjoyable.

The next thing to note is that resentment comes from what we regard as an injury or insult done to us. It is a matter of point of view rather than an issue of fact. We may perceive some form of wrong done to us and from that perception generate the ill-feeling that is resentment where there is no injury or harm at all. It is not that what someone else has done or said has caused us harm. It is that we have chosen to perceive someone else's words or actions as being harmful to us and have nurtured that perceived sense of grievance regardless of the truth of the situation.

As the Nine Inch Nails song "Hurt" says,

I hurt myself today  
To see if I still feel  
I focus on the pain  
The only thing that's real

In resentment the only thing that is real is the pain we give ourselves each time we put our attention into the resentment.

Look at some examples of resentment. A person has a job that provides them with a good income. They save from that income and take leave to go somewhere exotic, beautiful and warm. Another person in the same business organisation earns less, has different commitments and does not get to take the same holiday trip. The second person harbours a grievance against the first person that is more than envy or jealousy. They perceive the first person as having taken an opportunity away from them. They perceive the first person as showing off and using their pleasurable holiday experiences to make the second person feel bad. They perceive it as being unfair that the first person

gets to take such a nice holiday while they do not.

A person finds themselves responsible for the care of another person – it may be a child or an aged relative. Circumstances are such that these care responsibilities deprive the carer of the opportunity to work/socialise/travel as they would like to do. The person in need of care is doing nothing to the carer but the carer starts to feel resentment towards the person they are caring for.

Two people are in the same line of business. One goes out on their own at an advantageous time and experiences immediate success. The other strikes out on their own enterprise a while later when circumstances are different and finds business extremely hard and they struggle through very lean times. The second person feels resentment towards the first person perceiving them to be unfairly dominating the market, drawing clients/customers with better brand recognition but a poorer product/service.

In each of these cases nothing has been done to the person bearing the resentment. They have chosen to perceive circumstances as amounting to some injustice, unfairness or injury to them.

Given that resentment comes from point of view, it is essential if you are to free yourself from the pain caused by resentment to shift your vision. Take time to understand matters from the standpoint of the other party. Use your insight into their experience to see that nothing has been done to you – there is no injury about which to bear a grudge.

Take time to reflect upon whether it advances you at all to dwell in the past. Resentment is a past-oriented state of mind. It holds us in the past. It causes us to relive repeatedly the pain of the past. It causes us to build the

proportions of the imagined grievance. The more often we go into resentment the more energy, power and magnitude we give the matter of resentment.

Meditate upon what is real in the present moment. Embrace the naked reality of the moment. There is no pain right now so why take your mind to a source of unnecessary pain? Make a choice to put your mind into what gives you happiness now. Be grateful for all you have. Rather than compare someone else's holiday with you being stuck at work, be grateful for a good, steady job. Rather than resenting care responsibilities you have, take a sense of greatness in yourself from being great for others. Be proud of your role and recognise the value it represents for the person you are caring for. Rather than denying someone else their good fortune, relish the fact that you are earning every client/customer/sale. Those who stumble into money through blind good luck do not always appreciate what they have. If you have had to invest your whole self in the acquisition of every piece of business you understand the value of hard work and take job satisfaction from your process of building something meaningful.

Freed of resentment, what becomes possible for you? You can appreciate the accomplishments and good fortune of others. You can avoid blaming anyone or anything for their place in your circumstances. You can choose a positive outlook and choose your circumstances exactly as they are and as they are not. The important thing is that it is a choice. Resentment is a way of thinking and we can keep it and suffer or let it go and be free of its pain. Gandhi said a person should let go of their anger before they lie down to sleep and the advice is sound and sage. Let go.

### From Baron Baptiste:



### Apollo Yogis in Business

#### Alicia Erceg – Bunch Floral

Our yogi **Alicia Erceg** recently started up her own business, Bunch. It's a fresh take on floristry, aiming to do things differently, using seasonal produce and reducing waste. Bunch creations are unconventional, unpretentious and striking in their simplicity.

Created with passion from a combination of wild and locally grown flora, each bunch is a unique piece of floral art, inspired by nature. They are suitable for any occasion, including weddings, memorials, events, flower orders, gifts and more.



Alicia hopes to open her own shop one day, but in the meantime, she has a dream pop-up location in The Pantry at Ballantynes. From its stand near the Christmas lollies, Bunch is providing weekly fresh flowers, terrariums and plants to the CBD and beyond. Drop in to see it when you're next in the area.

And for an extra-special treat, join Bunch Floral for an evening at The Collect, where the most beautiful shared workspace will be turned into a jungle for the evening. You will make your very own Terrarium (RRP \$65), a little world filled with moss, ferns, layers of soil, sand and decorative sticks and stones. There will also be a Make Your Own Kokedama demonstration, with drinks and nibbles provided. ☺

This workshop will provide you with the skills and knowledge to create more living terrariums, how to create Kokedama balls, how to care for them, as well as taking home your very own unique creation (also a perfect present for Christmas!).

WHEN: Tuesday 6th December 2016

WHERE: THE COLLECT Level 1, Kensington House 185 Manchester Street, CBD

TIME 6:30pm - 8:00pm

COST \$100\*

There are only 12 spaces available so to secure your place, RSVP to [hello@bunchfloral.com](mailto:hello@bunchfloral.com) by 1/12/16. \*NB: The cost of the workshop includes all materials, please BYO apron as things can get a little messy!

**Special Opportunity for followers of Apollo Power Yoga facebook page!** If you like and share the Apollo Power Yoga facebook post <https://www.facebook.com/ApolloPowerYoga> / about the Bunch Floral workshop, you'll go in the draw to win a place at the workshop.



### **Dog Walking with Laura**

Does your dog need more walking than you have time for? Call **Laura Murray, 0274 931 842, [laura@dogwalking.co.nz](mailto:laura@dogwalking.co.nz)**. Laura's aim is to have your dog looking forward to her showing up at your door, by giving your dog the best care possible. In addition to giving your dog regular, fun walks in interesting places. Laura can feed and water dog while you're away from home. Woof!



Laura Murray  
m: 0274 931-842  
laura@dogwalking.co.nz  
www.dogwalking.co.nz



### Christmas Gifts from Apollo

Christmas is coming, and although the goose is getting fat, those practicing at Apollo are not. ☺

We have lots of great options for your Christmas gift-giving.

Give the gift of health and wellbeing with a Voucher for practice at Apollo. Ranging from a single class, through a Starter Fortnight, a 10-class or 30-class pass, a Month (or more) unlimited, Private Lessons, right up to an Annual Membership (yes, there have been instances of an Annual Membership being bought as a present!) you can fit the gift to the circumstances.

We also have Africa Yoga Project Clothing. Smart, comfy, cottony clothing which is perfect for your practice. Reasonably priced at \$45/piece, the entire profit on each piece (\$20) goes towards the wonderful Africa Yoga Project. Buy a shirt or some yoga pants and you're supporting training programs for people in Africa to become yoga teachers and then teach yoga to their communities on a salary provided by our studio.



We also have Yogi Tea in many yummy flavours, Baron Baptiste's instructions books "Journey Into Power" and "40 Days to Personal Revolution", and wonderful lululemon yoga mats. These mats are the best you can choose for practice at Apollo – they get stickier as you get sweatier! At \$79/mat, they're great value.

Namaste

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