

Teacher Profile : Jamie Powers

Jamie grew up on the Bay of Islands in New Zealand. He has been an integral part of Studio Cirq for the past four years, teaching several dynamic yoga classes each week.

What did you study at university?

I spent 4 years at Auckland University studying visual arts where I received a BFA. I dedicated most of that time in the workshops playing with different sculptural mediums, having a particular connection with wood working and steel. I also studied painting and photography but found I had most in common with the dimensions of objects. Perhaps this is why I find such fulfillment from yoga asana... being able to create so many different forms through my own practice and in the practice of others!

How did Yoga come into your life?

It wasn't that long ago that I had my first experience of yoga. Having moved to Melbourne in 2001 I met my teacher, Sw. Jivan Prahlad, the founder of the Yoga Arts Academy in 2003. Prahlad developed the Sakshin Ghatashta Yoga style. I felt an



i m m e d i a t e
affinity to the
dynamic flowing
sequences and
to the sincerity
and devotion
with which it is
t a u g h t . . .
"Welcome to the
world's most
n o n - s e r i o u s
y o g a s c h o o l"
was the first
t h i n g m y
t e a c h e r s a i d
t o m e . P r i o r
t o t h a t m y
o n l y

physical interaction was at a competitive boxing club in Auckland. In a strange way both boxing and yoga share similar intentions of awareness and determination hence I found it relatively easy to immerse myself within the discipline of yoga. Initially it was about releasing tension within the body and developing flexibility. That was the easy part! After some time you begin to realise that the potential is there for even greater things.

How did you become a yoga teacher?

Prahlad accepted me for a 3 year apprenticeship at the Yoga Arts Academy. From there it was just a matter of getting up at 5am every day, going to the school and being very observant and attentive within a room full of people doing their yoga practice. It was a very practical, hands-on approach which suited me well.

Tell us about your other life as a percussionist

I've been playing percussion since I was twelve. My dad bought me a drum kit on the condition I would learn jazz.



Little did he know that I would end up in the school rock band doing covers of Led Zeppelin and AC/DC! Some people are a little surprised at

seeing me make so much noise. However I do find there is a good balance between the calm, quiet reflection of yoga and the



intensity and exhibition of a friday night show at the Espy! Presently I'm playing in a few

groups - Jessica Says, The Bedroom Philosopher and Kat Frankie.

What inspires you?

Anything that is done with presence! If you are accepting and sincere in any thought or action, then the potential for deeper experience is limitless. Also Eckhart Tolle, Krishnamacharya and John Bonham have been deep and profound motivators for inspiration.

Do you see a relationship between your music and yoga?

Absolutely! Both practices require a keen sense of rhythm and timing, particularly in the Sakshin Ghatashta form - when the rhythm of breath is timed with the coordination of movement it becomes a meditation in action (Not to mention the heart being the greatest metronome!).