

# The Lotus

## Quarterly News-sheet June 2017

### Editorial by Cathryn Doornekamp



Namaste. Welcome to the Autumn edition of *The Lotus* news-sheet. The rich shades of red, orange and gold leaves carpeting the earth, remind us that we are witnessing a change in season. The transition from one season to another is an ideal opportunity

to reflect upon what is important and re-evaluate our commitments to ensure that we have allowed ourselves time to nourish our body, mind and soul.

The Centre has a wide array of classes on offer to nurture one's well-being. There are three taichi qigong classes and ten yoga classes to choose from weekly. For the keen at heart, the **Early Bird Yoga class on Saturday 7.00 am – 8.00 am** is a must. This could be the motivation you are looking for to set your weekend off on the 'right foot'. Please refer to page 6 for a class timetable.

Regular four-week introductory block courses in meditation are held with facilitator Eric Doornekamp at the Centre on Thursday evenings. The aim of the **Meditation Course** is to reduce stress, achieve peace of mind and increase energy levels. The course starting dates for the Winter months can be found on page 6.

Another successful Body, Mind and Soul Retreat was held at the Centre on 21<sup>st</sup> May. The morning session included relaxation, yoga and breathing, while the afternoon comprised of a walking meditation in the bush, followed by a seated meditation in the Sanctuary. Due to popular demand, another **Body, Mind and Soul Retreat** is scheduled on **Sunday 23<sup>rd</sup> July**. See page 7 for details.

**Free Yoga Classes** will be held at the Centre on **Saturday 24<sup>th</sup> June, 10 – 11 am** and **4 – 5 pm** to celebrate the 3<sup>rd</sup> annual **International Yoga Day**.

The classes will be suitable for all ages and levels of experience. Everyone is welcome.

This edition of *The Lotus* brings news of a gathering at the Centre on Sunday **18<sup>th</sup> June** to celebrate the **Winter Solstice**. There will be an opportunity to visit the Sanctuary at **2.00 pm**, followed by a shared potluck afternoon tea at **3.00 pm**, so be sure to mark this date in your diary.

Featured on page 3 of this news-sheet is the Chairperson's report for the financial year 1<sup>st</sup> April 2016 - 31<sup>st</sup> March 2017.

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Facebook: [www.facebook.com/lotusyogacentrekapiti](http://www.facebook.com/lotusyogacentrekapiti)

## Yogis have got talent

By Eric Doornekamp



During the months of March, April and May a team of members and friends of the Lotus Yoga Centre gathered to prepare and paint the exterior Southern side of Whare Ora. The colonial homestead was built in the 1930's and the kauri cladding was in urgent

need of some tender loving care.

Those of you who have wandered along the path to the Sanctuary will have noticed what a difference the fresh coat of paint has made. The homestead is looking radiantly pristine.

We would like to take this opportunity to thank Ralph Wallace for the hours he spent on Saturday 4<sup>th</sup> March water blasting the surface. A big thank you is also due to Liz Knox, Christine Larking, Don MacDonald, Heather Hart, Ani McManaway, Valerie Andrews, Catherine Sloan, Diana Evans, Ralph Wallace, Jill Newman and Natasha Ochkas for offering their services in the nature of *karma yoga* on Sunday 5<sup>th</sup> March with the preparation of the building in readiness for painting.



Preparation in progress

At lunchtime everybody joined in a hearty meal. That is another talent yogis have; delicious vegetarian food to share!

We would like to thank Kay Ashley, Carol Butt, Ani McManaway, Roberta James, Jenny Campbell, Catherine Sloan, Diana Evans and Valerie Andrews for contributing food items and baking to feed the hungry crew.

Please accept our apologies if we've omitted your name from the list of acknowledgements. Your help was appreciated and did not go unnoticed at the time.

In the weeks that followed the initial working bee, Don MacDonald came to help out with repairs and Liz Knox, Christine Larking, Bee Buakula and Ralph Wallace put in an amazing effort priming and painting. Thanks guys!



### The finished result

And as if that was not enough, Ralph Wallace got handy with the water blaster, scraper and paint brush and spruced up the rear of the homestead!



## News from the Centre

The generosity and goodwill forthcoming from members and friends of the Centre in recent months has been abounding in abundance. A number of donations have been received towards the painting of the homestead.

We would like to take this opportunity to thank Robyn Moore and Selwyn Williams, our relief yoga teachers for helping out with the classes when needed. We really appreciate their support.

## Chairperson's Report

*By Ralph Wallace*

It is with great pleasure that I take this opportunity, on behalf of the committee, to report on the past year of The Lotus Yoga Centre, from 1<sup>st</sup> April 2016 - 31<sup>st</sup> March 2017.

It is a special privilege to provide this role of "governance" to the Centre in collaboration with my fellow committee members: Claire (recently resigned), Valerie, Jill, Diana, Selwyn and of course Cathryn and Eric. Each committee meeting we begin with a pot luck meal of sumptuous proportions followed by one of Jill's delicious cakes for supper (there is usually somebody's birthday to celebrate!). It is one of our regular yogic challenges not to over-indulge our senses!

We are so very grateful to both Cathryn and Eric, who do so much to keep the Centre alive and well, holding the Light and radiating Peace and Love for the benefit of all life here not just on the Kapiti Coast but for the whole Planet. Every act of selfless service and kindness contributes to sustaining the One Life we are all part of, to the direct intangible benefit of us all. It is through Yoga that we can develop spiritually to see and understand the true reality of Life, and thereby appreciate the wonderful gifts that Life has to offer.

So on behalf of all the students, thank you Eric and Cathryn, and my fellow committee members for your continued work and support. Thank you too, to the students who come to the classes. The Centre thrives on your continued attendance.

Some significant events and activities held at the Centre during the financial year ending 31/3/2017 included:

The one-day Body, Mind and Soul Retreat which proved very popular. Six retreats were held in total through out the year and an exclusive retreat was held in May 2016 for 'Motivate Me' girls, an online organisation for women who support, encourage, empower and motivate each other to be the best versions of themselves that they can be.

An important milestone was observed on 10<sup>th</sup> September 2016 when Eric Doornekamp, the Founding-Director of the Lotus Yoga Centre, celebrated his 80th birthday with family, friends and members of the Centre.



**Eric Doornekamp**

Classes were well attended at the Centre on Labour day, Monday 24<sup>th</sup> October 2016 during the 3<sup>rd</sup> annual Wellington Free Yoga Day.

Mariana Vetterli graced us with another successful Sound Healing Concert on Saturday 29<sup>th</sup> October, the fifth of five concerts she has held at the Centre during the last few years. Listeners were immersed in the sustained sound waves and tones of the Tibetan sun gong and Crystal singing bowls.

Jesse James and Wiley Beveridge, a New Thought Musician, held a series of gatherings at the Centre in November 2017. Through music, meditation and poetry, they created a wonderful mystical experience.

A very successful end of year dinner fundraiser was held at Gatsby Tapas on Wednesday 23<sup>rd</sup> November. Rosi, the restaurant owner very generously donated \$15 per head to the Centre and she also conducted an auction of donated items. The proceeds from this function went towards upgrading the Centre's laundry.

Colin Batt very kindly donated his labour when he rebuilt the laundry floor and roof. Colin and Alison, his partner, and Lucy their dog were parked up in the Centre's driveway in their bus for close on three months. Colin also helped out with other numerous tasks around the Centre before heading to the South Island early this year. We are so grateful for his support and the inspiration he provided to subsequently attend to much needed painting of the Centre's villa.

In January 2017, Eric was awarded Honorary Life Membership of Yoga Aotearoa I.Y.T.A (NZ) Inc. in acknowledgement of his contribution to yoga in New Zealand. Congratulations Eric!

Throughout the last year tremendous efforts have been made to fundraise for the Centre. Of special acknowledgement and appreciation may I mention the movie fundraisers organised by a small but valuable group of the committee – these have proved very popular and we appreciate the support given by friends and members to this initiative.

Looking ahead, we still hold the vision of a brand new centre built in closer proximity to the Sanctuary. This would entail a major transformation of the Centre's "footprint". We look forward to bringing you more detail in the coming months as we seek to manifest this vision.

May we all grow in spirit,  
finding truth and harmony, and unity of being  
through our love for and service  
of one another in Yoga

Ralph Wallace, Chairperson.

### Movie Fundraisers

A big thank you is due to those who supported the Centre with movie fundraisers; **A Street Cat Named Bob** at Shoreline Cinema on 29<sup>th</sup> March and **Viceroy's House** on 17<sup>th</sup> May 2017.

Spot seat prizes were generously donated by Jill Newman (Bowen Massage Therapy and Sauna vouchers), Lotus Yoga Centre (Body, Mind and Soul retreat vouchers, Yoga and Taichi Qigong vouchers), Shoreline Cinema (Movie vouchers).

After expenses the Centre made \$920.00 profit from sales of tickets. Proceeds went towards the purchase of materials for the preparation and painting of the Southern side of the old homestead.

Note: The Lotus Yoga Centre is a non-profit organisation and a registered Charity (CC29976) which relies largely on income from donations, fundraisers and income from classes and courses to achieve its aims and objectives. The Centre aims to benefit the community by encouraging the study and practice of all aspects of yoga and related complementary disciplines.

### Reiki Share

**There will be a Reiki Share Group  
held at the Lotus Yoga Centre  
7.15 - 8.45 p.m.  
on Wednesday 5<sup>th</sup> July 2017 and  
Wednesday 2<sup>nd</sup> August 2017**

Reiki Share is a gathering of Reiki people who participate in group healing treatments on each other.

It is an opportunity to meet with like-minded local Reiki people and share the Reiki energy.

### Attendance is by donation

To register your interest or for more information please phone Cathryn Doornekamp on 04 298-8258 or email

[lotus.yoga.centre@paradise.net.nz](mailto:lotus.yoga.centre@paradise.net.nz)



## Personalised Yoga Programmes

Resident Yoga teacher, Cathryn Doornekamp is available to tailor-make personalised yoga programmes for home practice. The cost for a one-on-one consultation is \$45.00.

For more information or to make a booking, please phone Cathryn on 04 298 8258 or email [lotus.yoga.centre@paradise.net.nz](mailto:lotus.yoga.centre@paradise.net.nz)

## Helping Hands



Cathryn and Eric Doornekamp would like to acknowledge the many 'helping hands' that go on behind the scenes at the Centre in the nature of karma yoga.

Anthony Britton for continuing to provide expert help with computer matters and Valerie Andrews for her editing skills.

Linda Beagle, Liz Knox and Ani McManaway for laundering the yoga sheets.

Ani McManaway for mowing lawns, weeding the sanctuary pathway and helping out with a multitude of tasks around the Centre.

Patricia Batt and Yvonne Oliver for weeding the gardens.

Selwyn Williams and Ralph Wallace for tending to various tasks around the Centre.

Kay and Peter Ashley for helping in the kitchen with the March Body, Mind and Soul Retreat, and Ani McManaway for helping in the kitchen with the May Retreat.

Jill Newman and Ani McManaway for providing flowers for the yoga room.

Please accept our apologies if we've omitted your name from the list of acknowledgements. Your help was appreciated and did not go unnoticed at the time.

## Discounts for Yoga and Taichi

Regular class attendees may like to consider becoming a Member of the Centre to receive a \$10 saving on the ten-session yoga or taichi card.

## Membership

Full Membership of The Lotus Yoga Centre is \$40.00 per year (1<sup>st</sup> April – 31<sup>st</sup> March)

Those who apply for Membership after the start of the financial year receive Membership at a discounted fee.

### Full Members of the Lotus Yoga Centre are entitled to:

*The Lotus* Newsletter Quarterly (contains articles on yoga and health\*)

10% discount on books and supplements

A discount on the Classic Yoga Course fees

Reduced fees on yoga and taichi cards:

**A ten session yoga or taichi card is \$65.00 to Full Members (\$75.00 for Non-Members)**

To apply for Membership please contact Cathryn Doornekamp at the Centre.

\* The June 2017 *Lotus* Newsletter contains a 6-page article written by Eric Doornekamp entitled ***A Summary of Meditation***.

This article follows a series of six articles Eric wrote on ***Relaxation and Meditation***:

**Part One: *Approaches to Relaxation*** appeared in *The Lotus* December 2015 Newsletter.

**Part Two: *Withdrawal of the Senses*** was published in *The Lotus* March 2016 Newsletter.

**Part Three: *Concentration - Dharana*** was published in *The Lotus* June 2016 Newsletter.

**Part Four: *Meditation - Dhyana*** appeared in *The Lotus* September 2016 Newsletter.

**Part Five: *Ecstasy - Samadhi*** was published in *The Lotus* December 2016 Newsletter.

**Part Six: *Parapsychology or ESP***. appeared in *The Lotus* March 2017 Newsletter.

## Regular Classes

### Taichi Qigong and Yoga

**Taichi Qigong:** Tuesday and Friday 11.30 a.m. Tuesday 7.30 p.m.

**Beginners Yoga:** 10.00 a.m. Tuesday, Wednesday and Friday.

7.30 p.m. Monday. 6.00 p.m. Tuesday.

**General Yoga:** 10.00 a.m. and 6.00 p.m. Monday and Thursday.

**Early Bird Yoga:** 7.00 a.m. Saturday

All classes are 1 hour in length.

No experience is necessary for the Taichi Qigong and Beginners Yoga classes.

The General Yoga classes are suited to those who are fairly flexible.

Everyone is welcome, including casuals.

## Housekeeping Items

A few housekeeping reminders to those that attend classes and courses at the Centre.

### Cellphones



Out of consideration for others, please turn cellphones off while the class or course is in progress.

### Parking

Parking is inside the grounds either alongside the Centre or in front. There is room for 8 cars to park comfortably: five in the driveway alongside the Centre and three in front. Any extras may park on the grass verge outside the front gate, or on the grass area to the immediate left just inside the front gate. **Please do not park on the road, or on the front lawn when it is wet.**



## Upcoming Events and Courses

### Meditation Course

Regular 4-week introductory block courses in meditation are held on

**Thursday evenings 7.30 - 9.00 p.m.**  
at the Lotus Yoga Centre with Facilitator Eric Doornekamp.

#### Course starting dates:

**6<sup>th</sup> July, 3<sup>rd</sup> August, 7<sup>th</sup> September 2017**

The aim of the Meditation Course is to reduce stress and achieve peace of mind, increasing energy levels.

You will learn that by controlling your breathing and becoming more aware of your habit patterns, you have the key to liberation.

**Cost \$45.00 Repeats \$30.00**

Prior enrolments are essential.

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### Meditation/Chanting

Meditation/chanting sessions are held in the Sanctuary weekly on **Thursday evenings: 7.30 – 8.30 p.m.**

**The schedule of meetings for the months of June, July and August 2017 is:**

**Thursday 1<sup>st</sup> and 8<sup>th</sup> June**  
**Thursday 15<sup>th</sup>, 22<sup>nd</sup> and 29<sup>th</sup> June**  
**Thursday 6<sup>th</sup> and 13<sup>th</sup> July**  
**Thursday 20<sup>th</sup> and 27<sup>th</sup> July**  
**Thursday 3<sup>rd</sup> and 10<sup>th</sup> August**  
**Thursday 17<sup>th</sup>, 24<sup>th</sup> and 31<sup>st</sup> August**

**7.20 pm:** Meet in front of the Lotus Yoga Centre. Walk as a group to the Sanctuary.

**Please bring a torch. It is advisable to wear walking shoes and you may like to bring a shawl/blanket and cushion for sitting on.**

#### **Attendance is by donation**

Proceeds go towards the Sanctuary upkeep.

All are welcome, so please spread the word.

## Body, Mind and Soul Retreat

Facilitated by Cathryn Doornekamp  
IYTA trained Yoga Teacher

Venue: The Lotus Yoga Centre  
91 Ruapehu Street, Paraparaumu

**Sunday 23<sup>rd</sup> July 2017**  
**10.00 a.m. - 3.00 p.m.**



**Treat yourself to a day of Yoga,  
Breathing, Relaxation and  
Meditation to nourish the  
body, mind and soul.**

Suitable for all levels of experience

### What to bring:

A vegetarian dish for a shared lunch,  
a blanket, cushion and yoga mat.

**Cost: \$45.00 prepaid**

**Early Bird \$35.00 paid in full by**  
**9<sup>th</sup> July 2017**

To register your interest or for more  
information please phone Cathryn  
Doornekamp on 04 298-8258 or email

[lotus.yoga.centre@paradise.net.nz](mailto:lotus.yoga.centre@paradise.net.nz)



## Products for Purchase

### Organic Produce



Surplus organic produce from the orchard  
and vegetable garden is available by  
gold coin donation.

### Supplements

Malcolm Harker's Herbal Remedies and  
Lifestream Spirulina tablets and powder  
are available on request.

Practitioner range supplements are  
available by appointment.

**Full Members receive a 10% discount**

### Books



The following books published by the  
Centre are available for purchase:

#### **Recipes from the Farmyard**

*Bruce Collins - \$10.00*

#### **Be Fit with Yoga**

*Eric Doornekamp - \$5.00*

#### **The Great NZ Walk - 9 Steps to Health**

*Eric Doornekamp - \$5.00*

#### **Relax with Yoga**

*Eric Doornekamp - \$10.00*

#### **Yoga Humour**

*Eric Doornekamp - \$9.00*

**Full Members receive a 10% discount**

**Postage is extra**

## Therapies by Appointment

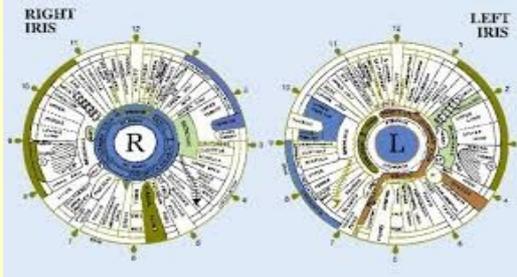
### Naturopathy/Iridology



Eric Doornekamp is a natural therapist with 35 years experience as an alternative health practitioner. His motto is "Nature Cures".

The aim is to draw on the curative powers inherent in each person.

Using a holistic approach, Eric assists in this process by prescribing a health regime, such as detoxification programmes with herbs. Vitamins and minerals are used as complimentary medicine. Iridology may be used as a form of diagnosis.



Iridology looks at health patterns in the eyes. It is frequently used to examine a person's status of well-being.

Abnormal markings in texture and colour of the iris may reveal the physical – mental state of the body. It is a useful tool in the preliminary diagnosis of an illness before there is a serious breakdown in health.

A **free ten-minute Iridology assessment** is available by appointment.

#### Cost for Naturopathy/Iridology:

Initial consultation **\$45.00** – 1 hour

Subsequent consultations **\$30.00** – ½ hour

To make a booking with Eric Doornekamp please contact Cathryn Doornekamp.

## Massage



Eric Doornekamp has 40 years experience in massage.

Swedish massage involves deep tissue therapy to relieve stress. Oriental massage on pressure points stimulates the flow of qi or energy in the meridians.

The benefits are well documented such as soothing nerves and relaxing sore muscles, increasing circulation.

#### Cost

**\$30.00** – ½ hour

### Back/Neck/Shoulder Therapy

Eric has 40 years experience in treating backs, necks and shoulders.

Muscular and skeletal structures are examined and massage is applied to loosen up tight muscles and to relax the body.

Gentle manipulation is applied to free up the neck, spine, and limbs to realign immobile joints.

Specific programmes including flexibility and strengthening exercises are suggested to improve fitness.

#### Cost

Initial consultation **\$45.00** – ½ hour

Subsequent consultations **\$40.00** – ½ hour

To make an appointment please contact Cathryn or Eric Doornekamp.

04 298 8258

Email: [lotus.yoga.centre@paradise.net.nz](mailto:lotus.yoga.centre@paradise.net.nz)