

The Lotus

Quarterly News-sheet September 2017

Editorial by Cathryn Doornekamp



Namaste. Welcome to the Spring edition of *The Lotus* news-sheet. We certainly have had our fair share of rain in recent months. You may have succumbed to the inertia, *tamas* of the winter months. The ultimate is to find the 'middle path' or way so that we are unaffected by the seasons. Cold is just 'cold'. Hot is just 'hot'. We carry on regardless, without the attachments we associate with cold or hot.

As we bounce into Spring we have an exciting line-up of events, courses and workshops happening at the Centre that we'd like to share with you.

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 can be found on page 5.

Another successful Body, Mind and Soul Retreat was held at the Centre on 23rd July. 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, two more **Body, Mind and Soul Retreats** are scheduled this year on **Sunday 17th September** and **Sunday 26th November**. See page 6 for details.

Reiki Share meetings are held at the Centre on the first Wednesday of the month, and regular **meditation/chanting** sessions are held in the Sanctuary on Thursday evenings. Please refer to page 5 for a list of meeting dates and times.

Of interest in December 2017 and January 2018 may be **The Spirit of Kirtan** to be held on Wednesday evenings with Rebecca and Mayank. Kirtan, call and response group chanting in Sanskrit, tunes the heart and mind to the subtlety of meditation. For more details please refer to page 6.

The cycles of nature are the constants that remind us the only thing which is certain in life is change. So once again, as the winter wanes, visitors to the Centre will be greeted by a row of daffodils inside the front gate. Oh, how merrily their hearts sing as they occupy this space in time!

Table of Contents

Editorial by Cathryn Doornekamp.....	1
Talent at the Centre.....	2
Hand crafted socks.....	2
Hand crafted cards.....	2
News from the Centre.....	3
AGM.....	3
Movie Fundraisers.....	3
Personalised Yoga Programmes.....	3
Helping Hands.....	3
Discounts for Yoga and Taichi.....	4
Membership.....	4
Regular Classes.....	4
Taichi Qigong and Yoga.....	4
Housekeeping Items.....	4
Parking.....	5
Upcoming Events and Courses.....	5
Meditation Course.....	5
Meditation/Chanting.....	5
Reiki Share.....	5
Body, Mind and Soul Retreat.....	6
The Spirit of Kirtan.....	6
Products for Purchase.....	7
Supplements.....	7
Therapies by Appointment.....	8
Naturopathy/Iridology.....	8
Massage.....	8
Back/Neck/Shoulder Therapy.....	8

The Lotus Yoga Centre and Retreat Incorporated

91 Ruapehu Street, Paraparaumu 5032 PH: 04 298 8258 FAX: 04 298 2306
Email: lotus.yoga.centre@paradise.net.nz Website: www.lotusyogacentre.org.nz
Facebook: www.facebook.com/lotusyogacentrekapiti

The Lotus News-sheet September 2017

Talent at the Centre

By Eric and Cathryn Doornekamp

We are feeling very grateful and blessed to have two talented friends and members amongst our midst who are offering their creations as a fundraiser for the Centre.

Hand crafted socks

Chik Hogg is passionate about knitting and has been making beautiful hand crafted socks from natural yarns.



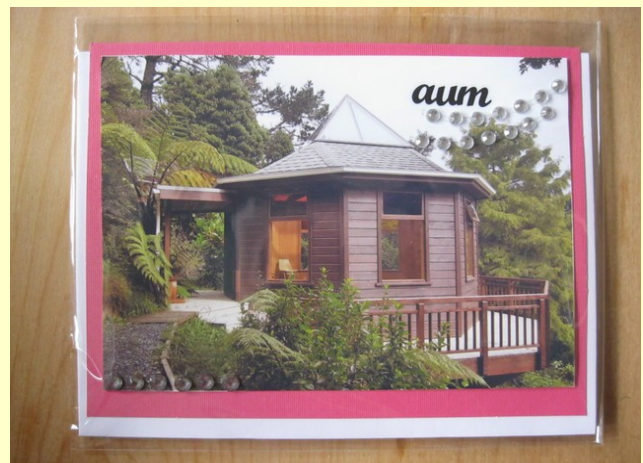
The socks are available in a wide range of colours and range in price from \$15.00 - \$23.00 depending on the yarn and size.

Hand crafted cards



Ani McManaway has a love of photography and has extended her creative talents to making cards. She has hand crafted a great selection of blank cards for all occasions, photographed from scenes around the Centre.

Stocks are replenished regularly and cards can be made to order. The cost per card is \$3.00.



For more information on either of these fundraising items or to place an order please contact Cathryn Doornekamp at the Centre on 04 298 8258 or email lotus.yoga.centre@paradise.net.nz

News from the Centre

AGM

Cathryn and Eric Doornekamp are pleased to report that the Annual General Meeting of the Centre on the 4th August was a great success. Those in attendance enjoyed a delicious home-baked gluten free carrot cake for supper, made by Kay Ashley.

Honorary Membership

Dr. Ananda Balayogi Bhavanani was accorded Honorary Membership of the Lotus Yoga Centre for the forthcoming financial year 1/4/2018 – 31/3/2019, by Members at the AGM, in recognition of his long standing contribution to yoga and ongoing interest in the Lotus Yoga Centre over the years.



Dr. Ananda Balayogi Bhavanani

Dr. Ananda conducted a Three Day Yoga Programme at the Lotus Yoga Centre in 2009 and in March 2014 he facilitated a retreat at Tatum Park: “*Yoga, the Antidote to Stress*”. The programme was launched at the Lotus Yoga Centre with a mihi whakatau (traditional Maori welcome) on the front lawn of Whare Ora and the official opening of the retreat was held in the Sanctuary behind the Centre. Following the retreat at Tatum Park, Dr. Ananda delivered a most inspirational and informative talk “*Yoga for overall Well-being*” at the Lotus Yoga Centre on 1st April 2014.

Movie Fundraisers

A big thank you is due to those who supported the Centre with movie fundraiser *My Cousin Rachel* at Shoreline Cinema on 28th June 2017.

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

After expenses the Centre made \$510.00 profit from sales of tickets.

Note: The Lotus Yoga Centre is a non-profit organisation and a registered Charity (CC29976) which relies largely on 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.

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

ॐ ॐ ॐ

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.

The Lotus News-sheet September 2017

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

Yvonne Oliver and Alison Lane 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 July Body, Mind and Soul Retreat.

Jill Newman, Ani McManaway and Annette Burrell 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.

*Help around the Centre
is always more than welcome.
If you'd like to be of service in this way,
please contact Eric or Cathryn.*



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 (1st April – 31st 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 Lotus Newsletter* of September 2017 contains a 5-page article entitled **Body ~ Mind ~ Soul**.

Regular Classes

Taichi Qigong and Yoga

Taichi Qigong: 11.30 am Tuesday and Friday, 7.30 pm Tuesday.

Beginners Yoga: 10.00 am Tuesday, Wednesday and Friday.

7.30 pm Monday, 6.00 pm Tuesday.

General Yoga: 10.00 am and 6.00 pm Monday and Thursday.

Early Bird Yoga: 7.00 am 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 p.m. - 9.00 p.m.** at the Lotus Yoga Centre with Facilitator Eric Doornekamp.

Course starting dates:

7th September and 2nd November 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.

Meditation/Chanting

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

The schedule of meetings for the months of September, October and November 2017 is:

Thursday 7th and 14th September

Thursday 21st and 28th September

Thursday 5th, 19th and 26th October

Thursday 2nd and 9th November

Thursday 16th, 23rd and 30th November

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.

Reiki Share

There will be a Reiki Share Group held at the Lotus Yoga Centre

7.15 - 8.45 pm

Wednesday 6th September,

Wednesday 4th October and

Wednesday 1st November 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

Body, Mind and Soul Retreat

Facilitated by Cathryn Doornekamp
IYTA trained Yoga Teacher

Venue: The Lotus Yoga Centre
91 Ruapehu Street, Paraparaumu

**Sunday 17th September & Sunday
26th November 10.00 am - 3.00 pm**



**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
3rd September or 12th November.**

To register your interest in either of these
retreats or for more information please
phone Cathryn Doornekamp
on 04 298-8258 or email

lotus.yoga.centre@paradise.net.nz



The Spirit of Kirtan

December 2017 & January 2018
Wednesday evenings 7.00 – 8.30 pm

Cost \$10.00



All children sing and hum to themselves; it is a natural bubbling up from inside to express freedom and contentment. *Kirtan* is not sung as a performance. *Kirtan* is to be sung like a child singing with the joy of simply being alive.

Singing ancient Sanskrit *mantras* deepens the space for meditation. The vibration of the Sanskrit language is in tune with the subtle energies of the human nervous system. Therefore, singing *kirtan* creates a stillness, which alleviates the involvement with daily concerns and uncovers our inherent love and joy.

You need not be able to sing in tune to be enriched by the atmosphere of *kirtan*. However as you participate, *kirtan* uplifts the spirit.

“Kirtan is a direct and heart-felt way to access the source of our vitality and unleash the spirit of our original freedom.” - Rebecca

“Kirtan is a profound channel for meditation. The meditative space that kirtan cultivates is tangible in the nervous system and in the mind.” - Mayank

About Rebecca and Mayank



Rebecca and Mayank have devoted a life-time to meditation in the Himalayas of India. Having evolved a state of clarity in their meditation and yoga practice, they are now travelling to share their findings with those whom they meet in NZ.

In 1985, Rebecca travelled from NZ to India to immerse herself in a yogic lifestyle of meditation and Self enquiry, according to *Advait Vedant* philosophy, the vision of Oneness. She now teaches online courses, facilitating Self enquiry and meditation.

Rebecca also hosts meditation retreats in a Himalayan village, inspiring freedom from the mind's limited perspective, to open our potential to live an integrated and fulfilled life.

Mayank is the co-host of Retreat Himalaya and teacher of Fundamental Movement and Soma Yoga. He travelled to India in the early 80's to live a yogic lifestyle. He is also a watercolour artist and musician, playing guitar, *tabia* and *dholak* (Indian percussion instruments). Having experienced the unifying power of music, Mayank has realised the subtle interconnectedness between all.

ॐ ॐ ॐ

For more information visit
<http://vedicawareness.com/upcoming-events.htm>

or email Cathryn Doornekamp
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