

The Lotus

Quarterly News-sheet March 2018

Editorial by Cathryn Doornekamp



Namaste. Welcome to the Autumn edition of *The Lotus* news-sheet.

We have been truly blessed on the Kapiti Coast to have had a long hot summer, unlike last year when we hardly had a summer at all.

We are pleased to report that the new year has got off to a great start, with the launch of our new website. We would like to acknowledge Joe Simmonds from SEO Success for the many hours he has spent creatively capturing the essence of what the Centre is about.

We are very happy with the outcome of the website design and invite you to wander through the gallery and pages at your own leisure www.lotusyogacentre.org.nz

This edition of *The Lotus* brings news of the **Summer Solstice** celebrations held at the Centre on 21st December 2017 and it also features a report on the **Lotus Eco Village**.

Upcoming events of interest, may be an **Inner Path Retreat: Loving Yourself**, others and being love on Saturday 3rd March and an **Iridology Workshop** on Sunday 4th March.

Also of interest may be a **Body, Mind and Soul retreat** on Sunday 18th March, **The Journey Experience**, Your Life transformed on the weekend of 24th and 25th March, a **Meditation for Stress Release course** starting on Thursday 5th April, and a **Natural Ease Mindfulness and Awareness through Movement retreat** on Saturday 7th April. For more details on any of these events please refer to pages 6 – 9.

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Regular **Alive to Thrive Unity** meetings, **Meditation/Chanting** sessions in the Sanctuary and **Reiki Share** evenings are held at the Centre throughout the year. Details of these can be found on page 7 and 9.

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Lotus Eco Village Update

As you may well be aware, the Lotus Yoga Centre is on the brink of major change and transformation.

Circumstances have recently aligned to propel us into a future that previously had only been a dream. The Centre's Founding-Director Eric Doornekamp has long had a vision of a new centre being built in the vicinity of where the Sanctuary and pond are situated. Plans are now well advanced to make this a reality.

As communicated to members and friends during recent months, the Lotus Yoga Centre has entered into a partnership with a sympathetic property developer, Simon Wallace, (brother of Ralph Wallace our Committee chairperson), who will assist us to achieve our vision. In so doing and as an outcome of this partnership, we will soon see the implementation of a plan that includes 27 ecologically designed houses, a community centre, a guest house, and extensive organic vegetable gardens as well as a brand new yoga centre itself. So between us, we will create a very significant property development, and more importantly, a community development too.

This new village will be called Lotus Eco Village, and will incorporate the very latest in ecological and environmental design. We are planning for a community that will co-exist under a model called cohousing that is becoming more common in Europe, North America, and now here in New Zealand. We anticipate many if not most of the residents will be practising yogis, and if not, then they soon will be.

Resource Consent is currently being applied for and it is expected that earth works will begin in April/May when resource consent has been granted. We can assure you that classes, courses and other services will continue as usual during the coming changes, and that members and friends will be kept up to date.

You may recall that last year a number of Eco Village/Community plan information afternoons were held at the Centre. The result being that quite a number of sites have been chosen and deposits

made to secure the future construction of homes.

The Lotus Eco Village Owners' Group (LEVOG) was formed in December 2017 and on Sunday 18th February 2018 LEVOG met again to share in the plans and develop a sense of community. Guest Speaker Andrew Morrison from Ignite Group, Wellington talked about his experience with co-housing and various eco villages around the world. Andrew focussed his presentation on the characteristics of a successful co-housing development, such as having a shared philosophy and vision, with a strong social structure.

The next LEVOG meeting is scheduled for Saturday 17th March, 2 pm at the Lotus Yoga Centre. It will be an ongoing practice to invite interested folk who may want to join the eco-village at some stage in the future, to attend these meetings as observers with opportunities to ask questions.

Meantime any enquiries may be fielded to Ralph Wallace lotus.eco.village.nz@gmail.com

“We live in a world filled with many infrastructures upon which we depend. The physical ones can be destroyed, as we are finding all too often these days of climate change, terrorism, and war. But the infrastructures of the human heart and of the subtle worlds are far more resilient and powerful and dependable. Learning to work with these infrastructures is, I feel, the greatest preparation we can make for whatever the future holds.” ~ David Spangler, 2017.



The Summer Solstice 2017

Celebrating the coming of the light

By Eric Doornekamp



A dozen yogis gathered in the Sanctuary to celebrate the Summer Solstice on 21st December 2017. It is an annual event but this year marked a special moment in the forty-five year history of the Lotus Yoga Centre and Retreat Inc.

We meditated on the Five Elements or *Pancha Bhutas* that make up the Universe.

The Sanctuary stands on the confluence of powerful ley lines. This is conducive to healing and meditation of the Body, Mind and Soul.

We are living at a time of great significance. This is explained in the following article on the *Pancha Bhutas*. Climate change, pollution of the environment, social and mental factors, all play an increasing role in this day and age. Some would say that our survival is at stake.

The Physical Body. Our health depends on sound nutrition, movement, and relaxation.

The Mental Body. Our Mind enables us to discover the meaning of the existence of life.

The Soul. This is the Higher Self and is directly in contact with the Eternal Absolute Principle.



The Sanctuary

It is right that we should celebrate the last few days at the end of the year. Time goes so fast that we are in autumn before we know it. So what has happened to all those New Year's resolutions? They have gone by the board. Life is too demanding. Many people have "tried" yoga and crossed it off as being too hard. Or they were simply too busy.

At this time of the year my thoughts often go to "the extended yoga family". Many people have passed through the gate, so to speak. I am not just referring to the path leading to the Sanctuary.

Yoga can help us to cope better. It is a way of life at so many levels. There is a need to practise – especially in difficult circumstances.

The friendships experienced, blessings in good times, and shared moments of peace during the yoga and meditation sessions are invaluable.

Yoga extends to all sentient beings. That should help to take care of the environment. Yes, nature is crying out for our compassion. Are we ready to respond?

Here I would like to set myself up as an example but must admit that I am falling well short of being perfect. Rather, it is a work in progress. Work is not the right word. Let us help each other. Service and Love are requisites at all times.

Healing and Meditation Mantra

Let love fill our hearts and Service be our aim.

May our Actions be unselfish and fill us with Joy.

Let the Great White Spirit shine all around.

May we become Enlightened.

Let Peace reign in our Mind.

May we be Still and our Thoughts be harmonious.

Let Union be determined by Awareness.

May Understanding manifest freely.

Let us accept guidance from our Teachers.

May we be healed in Body, Mind, Spirit.

News from the Centre

The Centre has been a hive of activity during recent months. The **Spirit of Kirtan** evenings with Rebecca Williams and Mayank held during the months of December 2017 and January 2018 were well attended, and the **Meditation** evenings facilitated by Mukta (Pip Jarden) during January and February 2018 were also well received by the wider community.



Rebecca and Mayank

Rebecca, Mayank and Mukta have devoted their lives to the practice of meditation and have returned to the Himalayas in India where they live to continue with their practices.

An open day held for the public at the Centre on Saturday 24th February proved to be a great success. Many of those who attended the free yoga and taichi qigong classes on the day have already signed up for classes.

There never seems to be a dull moment at the Centre. A leaning pine tree that was in danger of falling on our precious Sanctuary has been safely laid to rest.



We would like to acknowledge Paul and Shane from Fulbor Tree Services for their expert skills in felling the tree.



Working Bee

A working bee will be held at the Centre on Saturday 10th March to collect pine cones and move firewood in readiness for selling them as a fundraiser to recoup the costs that were incurred from felling the large pine tree.

Any offers of help between 10.00 am – 4.00 pm would be greatly appreciated even if it is for an hour. Every little bit makes a difference.

We would be most grateful if you could bring along containers for collecting the pine cones in and wheelbarrows to transport the firewood.

Contributions in the form of baking/vegetarian goodies for morning tea, lunch and afternoon tea to feed the working crew would be most appreciated.

Please **R.S.V.P** your availability to attend the Working Bee or help out with contributions.

For further information contact Cathryn Doornekamp: lotusyogacentrenz@gmail.com or phone 04 298 8258

Thank you

A big thank you is extended to Ros Goldsbrough for donating \$1,000 to the Centre, prior to Christmas. She also contributed the proceeds from two Prosperity workshops she held at the Centre in 2014 and 2015, so we are very grateful for Ros's ongoing generosity.

Handcrafted cards Fundraiser

Ani McManaway deserves special mention for her photographing skills and creative talents. She has handcrafted a great selection of blank cards for all occasions, photographed from scenes around the Centre. Since she started making these as a fundraiser in July 2017, we have raised \$802.00.

Christmas Raffle Fundraiser

A big thank you is due to those who supported the Centre with our Christmas fundraiser. The raffle was drawn on 21st December 2017, during the festivities following the Summer Solstice Celebration. Ralph Wallace had the honour of drawing the lucky tickets. Congratulations go to Graeme Richardson (Prize draw 1 – basket of edible delicacies), Jean Marending (Prize draw 2 – Surprise Kete) and Marilyn Wilkinson (Prize draw 3 – Surprise Kete).

We would like to take this opportunity to thank those that contributed the following items: Marie Groves (home made raspberry jam), Annette Burrell (hand crafted soy candle), Jill Newman (Bowen Therapy Massage Voucher and an Infrared Sauna Voucher), Ani McManaway (photographed inspirational cards) and committee members: Diana Evans, Catherine Sloan, Valerie Andrews, Jill Newman, Selwyn Williams, Cathryn and Eric Doornekamp for contributing various items to the Christmas Basket.

In total, after expenses the Centre made \$441.00 profit from this fundraising venture.

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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 lotusyogacentrenz@gmail.com

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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 helping out with a multitude of tasks around the Centre.

Rachel Tobin for weeding the gardens.

Ralph Wallace for trimming trees and cutting firewood.

Kay Ashley for helping in the kitchen with the February Body, Mind and Soul Retreat.

Annette Burrell, 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.

Help in the garden

*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.

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

Membership

Now is an ideal time to become a Member of the Lotus Yoga Centre.

Full Membership for the financial year:
1 April 2018 - 31 March 2019 is \$40.00

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

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

* The March 2018 *Lotus* Newsletter contains a 5-page article entitled *Meditation – Pancha Bhutas, The Five Elements* written by the Centre's Founding-Director Eric Doornekamp.

Regular Classes

Taichi Qigong and Yoga

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

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.

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.

Cost: Casual \$12.00 4 classes \$40.00
10 classes \$75.00 (\$65.00 Members)

Upcoming Events and Courses

Inner Path One-day retreat

LOVE:

Loving yourself, loving others, being love.

Saturday 3rd March 2018

10.00 am - 3.30 pm



Be guided into your inner being and find the love that is always there.

Guided meditations, self-inquiry, make

and walk a labyrinth,
clear quartz singing bowl, and more.



Leader: Annette Burrell
is a teacher, a mentor,
a seeker of truth,
a conscious being,
who lives at
Paraparaumu Beach.

Cost \$80.00

Please bring: Your own lunch.
Tea, coffee and snacks will be provided.

To register: email annette@theinnerpath.co.nz
or phone Annette 021 2997 456
www.theinnerpath.co.nz

Iridology Workshop

Which one of the five Iris types are you?

Find out on
Sunday 4th March 2018
10.00 am - 1.00 pm

with Course Facilitator Eric Doornekamp

**In this ½ day workshop you will learn
what the reading of the eyes reveals:**

- * Constitutional strengths or weaknesses
 - * Nutritional requirements
- * Inherent (genetic) strengths and weaknesses
 - * Toxic build-up in the body
- * The condition of your elimination channels.
Which ones can you improve?

Cost \$35.00 prepaid. Bookings Essential

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Alive to Thrive Unity Meeting



Ros Goldsbrough, the founder
of Alive to Thrive, a centre
to help people transform
their dreams into reality,
and Licensed Unity Teacher
facilitates regular meetings at
the Lotus Yoga Centre on
Sundays.

Everyone is welcome to attend.
The schedule of dates for the next 4 months is:

**Sunday 11th March, Sunday 8th April,
Sunday 6th May & Sunday 10th June 2018**

11.00 am – 1.00 pm followed by a shared
vegetarian lunch at 1.00 pm.

What to expect: Music, meditation, a short
teaching piece and taichi qigong.

What to bring: an open heart, a vegetarian dish to
share, a love offering (donation), and a friend.

For more information please contact Ros
Goldsbrough. Email: rosgoldsbrough@gmail.com
Phone: 021 08181 584

Body, Mind and Soul Retreat

Facilitated by Cathryn Doornekamp
IYTA trained Yoga Teacher

Venue: The Lotus Yoga Centre
91 Ruapehu Street, Paraparaumu

Sunday 18th March 2018
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
4th March 2018**

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

lotusyogacentrenz@gmail.com



The Journey Experience

Your Life transformed!

The Journey is for people who want real change in
their lives but who struggle with recurring feelings
of anger, anxiety, stress, depression or physical ill-
health.

The Journey Experience will guide you to find
freedom from emotional pain and limiting beliefs
so you can live the life you choose, whole and
free! These are practical tools for real life issues.

Immerse yourself in this life-changing work
with Sharon Turton

Saturday 24th March & Sunday 25th March

For more information or to register email
infoaustralia@thejourney.com

www.thejourneyaustralia.com

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Meditation for Stress Release Course

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

Thursday evenings 7.30 - 9.00 pm

at the Lotus Yoga Centre with Facilitator
Eric Doornekamp.

Course starting dates:

5th April, 3rd May & 7th June 2018

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.



Natural Ease Retreat

A 1-day mindfulness and awareness through
movement retreat led by Rachel Tobin



**Saturday 7th April 2018
10.00 am – 4.30 pm**

Replenish your energy & vitality!

Relax your mind & body!

Take a day out in a lovely, tranquil setting to tap

into the power of the now and rediscover your inherent OK-ness. Enjoy the benefits of giving your mind a rest from over-thinking. In this retreat we will explore mindfulness meditation and movement, with periods of silence, to access the ease and joy of being fully present.

During the day you will be guided in sitting and walking mindfulness practice, warm ups and stretches to prepare your body for mindfulness, and two 'awareness through movement' lessons from Feldenkrais tradition.

Cost \$95 (includes coffee and teas, snacks, plus all tuition. Please bring lunch to share)



Rachel Tobin is the director of the art of mindfulness. She is a trained teacher who has been exploring meditation and movement for over 25 years. She leads mindfulness classes, retreats and workshops for adults and children, and works individually with clients as a mentor and coach for mindfulness and wellbeing.

rachel@theartofmindfulness.co.nz

www.theartofmindfulness.co.nz/retreats/

Mobile: 021 473 012

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 March, April and May 2018 is:

Thursday 1st and 8th March
Thursday 15th, 22nd and 29th March
Thursday 5th and 12th April
Thursday 19th and 26th April
Thursday 3rd and 10th May
Thursday 17th, 24th and 31st May

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.

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Reiki Share

There will be a Reiki Share Group held at the Lotus Yoga Centre 7.15 - 8.45 pm on Wednesday 4th April 2018 and Wednesday 2nd May 2018

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

lotusyogacentrenz@gmail.com

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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

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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: lotusyogacentrenz@gmail.com