

The Lotus

Quarterly News-sheet July 2018

Editorial by Cathryn Doornekamp



Namaste. Welcome to the Winter edition of *The Lotus* news-sheet. We are pleased to report that the Winter Solstice Celebration on the Saturday following the shortest day of the year was a great success. Details of this event can be found on page 2.

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 8 for a class timetable.

Of interest in July and August may be **The Gift of Meditation** evenings with Pragati, Robyn Jarden and the **Silence is Golden Day Retreat** on 29 July. For more details please refer to page 5.

The July Body, Mind and Soul Retreat is fully booked so due to popular demand another **Body, Mind and Soul Retreat** is scheduled on **Sunday 23 September**. See page 7 for details.

Also of interest in September may be an **Introduction to Mindfulness** 4-week course with Rachel Tobin, a 4-week **Meditation course** with Eric Doornekamp, an **Iridology workshop** and a **Natural Ease Retreat**. Details of these events can be found on pages 6 and 7.

Regular meditation/chanting sessions and Alive to

Thrive Unity meetings are held at the Centre all year round. Please refer to pages 5 and 6 for a list of dates. Everyone is welcome to attend.



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Winter Solstice 2018

By Eric Doornekamp



We are already over halfway through the year. On the 21st June we celebrated the Winter Solstice. There is another important event which falls around the same time. That is Matariki when the constellation Pleiades first rises above the horizon. This marks the beginning of the Maori New Year.

The Polynesians ventured across Te Moana Nui a Kiwa or the Great Pacific Ocean to Aotearoa or the Land of the Long White Cloud. (Later it became known as New Zealand). They navigated by the stars at night and on arrival lived by the maramataka or calendar for fishing, hunting, planting and harvesting. They commemorated their ancestors and other important events by consulting their calendar.

In the Southern Hemisphere we celebrate mid-winter on 21st June whereas in the Northern Hemisphere it is midsummer. It is not uncommon to refer to the Northern Solstice as the 'upside down Christmas'. Of course Christmas is in December.

I was born in The Netherlands but have lived in New Zealand for sixty years. Therefore I may claim to have both hemispheres in me.

When we practise Hatha Yoga (*ha* for sun, *tha* for moon) we find that the seasons are a cause of celebration, whatever date they take place.

Interestingly, an internationally Yoga Day was held on 21st June too. This event originated in India and every year yogis participate worldwide.

At the Lotus Yoga Centre we combined the Winter Solstice, Matariki and the International Yoga Day on 23rd June 2018.

A dozen members and friends gathered at the Healing and Meditation Sanctuary at 2 pm. After everybody had settled in I suggested that we meditate on light.

We started with quiet breathing in the *manipura chakra* (solar plexus). Following this we moved into the *anahata chakra* (heart region). Then came the *ajna chakra* (in the centre of the eyebrows).

Next all three centres were combined and the meditation flowed freely. It fits in well with the concepts of Body, Mind, Soul. The meaning of yoga is union or oneness.



The Sanctuary

The Sanctuary is the perfect place for meditation. The surroundings are very peaceful and conducive for "tuning in to the higher vibrations". It also lends itself well to chanting. We concluded the session with three *aums*.

Afterwards we met at the Centre for a 'cuppa' and snacks. The Winter Solstice may be a time of cooler weather but the heart remains warm.

Observation: Yogis like celebrations! You are welcome to join us any time.

News from the Centre

The generosity and goodwill forthcoming from members and friends of the Centre in recent months has been abounding in abundance.

We would like to acknowledge Annette Burrell for donating some lovely hand made soy candles for use in the Sanctuary. We have been really enjoying the pure light the candles project.

The Sanctuary is now the home for a beautiful amethyst cave, projecting it's sparkling, glowing energy far and wide. The donor of the crystal is pleased to share it's beauty with others and wishes to remain anonymous.



A big thank you is due to John Baldwin, Joe Franklin, Annette Esquenet, Selwyn Williams, Ani McManaway, Annette Burrell and Alison Bowie for attending the working bee at the Centre on Saturday 10th March.

We really appreciated their help collecting pine cones and moving firewood in readiness for selling as a fundraiser to recoup the costs that were incurred from felling the large pine tree that was in danger of falling on the Sanctuary. John came with a chainsaw and chopped up some of the large rings into smaller pieces.



In the days leading up to the working bee, Ralph Wallace constructed a path for the wheel barrows to glide over. We were truly grateful for his thoughtfulness in doing this as it made the job so much easier!

We would like to thank Jean Marending, Carol Butt, Marie Groves, Roberta James, Anne Purchas and Annette Burrell 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.

And on another note we would like to take this opportunity to thank Jill Newman our relief taichi qigong teacher, and Robyn Moore and Selwyn Williams, our relief yoga teachers for helping out with the classes when needed. We really appreciate their support.

Movie Fundraisers

A big thank you is due to those who supported the Centre with movie fundraisers; *The Guernsey Literary and Potato Peel Pie Society* at Shoreline Cinema on 25th April and *The Bookshop* on 30th May 2018.

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 \$1,060.00 profit from sales of tickets.

Lotus Eco Village Update

As you may 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 late last year, 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 doing so and as an outcome of this partnership, we will soon see the implementation of a plan that includes an eco village with community facilities and extensive organic vegetable gardens as well as a brand new yoga centre. 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.

Since the plans were filed for Resource Consent with Kapiti Coast District Council earlier this year the plans have been resubmitted with a few changes. There will now be 25 ecologically designed houses instead of 27 resulting in a larger village green, and the road leading to the new Centre has been rerouted to reduce the impact on earthworks and the removal of trees.

Subject to Resource Consent, site works will begin in Spring 2018 with construction starting towards the end of Summer. Classes, courses and other services held in the old homestead will continue as usual during the coming changes, and we will keep members and friends up to date on progress.

For more information about the eco village email Ralph Wallace lotus.eco.village.nz@gmail.com

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

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 and Bee Buakula for weeding gardens.

Ralph Wallace for chainsawing firewood and tending to various tasks around the Centre.

Jill Newman for cleaning windows in the Centre and the Sanctuary.

Ani McManaway for helping in the kitchen with the lunch for the Unity Meetings and the Body, Mind and Soul Retreats, heating up food, setting the table and cleaning up after.

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.*



Upcoming Events and Courses

The Gift of Meditation

The Essence of Life

“Freedom is your own true nature, and how to unfold and live it is an incredible gift.”

Weekly classes at the Lotus Yoga Centre with Pragati every Thursday evening

21st June – 9th August 2018

7.30 pm – 9.00 pm

Cost \$15.00 (cash) per evening

Please feel free to come along any Thursday.
Everyone is welcome.

Topics that will be covered include:
Meditation – simple, effective means to directly experience the Knower-space.
Pranayam breathing exercises.
Mantra and ancient scriptures.



For thirty-seven enriching years, Robyn Jarden, Pragati, has been under the direct tutelage of an enlightened sage. She has been immersed in the experiment of Self-discovery through the study and practice of meditation and pranayam in the Himalayas of Northern India, where she received a PhD in Meditation and Philosophy.

She has studied the Indian scriptures, such as the Upanishads, Patanjali Yog Darshan, and the Bhagavad Gita, delighting in their message and benefits. She has taught Yog philosophy and practices to people of all ages, from all over the world, from all walks of life.

Email: pragati927@gmail.com

Silence is Golden Day Retreat

A silent Retreat Day to embrace stillness and find your Zen bliss in a magical tranquil sanctuary.



Saturday 29th July 2018

10.00 am – 4.00 pm

Cost \$55 per person

Venue: The Lotus Yoga Centre,
91 Ruapehu Street, Paraparaumu

For more information or bookings:

<http://www.boxofchocolates.co.nz>

Alive to Thrive Unity Meetings



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 few months is:

**Sunday 5 August, Sunday 2 September,
Sunday 30 September 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 phone Ros 021 08181 584 or email: rosgoldsbrough@gmail.com

Introduction to Mindfulness

4-week course facilitated by Rachel Tobin



5th September – 26th September
(Wednesdays) 7 pm – 8 pm

Specifically designed for people with busy schedules, Introduction to Mindfulness is a simple and easy way to learn mindfulness meditation or to develop a more regular practice.

The fee of \$125 includes all tuition, a printed handbook, a selection of mindfulness meditation audio files, weekly e-mails and a free subscription to the Wildflowers mindfulness app.

For more information or to book:

<http://www.theartofmindfulness.co.nz/coursesforadults/>

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Meditation Course

4-week introductory block course in meditation with Facilitator Eric Doornekamp.

Thursday 6th September, 7.30 pm – 9.00 pm

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 usually held in the Sanctuary on

Thursday evenings: 7.30 – 8.30 pm.

To avoid a conflict of interests with the meditation sessions Robyn Jarden is holding at the Centre on Thursday evenings 21st June – 9th August, the meditation/chanting sessions will be held on Friday evenings in the Sanctuary instead of Thursday evenings.

The schedule of meetings for the months of July and August 2018 is:

Friday 6th and 13th July

Friday 20th and 27th July

Friday 3rd and 10th August

Thursday 16th, 23rd and 30th August

7.20 pm: We meet in front of the Lotus Yoga Centre and 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

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Iridology Workshop

Which one of the five Iris types are you?

Find out on

Sunday 16th September 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

Body, Mind and Soul Retreat

Facilitated by Cathryn Doornekamp
IYTA trained Yoga Teacher

Venue: The Lotus Yoga Centre
91 Ruapehu Street, Paraparaumu

Sunday 23rd September 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
9th September 2018

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

lotusyogacentrenz@gmail.com



Natural Ease Retreat

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



Saturday 29th September 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 a vegetarian 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

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 for Full Members (\$75.00 for Non-Members)

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

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.**



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

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: lotusyogacentrenz@gmail.com