

# The Lotus

## Quarterly News-sheet September 2018

### Editorial by Cathryn Doornekamp



Namaste. Welcome to the Spring edition of *The Lotus* news-sheet. As Winter draws to a close, we welcome the change of season. So much has transpired since the release of the last newsletter.

A momentous occasion was observed at the Centre on 1<sup>st</sup> September. An account of this celebration can be found on page 2 of this news-sheet. Following the blessing ceremony of the land, Treescape have been busy putting in a temporary road to take out a number of pine trees in readiness for the landmark development that is about to take place.

Classes, courses and other services held in the old homestead will continue as usual during the coming changes. We will keep members and friends up to date on progress.

The Centre has a wide array of yoga and taichi qigong classes on offer to nurture one's well-being. Please refer to page 5 for a class timetable. Classes carry on all year round except when a class falls on a public holiday.

During the next few months we have a great line-up of events scheduled. Of interest in September and October may be an **Iridology workshop**, a **Natural Ease Retreat** with Rachel Tobin, a 4-week **Meditation course** with Eric Doornekamp, a **Soulsisters Day Retreat** with Lisa Conroy, an **Inner Path One-day Retreat: Quiet mind and open heart** with Annette Burrell, a **Discover Your Natural Bliss Silent Day Retreat** with Lisa Conroy and an **Introduction to Mindfulness** 4-week course with Rachel Tobin. Details of these events can be found on pages 6, 7 and 8.

The September Body, Mind and Soul Retreat is fully booked so due to popular demand another

**Body, Mind and Soul Retreat** is scheduled on **Sunday 11 November**. See page 9 for details.

Regular meditation/chanting sessions and Alive to Thrive Unity meetings are held at the Centre all year round. See page 6 and 7 for a list of dates. Everyone is welcome to attend.

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### Tuhinga O Mua – Blessing Ceremony

By Ralph Wallace

Chairperson of the Lotus Yoga Centre

Wasn't the first day of Spring a red-letter day here on the Kapiti Coast? Saturday the 1<sup>st</sup> of September also marked a key milestone for the Lotus Yoga Centre and its latest development: the building of a new Yoga Centre in the vicinity of the Sanctuary and pond, and also the establishment of an eco-village with community facilities and extensive organic vegetable gardens.

You may have read in earlier issues of *The Lotus* newsletter progress reports on the exciting new initiative taking place here. Perhaps you have read about it on our website:

<http://lotusyogacentre.org.nz/future-developments/>

Finally after months of waiting, resource consent has been granted by the Kapiti Coast District Council. This green light has set in motion events that have been in the melting pot since our decision in March 2017 to collaborate with Simon Wallace, businessman and entrepreneur, to create an eco-village.

To kick the Project off we began with a very special ceremony, a Tuhinga o Mua, partnering with local Kaumatua Don Te Maipi to spiritually bless the land, clear any unhelpful energies and initiate the healing of the environment after site works have transformed our home. Koro Don was assisted in this mahi by Nanny June and grandson Trent.



Koro Don, Trent, Ralph Wallace and Nanny June

They formed a powerful trio who lead us around the property chanting prayers and karakia, pausing occasionally for us, many friends, members and future eco-villagers who had gathered for the event, to join in with affirmations and waiata. Haumi e! Hui e! Taiki e! Bind us! Join us! It is done!



We began with a Karanga – a call by Nanny June as she called to the Ancestors to open the doors for this kaupapa and to guide us. Then Koro Don and Trent chanted many karakia, including:

Whakataka te hau ki te uru,  
Whakataka te hau ki te tonga.

Kia mākinakina ki uta,  
Kia mātaratara ki tai.

E hī ake ana te atākura he tio,  
he huka, he hauhunga.  
Haumi e! Hui e! Tāiki e!

Get ready for the westerly  
and be prepared for the southerly.  
It will be icy cold inland,  
and icy cold on the shore.

May the dawn rise red-tipped on ice,  
on snow, on frost.

Join! Gather! Intertwine!

And closing with:

Kia tau ngaa manaakitanga ki tee ra, ki teena, ki  
teenei o taatou te hunga kua ngaro.

Kia Huu ai te maakiikii

Kia Huu ai te manu

Kia Huu ai te Poo kare kare o te wai

Kia Huu ai te Hiihii o te hau i roto i ngaa huuata,  
raakau.

Kia toitu te reo, te kupu, te wairua, te mauri, te  
mahana, te kootahitanga  
Kia taatou katoa  
Kia Tina! Tina!  
Haumi e! Hui e! Taiki e!

May the blessing be upon those of our loved ones  
that have been out of sight to us.

May the cry of the cicada always be heard

The cry of the birds

The rippling flow of the waters

The hissing sound of the wind through the plants  
and trees

Will always be heard.

Make stronger the language, the word, the spirit,  
the Life Force, the warmth.

The togetherness for all of us.

Agree! Agreed! Join us! It is Done!

Finally, as is our tradition, we decamped to the  
dining room for a well-earned cup-of-tea and a  
bite to eat.



By this time, the mayor, K Gurunathan had  
blessed us with his presence as he traversed the  
district officiating at various community events  
(see page 6 of the Kapiti News September the 5<sup>th</sup>  
edition).



## News from the Centre

The Centre has been a hive of activity during  
recent months. We were blessed to have Pragati  
(Robyn Jarden) from Kullu, India hold a series of  
**Meditation** evenings at the Centre during the  
months of June, July and August, that were well  
received by members, friends and the wider  
community.

There never seems to be a dull moment at the  
Centre. Treescape have been engaged to take out a  
number of pine trees in readiness for the  
development that is about to take place at the  
Centre.

<http://lotusyogacentre.org.nz/future-developments/>

Here follow some snapshots of the work in  
progress.



### AGM

Cathryn and Eric Doornekamp are pleased to report that the Annual General Meeting of the Centre on the 31st August was a great success. Those in attendance enjoyed a delicious home-baked date and apple cake for supper, made by Jill Newman.

#### Honorary Membership

Dr. Ananda Balayogi Bhavanani was accorded Honorary Membership of the Lotus Yoga Centre for the forthcoming financial year 1/4/2019 – 31/3/2020, 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 1<sup>st</sup> April 2014.

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 Wife* at Shoreline Cinema on 8<sup>th</sup> August and *On Chesil Beach* on 12<sup>th</sup> September 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 \$900.00 profit from sales of tickets.

### 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](mailto:lotusyogacentrenz@gmail.com)

### 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 2018 September *Lotus* Newsletter contains a 5-page article entitled *Branches of Yoga* written by Eric Doornekamp.

## Regular Classes

### Yoga and Taichi Qigong

**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.**

## 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 Claudia Duncan and Bee Buakula for weeding gardens.

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

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

Ani McManaway for helping in the kitchen with the lunch for Unity Meetings.

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

### Iridology Workshop

Which one of the five Iris types are you?

Find out on

**Sunday 16<sup>th</sup> 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**

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### Natural Ease Retreat

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



**Saturday 29<sup>th</sup> 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 med-itation 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](mailto:rachel@theartofmindfulness.co.nz)

[www.theartofmindfulness.co.nz/retreats/](http://www.theartofmindfulness.co.nz/retreats/)

Mobile: 021 473 012

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### 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 30 September, Sunday 28 October,  
Sunday 25 November 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](mailto:rosgoldsbrough@gmail.com)

## 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:

**4<sup>th</sup> October and 1<sup>st</sup> November 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.

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## 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 2018 is:**

**Thursday 6<sup>th</sup> and 13<sup>th</sup> September**

**Thursday 20<sup>th</sup> and 27<sup>th</sup> September**

**Thursday 4<sup>th</sup> and 11<sup>th</sup> October**

**Thursday 18<sup>th</sup> and 25<sup>th</sup> October**

**Thursday 1<sup>st</sup> and 8<sup>th</sup> November**

**Thursday 15<sup>th</sup>, 22<sup>nd</sup> and 29<sup>th</sup> 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.

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## Soulsisters Day Retreat

**Empowering your emotions to support your life**



A day dedicated to you, to assist you on your wellbeing journey.

**Sunday 7<sup>th</sup> October 2018**

**10.00 am – 4.00 pm**

**Cost \$55 per person**

**The day will encompass:**

Welcome gift pack

**Group Meditations and visualisation in a stunning Sanctuary space**

Grounding rituals to help balance your mind, body and spirit.

**Movement to breath session**

Creative mood board exercise to inspire more empowerment

**Workshop to understand the gifts of our emotions to help release fears/pain. Using emotional endorphins to your advantage through exercise and creating a positive link between food and emotions.**

Mindfulness and aromatherapy pamper session

**Healing circles to help balance emotions and wellbeing**

Shared lunch and time to “just be”

**To book please contact Lisa**

[lisa@boxofchocolates.co.nz](mailto:lisa@boxofchocolates.co.nz)

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

## Inner Path One-day retreat

**Quiet mind and open heart:**  
relax under your mind, relax under your emotions and experience your essence.

**Saturday 13<sup>th</sup> October 2018**  
**10.00 am - 3.30 pm**



The day will include: meditation, self-inquiry, listening to 3 quartz singing bowls (solar plexus, heart, throat), making/walking a labyrinth, silence 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](mailto:annette@theinnerpath.co.nz)  
or phone Annette 021 2997 456  
[www.theinnerpath.co.nz](http://www.theinnerpath.co.nz)

## Discover Your Natural Bliss

### Silent Day Retreat

A silent retreat day to embrace stillness and understand nature's elements to create bliss in your own magical tranquil sanctuary.



**Saturday 27<sup>th</sup> October 2018**  
**10.00 am – 4.00 pm**

**Cost \$55 per person**

For more information or bookings:

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

### Introduction to Mindfulness

4-week course facilitated by Rachel Tobin



**31<sup>st</sup> October – 21<sup>st</sup> November**  
**(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:

<https://mindfulnessworks.co.nz/mindfulness-and-meditation-training/>

## Body, Mind and Soul Retreat

Facilitated by Cathryn Doornekamp  
IYTA trained Yoga Teacher

Venue: The Lotus Yoga Centre  
91 Ruapehu Street, Paraparaumu

**Sunday 11<sup>th</sup> November 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**  
**28<sup>th</sup> October 2018**

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

[lotusyogacentrenz@gmail.com](mailto:lotusyogacentrenz@gmail.com)



## 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)