

# The Lotus

## Quarterly News-sheet December 2018

### Editorial by Cathryn Doornekamp



Namaste. Welcome to the Summer edition of *The Lotus* news-sheet. “Where intention goes, energy flows”. With Christmas approaching and the busyness of the 'silly season' it is important to find some time to nurture our well-being.

Our teachers and therapists are dedicated to providing an ongoing service during the Christmas and New Year period in the tranquil surroundings of 'Whare Ora', the old homestead. A timetable of yoga and taichi qigong classes is available from the Centre.

Regular meditation/chanting sessions and Alive to Thrive Unity meetings are held at the Centre all year round. See pages 8 and 9 for a list of dates.

This edition of *The Lotus* news-sheet brings news of a gathering at the Centre on Friday **21 December** to celebrate the **Summer Solstice**. At 7.00 pm we will meet in front of the Centre and walk as a group to the Sanctuary for a meditation followed by a shared supper. Please bring along your favourite vegetarian dish. All are welcome.

During the next few months we have a great line-up of events scheduled. Of interest in January and February 2019 may be a **Discover Your Natural Bliss Silent Day Retreat** with Lisa Conroy, a **Body, Mind and Soul Retreat** with Cathryn Doornekamp, a 4-week **Meditation course** with Eric Doornekamp, the **Art of Mindfulness Retreat** or an **Introduction to Mindfulness** 4-week course with Rachel Tobin. Rachel is also holding a 7-week mindfulness course **Now, in this Moment** for children aged 8 – 10 years. Details of these events can be found on pages 6, 7 and 8.

The **Classic Yoga Course** is scheduled to start in February 2019 for yoga students who would like to

pursue yoga in depth. More information can be found on page 6.

Featured in this newsletter are two articles written by Eric Doornekamp entitled **A Saint Comes Marching In** and **The Story of a Printing Press**.

Enjoy the festive season and have safe holidays. *Aum Shantih*. May Peace, Love and Joy prevail.

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

## A Saint Comes Marching In

By *Eric Doornekamp*



When I think of the Summer Solstice in New Zealand my thoughts go back to the northern hemisphere. In The Netherlands Saint Nikolaas is celebrated on 5 December, which is a great time, especially for children.

The Saint arrives by steamer from Spain, although in modern times it may be in a helicopter. He is accompanied by a number of black Peters. He has a white beard and is dressed in red. He rides a white horse and carries a bag full of presents. This is filled with individual gifts and distributed amongst the 'good' children. They must have been obedient during the year or else they are put in the bag and taken to Spain to be taught a few lessons in right conduct!

The children put a shoe or a boot in front of the fireplace overnight. They are expected to sing songs in honour of the Saint's birthday. They leave nice juicy carrots for the horse.

That time of year it is cold and we used to eat sweets and more expensive items. An another delicacy is Barket letter, made in the shape of a child's first name. Speculaas or gingerly spiced biscuits were always my favourites.

You will have recognised the similarities with Christmas. Well, 25 December is a relatively mild celebration in The Netherlands. Traditionally, families gather in the local village hall for songs and presents.

During the last few decades or so the American influence has become much more noticeable. The hype of commercialism seems to increase with each passing year but maybe I am just critical nowadays.

Perhaps I should make a point of celebrating both events! Saint Nikolaas earlier and Santa Klaus later in the month. That means I will have it both ways and can appreciate the festivities.

## The Story of a Printing Press

By *Eric Doornekamp*

When the Lotus Centre was established in 1971, I envisaged the publication of readily available literature on yoga and associated health topics. It began with an Olivetti type writer and a spirit duplicator. In due course we produced a quarterly newsletter, which grew into The Lotus magazine in 1972. This was distributed nationwide.

We engaged Cambridge Print, a commercial printer in Wellington. He used a Multilith 1250 Offset Press. On his retirement, Dick Dominic, its proprietor suggested that the Centre buy his press, which came to pass in due course. Thus the Centre became its new owner in the early 1980's.

Dick taught me how to operate the press but I had at best a love-hate relationship with it. There was such a lot to learn and if I had any ink in my blood, it was not obvious. Writing books rather than printing them happened to come much more natural to me.

We spent many weekends collating and stapling. There were always willing hands to help with various tasks. I also travelled regularly to yoga seminars and sold several thousands of books. My rusty old Datsun was loaded with boxes for distribution to bookshops all over New Zealand.

When we shifted to the Kapiti Coast in 1985, the press continued to operate from a garage for a while. In November 2018, the time arrived to dispatch of "old faithful". Technology had progressed in the industry, due to the many modern advances of photocopiers, computers, etc. Somewhat sadly, it was passed on to a scrap metal dealer.



**Eric farewelling the printing press**

Now that the press is gone, I feel an era in printing has come to an end. Forget about my relationship with it as described - I am well and truly over it! Thanks to everybody involved in its removal. If you have one of the books printed on the Multilith Press, may you still enjoy the use of it.

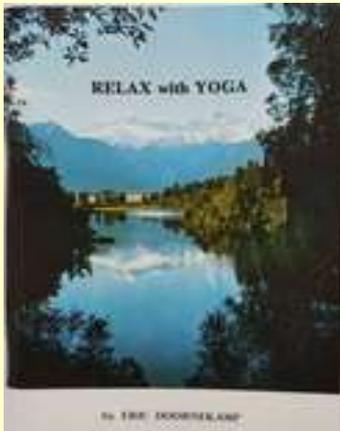
**Titles of publications  
by the Lotus Yoga Centre include:**

**The Lotus**

*A quarterly magazine 1972 and a  
quarterly newsletter 1972 onwards*

**Yoga with Veronica**

*Veronica Waring - First printed 1974*



**Relax with Yoga**

*Eric Doornekamp - First printed 1976*

**Gems of Wisdom**

*Swami Abhayananda - First printed 1976*

**Yoga Therapy**

*Eric Doornekamp - First printed 1976*

**Be Fit with Yoga**

*Eric Doornekamp - First printed 1977*

**Yoga Cleansing Techniques**

*Eric Doornekamp - First printed 1980*

**Massage for Relaxation**

*Eric Doornekamp - First printed 1980*

**The Great New Zealand Walk**

*Eric Doornekamp - First printed 1987*

**Yogames**

*Eric Doornekamp - First printed 1998*

**Yoga Humour**

*Eric Doornekamp - First printed 1999*

**A selection of vegetarian recipe  
books published by the Lotus Yoga Centre:**

**Sivananda Cook Book**

*Ravi and Kamakshi - First printed 1975*

**Practical Vegetarianism**

*Eric Doornekamp - First printed 1979*

**Vegetarian Recipes from Many Countries**

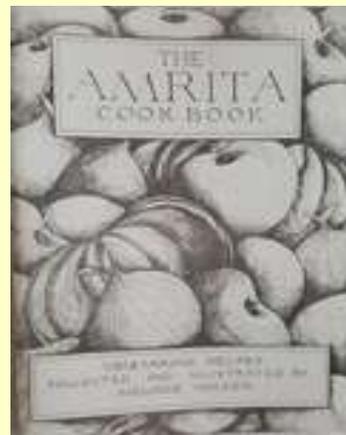
*Anna van der Lip - First printed 1982*

**Recipes from the Farmyard**

*Bruce Collins - First printed 1982*

**Sunflower Cook Book**

*Val Parker - First printed 1983*



**The Amrita Cook Book**

*Melanie Walker - First printed 1984*

**Colourful Vegetarian Recipes**

*Anne Doornekamp - First printed 1985*

**Limited copies of the following cook books  
are available for purchase from the  
Centre for \$10.00 each:**

**Recipes from the Farmyard**

**Colourful Vegetarian Recipes**

**Vegetarian Recipes from Many Countries**

**Practical Vegetarianism**

**Sivananda Cook Book**

**Sunflower Cook Book**

**Full members of the Centre receive a  
10% discount on books.**

### News from the Centre

The Centre has been a hive of activity during recent months. A working bee was held on Friday afternoon 16 November to move wood. Thanks to John Baldwin, Ralph Wallace, Claudia Duncan, Diana Evans, Jill Newman, Ani McManaway and Annette Esquenet. Many hands make light work!

A skip bin was filled the following week. Many thanks to Ralph Wallace, Cathryn Doornekamp and Ani McManaway for their great efforts with clearing out sheds.

We would like to take this opportunity to thank International Yoga Teachers Association (IYTA) lower North Island/Wellington branch for generously donating \$250.00 in recognition of what we are doing at the Centre in the nature of yoga and the future development of the Centre.

### Lotus Eco Village Update

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

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

Following the granting of resource consent, a number of pine trees have been felled prior to civil works (the construction of roads, clearing of building sites, plumbing, electrical and internet services). We are still on track for the first eco house to be delivered April/May next year. Concept plans for the new Yoga/Community Centre have been prepared by Gil-Plans Architecture.

Plans are available for viewing at the Centre for anyone interested.

During the upcoming works, classes, courses and other services held in the old homestead will continue as usual. 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](mailto:lotus.eco.village.nz@gmail.com)

### Movie Fundraisers

A big thank you is due to those who supported the Centre with movie fundraisers; *The Seagull* at Shoreline Cinema on 24 October and *They Shall Not Grow Old* on 28 November 2018.

Spot seat prizes were generously donated by Jill Newman (Sauna vouchers), Claudia Duncan (Relaxing massage vouchers) Lotus Yoga Centre (Body, Mind and Soul retreat vouchers, Yoga and Taichi Qigong vouchers), Annette Burrell (handcrafted soy candles), Kimbra Taylor (Art print), and Shoreline Cinema (Movie vouchers).

After expenses the Centre made \$700.00 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)

### Special Offer

The Lotus Yoga Centre would like to thank you for your continued support this year.

The best compliment you can pay us is the referral of your family and friends.

The majority of new attendees in the classes come by 'word of mouth'.

As a token of our appreciation, we are making the following offer

**to all current ten-session card holders:**

**Introduce a friend to  
YOGA or TAICHI QIGONG  
and receive a free class when this person  
books for a minimum of four classes.**

This offer is available immediately,  
and is valid until **28 February 2019.**

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## Christmas Raffle

We are holding another Christmas Raffle, after last years success!

Thank you for your generous donations. We have made up several fabulous raffles.

The prizes are on display at the Yoga Centre where tickets are for sale.

There will be 6 prize draws.



**Tickets \$5.00 or 3 for \$10.00**

The raffle will be drawn on

**Friday 21 December**

at the Summer Solstice Celebration to be held at the Lotus Yoga Centre.

**Winners will be notified by phone and email**

## Christmas Card Fundraiser

Beautiful hand crafted Christmas cards, photographed from scenes around the Centre are available for \$4.00 each.

### Vouchers

**For that extra special gift**

Purchase your loved ones a voucher for Christmas.

**Yoga, Massage, Taichi Qigong** vouchers are available from the Centre.

## 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 helping in the garden.

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

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

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

Yvonne Carkeek and Kirsty Dunlop for cleaning.

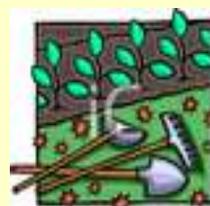
Annette Burrell, Jill Newman and Ani McManaway for providing flowers for the yoga room.

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

### 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.



**Sunday 27 January 2019**  
**10.00 am – 4.00 pm**

**Cost \$65 per person**

For more information or bookings:

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

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#### 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:**

**7 February and 7 March 2019**

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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### Classic Yoga Course Invitation

**ARE YOU INTERESTED IN  
PERSONAL GROWTH AND SELF-  
DEVELOPMENT?**



The Classic Yoga Course is an in-depth course aimed at those who are able to dedicate more time to the practice and theory of yoga. The course is progressive, with an ongoing commitment. Participation in the lessons is required. The course is therefore only suited to individuals with discipline, sincere dedication and a deep love of yoga.

With once-monthly meetings on a Saturday over a period of four years, this course covers major aspects of yoga, enabling the student to gain insight into its practice. Topics are of an ongoing nature and include different paths of yoga, breath control and relaxation techniques. The course aims to provide a deeper insight through physical, emotional, mental and spiritual development.

Facilitator Eric Doornekamp is a practising yoga therapist, with a Ph. D. in yoga issued by Vishwa Unnyaya Samsad. He studied under Yogamaharishi Dr. Swami Gitananda Giri in 1968 at Ananda Ashram, Pondicherry, South India.

The next Classic Yoga Course is scheduled to start on: **2 February 2019.**

**Enrolment: Dec 2018 - Jan 2019.**

A full prospectus is available from the Centre. For more information or to enrol, please contact Cathryn Doornekamp.

## Body, Mind and Soul Retreat

Facilitated by Cathryn Doornekamp  
IYTA trained Yoga Teacher

Venue: The Lotus Yoga Centre  
91 Ruapehu Street, Paraparaumu

**Sunday 3 February 2019**  
**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**  
**20 January 2019**

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)



## The Art of Mindfulness Retreat

A 1-day mindfulness and qi gong retreat  
led by Rachel Tobin



**Saturday 23 February 2019**  
**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 relaxing your body, and give your mind a rest from over-thinking. In this retreat, mostly silent for participants, we will explore mindfulness meditation and qi gong as a way of opening to a place of stillness and presence.

During the day you will be guided in sitting and walking mindfulness practice, qi gong warm ups to energise your body and prepare for qi gong, and learn qi gong practices that you can take home to use.

**Fee \$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](mailto:rachel@theartofmindfulness.co.nz)

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

Mobile: 021 473 012

## Introduction to Mindfulness

4-week course facilitated by Rachel Tobin



**20 February – 13 March**  
**(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/>

## Now, in this Moment

A 7-week mindfulness course for children aged 8 - 10 years facilitated by Rachel Tobin



**Wednesday 27 February – 10 April**  
**4.15 pm – 5.15 pm**

Offer your child tools to increase calm and wellbeing. Children will learn how to: Reduce stress and anxiety, practise gratitude, understand

the relationship between thinking and feelings in the body and appreciate the connection between all things and lots more!

Spaces are limited to 12.

Fee: \$120 includes weekly emails and mindfulness recordings.

Commitment required to practise daily with your child between sessions.

For more information or to book:

[rachel@theartofmindfulness.co.nz](mailto:rachel@theartofmindfulness.co.nz)

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

Mobile: 021 473 012

## 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 16 Dec 2018, Sunday 13 January**  
**and Sunday 10 February 2019**

**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/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 Dec 2018, January and February 2019 is:**

**Thursday 6<sup>th</sup> and 13<sup>th</sup> December**  
**Thursday 20<sup>th</sup> and 27<sup>th</sup> December**  
**Thursday 3<sup>rd</sup> and 10<sup>th</sup> January**  
**Thursday 17<sup>th</sup>, 24<sup>th</sup> and 31<sup>st</sup> January**  
**Thursday 7<sup>th</sup> and 14<sup>th</sup> February**  
**Thursday 21<sup>st</sup> and 28<sup>th</sup> February**

**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.



## 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 December *Lotus* Newsletter contains a 6-page article entitled ***Silence in Meditation***, 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

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**

## Books

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

### Relax with Yoga

*Eric Doornekamp - \$10.00*

### Yoga Humour

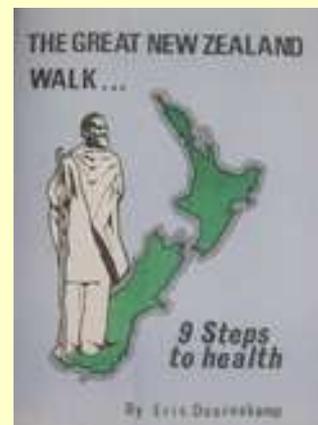
*Eric Doornekamp - \$9.00*

### Be Fit with Yoga

*Eric Doornekamp - \$2.00 (discounted)*

### The Great NZ Walk

*Eric Doornekamp - \$2.00 (discounted)*



**Limited copies of the following cook books are available for purchase:**

### Recipes from the Farmyard

*Bruce Collins - \$10.00*

### Colourful Vegetarian Recipes

*Anne Doornekamp - \$10.00*

**Vegetarian Recipes from Many Countries** *Anna van der Lip - \$10.00*

### Practical Vegetarianism

*Eric Doornekamp - \$10.00*

### Sivananda Cook Book

*Ravi and Kamakshi - \$10.00*

### Sunflower Cook Book

*Val Parker - \$10.00*

**Full Members receive a 10% discount on books not already discounted.**

## Therapies by Appointment 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 Doornekamp 04 298 8258

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

## 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 an appointment with Eric please contact  
Cathryn or Eric Doornekamp.