Celebrating a get together in New Zealand with Dr. Ananda Balayogi Bhavanani

successor to Rishiculture Ashtanga Yoga
and Chairman of the International Centre for Yoga Education and Research (ICYER),
at Ananda Ashram, Pondicherry, South India. (www.icyer.com)

Dr. Ananda Balayogi Bhavanani
 pictured with members and friends of the Centre
 in the Sanctuary behind the Lotus Yoga Centre
 Friday 28th March 2014
Namaste. Welcome to the Autumn edition of The Lotus newsletter. My does time fly! The year is sailing by at a fast pace of knots. The dates seem to be falling off the calendar, as do the leaves from the trees in Fall!

It seems only like yesterday that we were in the planning stages for Dr. Ananda Balayogi Bhavanani's visit and already Dr. Ananda has been and gone! Captured within these pages of The Lotus are some highlights of his very successful tour ‘down under’. We are pleased to report that the retreat he facilitated at Tatum Park: “Yoga, the Antidote to Stress” 28th – 30th March was well attended by members and friends of the Lotus Yoga Centre.

A mihi whakatau (traditional Maori welcome) was held on Friday afternoon, 28th March at the Centre on the front lawn of Whare Ora to welcome Dr. Ananda and guests. This was followed by a mantra/bhajan session in the Sanctuary behind the Centre, before departing for the retreat at Tatum Park. Details of the special welcome can be found on page 3.

This release of The Lotus comes complete with a special edition devoted to the retreat. It also features an excerpt taken from an interview with Dr. Ananda on Speaking Frankly About Yoga, and the final part of a three-part series on the Lotus Yoga Centre written by Founder-Director Eric Doornekamp.

Eric and I would like to take this opportunity to welcome Dianne Davis, UK Qualified Reflexologist to our team of practitioners. She will be available to see patients at the Centre by appointment.

Reflexology is a non-invasive treatment which is suitable for everyone. It soothes the stresses and strains of everyday life, encouraging relaxation and a sense of well-being.

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A Special Welcome

The 28th March, 2014 was a cheerful affair as manuhiri (visitors), Dr. Ananda and Australian guests were welcomed to the Lotus Yoga Centre by local kaumatua (elders) Don Te Maipi and Gwen Greenham.

Gwen Greenham

Kuia Gwen gave the karanga (call) to bring the visitors onto the grounds. Once everyone was seated, Koro Don delivered the whaikorero (speech of welcome).

Manuhiri and tangata whenua (locals) were seated facing each other and after Koro Don's whaikorero a waiata (song) was sung. Dr. Ananda, Eric Doornekamp and others responded with a speech and more waiata were sung.

During the ceremony, Dr. Ananda took the opportunity to acknowledge Eric Doornekamp for his part in establishing the Lotus Yoga Centre. In his words “If it wasn't for Eric we wouldn't be here today!” He presented Eric with an Indian shawl, and two posters of Yogamaharishi Dr. Swami Gitananda in recognition for keeping Rishiculture Ashtanga Yoga alive in New Zealand.

Don Te Maipi, Eric Doornekamp and Valerie Andrews admiring the shawl.

Editors note – Dr. Ananda is the son of the illustrious Dr. Swami Gitananda and successor to Rishiculture Ashtanga Yoga and ICYER, the International Centre for Yoga Education and Research.

Eric Doornekamp, Founder and Director of the Lotus Yoga Centre studied under Dr. Swami Gitananda Giri at Ananda Ashram, Pondicherry, South India in 1968/1969.

Speaking Frankly about Yoga

Editors note – The following is an excerpt taken from an interview with Dr. Ananda Balayogi Bhavanani by Niraimathi.

Question: How would you like people to understand Yoga?

Answer: For me, Yoga is a continuous process. The whole problem with something being goal-oriented is that people think that the goal is a vague something to be reached at the end of the journey. But, it is the journey itself that is important. This entire Yogic process is not about your learning and achieving. Yoga is something one “lives” until the last breath! Even that last
breath should be a conscious exit on a positive, evolutionary note from the body. One should leave the body with the satisfaction of knowing that one has done one's best. Yoga is a continuous process, a journey in which the goal is the journey itself. Yoga exists at multiple levels and one tunes into the level in which one exists. Yoga involves knowing what the body can and cannot do. Yoga is watching the breath, slowing the breath and cultivating control over emotions as the breath is slowed. Breath is the core regulator of our emotions. Yoga is not about the number of Yoga practices we do nor is it about how many times or how long we do them. It is all about how we live our life in tune with Dharma.

Yoga is life and everything we do consciously is Yoga. Yoga ceases in the presence of unconscious states of functioning. Yoga is in every second of life, Yoga is in every action, in every thought and in every emotion. For modern man in a modern setting, I feel more than anything else that Yoga is skill in action. Whatever you do, you should do with the attitude that it is to be done to the best of your ability and with total effort. To create action which is skillful and yet not motivated by any desire for reward, subtle or gross, is a model paradigm for modern man to construct his/her life. I see Yoga, in its modern context, as skillful action without desire or concern about the fruits of actions.

Ref: Yoga Life, January 2011, page 3

Dharma

The Sanskrit word dharma stems from dhri, meaning “to support, hold up or bear.” Dharma can be defined as “The Cosmic Glue”, or literally “that which holds everything together”.

“Cultivating the proper attitude, or bhavana towards life” and applying it to each and every one of life’s situations is the underlying basis of dharma.

“Dharma is “right-use-ness”, using everything with right manner, with righteousness.”

“Dharma is knowing what to think, when to think, how to think.”

“Dharma is knowing what to say, how to say, when to say.”

“Dharma is knowing what to do, when to do and how to do!”

Ref: Yoga Life, March 2008, pages 28, 29

The Lotus Yoga Centre and Retreat
by Eric Doornekamp

Part Three: Where to in the Future

Part One told the story of the early days at the Lotus Yoga Centre in Aro Valley, Wellington (1971). It began as a community of ten eager yoga students who lived in rental properties. In the 1980's the Centre also leased 127 Cuba Mall and the number of classes grew considerably. The Amrita Vegetarian Restaurant associated with the Centre, proved a popular meeting place. The Natural Therapy Centre helped people to achieve a healthy lifestyle.

Part Two saw the Centre move to Kapiti where it is still situated at 91 Ruapehu Street, Paraparaumu. A Healing and Meditation Sanctuary was built for those who seek peace and tranquillity. “Whare Ora” or “Home of Well-being” is still the headquarters of the Centre. The colonial homestead (1910) set in rural and peaceful surroundings provides just the right atmosphere for yoga practices.
There is a tendency to idealise the early years of the Lotus Yoga Centre as 'a hippy community'. Perhaps I should say, 'a happy community'. If I am guilty of nostalgia, yes, so may it be. This shows my age. These were the romantic times of The Beatles: 1960 – 1970's.

To quote an earlier write up in *The Lotus*: “It seems appropriate that we create a place where we can hold meetings, share meals, and play music. We do not need an excuse for a celebration”.

**Part Three**

Now I will continue with the third part of my story. There have been many changes over the years. I leave it to you to decide if times are getting any better. It appears everything has increased in speed. “Faster-faster” is the motto.

On reflection I believe that there is a growing need for yoga to keep up with the hectic pace. The true meaning of life is pushed aside. We are constantly demanding more material possessions.

In reviewing the history of the Lotus Yoga Centre and Retreat it can be said that it has achieved much in advocating yoga as a healthy lifestyle. Promoting a relaxing form of yoga, suitable for all ages and levels of fitness features high on the list.

Meditation has always been an important part of any programme. The Raja Yoga Course aimed to improve mental and spiritual development.

Students who wish to pursue yoga in-depth are encouraged to enrol in the Classic Yoga Course. This offers a comprehensive practice of yoga on a personal and universal level.

The associated Natural Therapy side of the Centre has helped thousands of people achieve good health. Courses in Iridology and workshops in Massage have proven most worthwhile.

The publishing side of the Centre has diminished as I am no longer involved in printing and reissuing cook books or any new books.

The Centre is in need of finance for major repairs and maintenance to its main building. Recently, our members and friends were asked to make suggestions on how to raise the necessary funds. Although I received a few positive comments after writing Part One & Two (in previous issues of *The Lotus*) I did feel disappointed in the low response to both of the articles. Never mind! To get things moving again I will repeat the suggestions by providing a short list of feasible activities:

- Yoga in different styles
- Set times for meditation
- Chanting, kirtans, music
- Shared vegetarian meals
- Satsanghas or discussions
- Cooking classes
- Films or videos
- Health topics
- Art Exhibitions

These would fit into the Aims and Objects of the Centre. Donations of any size are also most welcome. The Centre is registered with the Charities Commission (CC29976). Donations over $5 dollars are tax-deductible. Please consider helping with handy man's or woman's jobs if you are not in a position to donate.

You may want to be involved in running these activities or organising fundraising activities – any ideas are most welcome. For example, it has been suggested that we all levitate and transport ourselves to another planet (where I would hope, they do not have financial problems)!
The heading of this article is **Where to in the Future**. It is the Third Part of a historical review of the Lotus Yoga Centre. It looks back on the past from a present perspective. It also contemplates the future. All three parts flow together, though not in sequential order.

In a philosophical sense I see this flow as acting on physical – mental – spiritual levels. Each is a part of a whole and joining them is yoga. This union comes about by practice. We are encouraged to follow the path with conviction and dedication.

The principles of yoga are rewarding in themselves. Sharing the benefits with other people is good for all of us.

Are you willing to make the effort to help the Centre? In turn the Centre can help you.

Here we have come to the end of Part Three of a three part series. **Part One: The Early Beginnings** of The Lotus Yoga Centre and Retreat appeared in the September 2013 *Lotus* newsletter. **Part 2: In the Here and Now** featured in the December 2013 edition of *The Lotus*.

**Note from the Author:** These articles overlap and are not in any 'historical' sequence. May you enjoy reading them.

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**Obituary Notice**

Stan Hunt

09.07.1931 – 12.03.2014

Sadly, Stan Hunt, a long time friend of the Lotus Yoga Centre passed away recently. For years he was also the main organiser of the local Branch of the Southland International Yoga Teachers Association.

Stan completed his IYTA teaching diploma under tutor Eric Doornekamp. Later he initiated many local yoga days.

Eric remembers the peaceful yoga room which Stan created from a converted garage behind his home in Robertson Street in Invercargill. Stan and his wife Enid provided a welcome retreat, not only to students of yoga but also to the “down on their luck”. They helped many youngsters, enticing them with delicious scones.

Stan was a lay preacher in the Methodist Church for many years. After retiring he studied to become a Deacon. He summed up his views like this. "Ministers have to talk the talk but Deacons have to walk the walk".

Stan had the remarkable ability to combine his Christian faith and yoga. He often said, “If you have a faith, yoga will make you a better person. If you don't have a faith, yoga will make you a better person without a faith”.

**Acknowledgement**

Eric wishes to thank David Donaldson who contributed some of the material for this article.

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**News from the Centre**

Cathryn and Eric are pleased to report that classes were well attended during the Christmas 2013/New Year 2014 period. It is always a pure joy for them to be of service in this way, offering the continuity of classes throughout the holiday season.

New Year's Eve was a momentous occasion for Eric, Cathryn and their 13 year old son Ananda. They they had the good fortune of being united with family members up north, in Cambridge for the wedding of Cathryn's mother, Patricia Batt to Brian Elsmore. It was a happy occasion witnessing the couple, both in their seventies uniting in marriage after having lost their life-long partners to health debilitating diseases
in recent years. Patricia and Brian are both keen gardeners and like to help around the Centre when they visit. The reunion was an ideal opportunity for Ananda to connect with his teenage cousins from Perth and Portland, Oregon.

Ananda has finally completed his seven year journey at Te Ra Waldorf Steiner School. A very moving ceremony was held on 17th December 2013 to farewell class mates and teacher Ardis O'Connor on their way. Of the 22 children that started Class 1 in 2007, 9 of those saw it through to completion with Ardis, including Ananda. Along the way 11 more children joined in at various times and of those, 8 saw it through to completion, a grand total of 17!

Coincidently, Ananda happens to be born on the 17th so this has to be a good omen.

Ananda has glided in to Kapiti College with ease this year. It really has been a smooth transition from Te Ra School. Parents, Cathryn and Eric are grateful for the grounding Ananda has had with his Waldorf Steiner education. In their words “It has set him in good stead. He stands before our eyes a confident young man”.

Of significance in March was the appearance of what we like to think of as “Our Lotus” on the pond near the Sanctuary.

Many thanks to Selwyn Williams who sourced the lilly from a pond in Levin. It is thought to be a Nymphaea variety.

Miraculously, on the morning of Dr. Ananda's visit one of the the buds flowered. It was viewed by all on their way to the Sanctuary for the bhajan/mantra session.

The tall and the short of Ananda

Ananda Doornekamp and Dr. Ananda Bhavanani meet their namesake March 2014.

Here, Dr. Ananda is pictured with the lilly in the background, 28th March 2014.
Following the retreat at Tatum Park, Dr. Ananda delivered a most inspirational and informative talk “Yoga for overall Well-being” at the Lotus Yoga Centre on 1st April. Lots of positive feedback has been received by those in attendance. One visitor wrote:

“First of all I would like to thank you Eric and Cathryn for giving myself and others the opportunity to come to your beautiful centre to attend the talk with Dr. Ananda. I found his wisdom truly deeply inspiring and I often think about many things that were said that night.

Another thing was how I felt when entering your yoga centre. I was overcome by a wave of comfort and warmth and I would love to come and spend time doing yoga under your roof.”

Dr. Ananda also gave an excellent talk on “Yoga for Longevity” at the Theosophical Society Hall in Wellington on 2nd April. The talk was well supported by members of the Centre.

Editor’s note – Dr. Ananda’s tour ‘down under’ was sponsored by the Gitananda Association of Australia and New Zealand. Murali, the chairperson accompanied Dr. Ananda on his tour.

Dr. Ananda and Murali pictured with the AUM statue at the Lotus Yoga Centre

Dr. Ananda, Eric, Ann-Maree, Murali and Cathryn

Helping Hands

In recent months, the Centre has been a hive of activity with a series of working bees. Cathryn and Eric are deeply grateful for all the help that was received. The Centre and surrounding grounds have never looked better! A big thanks to the many helpers who offered their services so willingly in the nature of karma yoga:

Bruce McKnight for cutting firewood, and pruning trees around the Centre and Sanctuary.

Graeme Richardson, Jill Newman, Valerie Andrews, Ralph Wallace, Selwyn and Claire Williams for preparing/staining the Sanctuary.

Selwyn Williams and Ralph Wallace for their joint effort replacing decking boards on the Sanctuary, sanding and painting the deck.
Rosalind Derby and friend Sue for weeding here and there.
Sue Smith for weeding and planting pansies in front of the yogi statue, and marigolds in the planter boxes inside the front gate.
Erin Blayney for collecting apples with the help of her three children, and weeding.
Reece Baker for clearing the overgrown seedling bed, making compost, weed eating, painting and carrying out general tasks.
Paula and Graeme Richardson for purchasing a beautiful array of plants and planting them in the garden directly behind the Centre.
Brodie Andrews for replacing the rotting lean-too roof on the old coach shed, with the help of wwoofer Heiko from Germany. Also de-rusting the existing roof and painting it.
Brodie Andrews for the multitude of repairs and maintenance work he took on around the Centre during the days leading up to Dr. Ananda's visit.
Patricia Batt and Brian Elsmore for laying down weed matting and collecting driftwood to arrange on newly barked gardens.
Scott Parker for organising the machining of wood for the handrail extension on the Sanctuary deck and cleaning the glass pyramid on top of the Sanctuary.

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.

Membership Renewal

Memberships are due for renewal on 1st April 2014. We welcome your ongoing support.

The renewal fee for Full Membership is $30.00. Associate Membership is $20.00.

Please assist the treasurer by sending in renewals A.S.A.P to save on reminder notices.

Payments for membership may be made by cash, cheque or directly to the Lotus Yoga Centre's bank account:
Westpac, Paraparaumu 03 0732 0237548 00

Please be sure to state your name and put 'Membership' in the Particulars column.

You may like to consider making a donation to the building fund when renewing your membership. Donations over $5.00 are tax deductible. All contributions will be greatly appreciated.

Upcoming Courses and Workshops

Meditation Course

Regular 4 week introductory block courses in meditation are held on Thursday evenings 7.30 p.m. - 9.00 p.m. at the Lotus Yoga Centre with Facilitator Eric Doornekamp.

Course starting dates:
8 May 2014, 5 June 2014, 3 July 2014

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.
Iridology Workshop
Which one of the five Iris types are you?

Find out on
Sunday 25 May 2014
10.00 a.m. - 1.00 p.m.
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

Massage Workshop
Relax those knotted muscles and unwind
those frayed nerves.

Treat yourself to a one-day hands on Massage
workshop for family and friends with facilitator
Eric Doornekamp.

Sunday 29 June 2014
9.30 a.m. - 4.30 p.m. Cost $70.00 prepaid.

The content of the workshop is ideal for the
beginner or an excellent refresher for those
wanting to brush up on their techniques.

It covers the basics in Swedish massage: back,
neck, shoulders, face, arms and legs; both
theory and practice.

Numbers are limited. Bookings essential.

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:

Amrita Cookbook
Melanie Walker - $18.00

Recipes from the Farmyard
Bruce Collins - $5.00 (discounted)

Nectar of the Lotus
Eric Doornekamp - $5.00

Be Fit with Yoga
Eric Doornekamp - $2.00 (discounted)

Relax with Yoga
Eric Doornekamp - $10.00

Yoga Humour
Eric Doornekamp - $9.00

Full Members receive a 10% discount
on books not already discounted.
Postage is extra.
Reiki

With Graeme Richardson
Level 3 Reiki Practitioner
Member of Reiki NZ

Reiki is a wholistic form of healing that enhances physical, mental, emotional and spiritual well-being. It utilises the presence of the universal life-force to support the body's self-healing ability. The recipient draws on this energy as needed, taking an active part in the healing process.

A deep sense of relaxation, inner peace, increased vitality and improved sleep patterns are amongst the benefits reported. Stress, tension and worry are alleviated. Reiki also assists in the relief of physical pain or discomfort caused by injury, illness or disease and speeds up recovery after surgery.

Graeme is available by appointment on Wednesday afternoons during term time and most afternoons during school holidays.

Cost
$40.00 – 40 minute session
$160.00 – Five session concession

For more information or to make a booking please contact Cathryn Doornekamp.

Vouchers
Purchase your loved ones a voucher for that special occasion.
Massage, Reiki, Reflexology, Yoga and Taichi Qigong vouchers are available from the Centre.

Reflexology

with Dianne Davie
UK Qualified Reflexologist

Special Introductory Offer
$30.00 for a 30 minute session during the month of May 2014.

Dianne is available to see patients by appointment.

Cost
$40.00 – 40 minute session
$160.00 – Five session concession

For more information or to make a booking please contact Cathryn Doornekamp.
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**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
- **$45.00** – 1 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.

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**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.

**Cost for Naturopathy/Iridology:**

- Initial consultation **$45.00** – ½ hour
- Subsequent consultations **$30.00** – ½ hour

A **free ten-minute** Iridology assessment is available by appointment.

To make an appointment with Eric please contact Cathryn or Eric Doornekamp.

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