Editorial by Cathryn Doornekamp

Namaste. Welcome to the Winter edition of The Lotus newsletter. As the evenings draw to a close earlier, class participants are feeling nice and snug in the newly made over yoga room with the soft ambience of the LED lighting and warmth of the thermal curtains. A big thank you is due to member Carol Butt for measuring and sourcing the curtain fabric, to Linda Beagle for her expert skills sewing the curtains, and to Doug Beagle for hanging them.

The rich shades of red, orange and gold leaves carpeting the earth, remind us that we are the witness of a change in season. 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 11 for a class timetable.

Regular four-week introductory block courses in meditation are held on Thursday evenings at the Centre with facilitator Eric Doornekamp. The aim of the Meditation Course is to reduce stress and achieve peace of mind, increasing energy levels. Course starting dates can be found on page 10.

Another successful Body, Mind and Soul Retreat was held at the Centre on 29th May. The morning session included relaxation, yoga and breathing, while the afternoon comprised a walking meditation in the bush, followed by a seated meditation in the Sanctuary. Due to popular demand, another Body, Mind and Soul Retreat is scheduled on Sunday 7th August. See page 10 for details.

Free Yoga Classes will be held at the Centre on Saturday 18th June, 10 – 11 am and 4 – 5 pm to celebrate the 2nd annual International Yoga Day. The classes will be suitable for all ages and levels of experience. Everyone is welcome.

This edition of The Lotus brings news of a gathering at the Centre on Sunday 19th June to celebrate the Winter Solstice. There will be an opportunity to visit the Sanctuary at 2.00 pm, followed by a shared potluck afternoon tea at 3.00 pm, so be sure to mark this date in your diary.

Featured on page 3 of this newsletter is an article entitled Concentration – Dharana, the third in a series of articles written by Eric Doornekamp.

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Talent at the Lotus Yoga Centre

By Eric Doornekamp

I feel really privileged to be associated with the Centre. Since its inauguration forty years ago much has changed but many of the friendly people are still with us.

I became Founding Director of the Lotus Centre in Wellington, 1972. Later we moved to Kapiti, 1985. Cathryn, my spiritual partner, joined me in 1996 when we met travelling to Peru.

The last couple of years have been rather challenging. I underwent a spinal fusion two years ago and Cathryn broke her hand recently. We were very fortunate that so many members and friends helped out. It truly proved yoga in action!

It also showed that under difficult circumstances we need not despair. We have greatly appreciated the wonderful meals that were prepared for us, assistance with teaching classes, upkeep of the grounds and other tasks.

I feel that I’ve been ‘spoiled’ in so many ways. The Committee of the Centre has been most helpful. Please accept my grateful thanks.

I have spent much of my time in the cottage, our abode next door to the Centre, writing articles about yoga. I am also practising Taichi Qigong and Yoga as a therapy on a daily basis.

I would love to get back to gardening but this seems a premature expectation at the moment. My progress has included a walk to the sanctuary on several occasions.

Suggestions for Cooking Classes

With so many great cooks amongst our members and friends, I am wondering if we could share some ideas about vegetarian meals.

Winter is coming soon, a time for mains and baking, soups, salads, casseroles, etc. Someone may like to act as chef and coordinator. Ingredients need to be organised before a shared meal. Would a Saturday suit?

The kitchen at 91 has been upgraded and lends itself for meal preparations. The cost has been considerable and we thank everybody for the donations towards this project.

To offset the finances for the kitchen I anticipate that a small charge is applied to attend the cooking classes.

Green Yoga – Community Garden

We have been fortunate to have Reece Baker and co-workers keeping the gardens at the Centre in order. Everybody is busy, however, so we are considering reorganising the various garden plots.

There is plenty of scope to grow vegetables in spring and summer. I envisage various people adopting a plot and sharing in the harvesting of organic produce. Some would be made available in the classes by donations to cover the costs of seedlings, plants, and materials.

This is a chance to let your ‘green fingers’ do the gardening. If you are interested in the concept of a community garden and would like to participate in ‘Green Yoga’ please talk to Cathryn or Eric.
Concentration - Dharana
By Eric Doornekamp

Introduction
This is the Third Part in a series of articles on Relaxation and Meditation.


Part Two: Withdrawal of the Senses was published in The Lotus March 2016 Newsletter.

Part Three: Concentration - Dharana can be found in the present Newsletter.

Part Four: Meditation or Dhyana is due out in The Lotus September 2016.

Part Five: Samadhi or Bliss will be published in The Lotus December 2016.

Part Six: Parapsychology or ESP. is the last article in this series to appear in The Lotus March 2017 Newsletter.

Definition
Concentration is best explained as directing our attention to the centre. It refers to the heart of the matter. In fact, the word ‘con’ means with. We are fully occupied with a particular thought to the exclusion of all other thoughts.

The expression ‘one-pointedness’ also describes it well. For example, take a blunt knife which needs sharpening to be of use. Or a magnifying glass used to set a piece of paper alight by directing the rays of the hot midday sun.

It means that we focus on a specific idea and eliminate everything else. That gets rid of unnecessary ‘stuff’. The less cluttered our mind, the more power it holds. I prefer the term 'focussing the mind' above other definitions as it seems to fit better.

Have you tried to concentrate for any length of time to the exclusion of all else? It is rather difficult. The mind soon wanders off and we forget what we were thinking. (Actually, we may have been preoccupied with other matters).

In Sanskrit Dharana means ‘to Hold’ or ‘Retain’.

It is used by Patanjali in his Yoga Sutras, the Shat Anga or Sixth Limb. It follows Pratyahara (sensory withdrawal) and leads to Dhyana (meditation).

It is not easy to check our thoughts or emotions. Usually they are all over the place. This is reflected in our state of mind and physical well-being. A lot of energy is wasted which could otherwise be used for healing. Concentration demands considerable awareness and is a great advantage. Dharana is a preliminary step to Meditation.

The more fully we exercise control over our mind, the easier it will be to concentrate. In the beginning it may only be possible to spend a few seconds in Concentration. With experience that will improve. The same applies to Meditation: the deeper our Concentration, the more successful will be our Meditation.

There are several methods to improve our attention span. Positive results can be expected if we follow the suggestions set out in the second article on Pratyahara in The Lotus Newsletter, March 2016. More tips will follow in the present article.

We need to prepare ourselves for Meditation. In due course it becomes quite natural to practise on a regular basis. It is also true that there are many Yoga Paths such as Hatha Yoga, Karma Yoga Bhakti Yoga, Mantra Yoga that can help us. Yet I do not want to encourage you to follow the “trial and error” method. In these busy times we expect instant results. For the moment I can assure you that your patience will be richly rewarded.
The Human Brain

Without a brain we are not able to live. We depend on it for all physical and mental processes. It would be more accurate to say “brains” as there are several parts, each with a specific function.

The brain is the engine of the human body, comparable with the hard-drive in a computer. It requires on one fifth of all the body’s energy requirements, supplied by nutrition. It is dependent on oxygen, sugars, some fatty substances, water, minerals and vitamins. It works tirelessly day and night, monitoring and controlling every aspect of our mental and physical activities.

Some common Factors

The brain weighs approximately one and a half kilograms and is surrounded by cerebral fluid. It contains billions of cells (neurons), about the same number as our skin. It is protected by a bony skull whose parts fit together with serrated edges.

Three Membranes cover the Brain and serve as Nutritional Support

1. Dura mater – outermost and toughest layer.
2. Pia mater – innermost and thinnest layer.
3. Arachnoid – in between layer, web-like and pierced with channels.

Neuroplasticity

The brain does not wear out as was once believed. It can repair itself provided the neurons receive the right nutrients.

Signs of dementia need to be checked early on.

The Central Nervous System

Consists of the sympathetic system (increasing activity), and parasympathetic system (slowing down) which function in a voluntary/involuntary capacity.

The hippocampus is associated with memory.

Regions of the Brain

1. Forebrain or Cerebrum - Higher portion of the frontal brain, seat of human intellect and skills. It consists of two halves. (a) Right side is intuitive. (b) Left side is rational.

These halves are known as hemispheres and they interact with each other.

2. Midbrain - Contains the brain stem, thalamus, hypo-thalamus, hippocampus.
3. Hindbrain - Includes cerebellum, pons, medulla oblongata or respiratory centre.

Behind the overhanging Cerebrum is the Cerebellum or “little brain” which passes on messages from the “higher brain” via the pons or “bridge” before sending the commands to the glands, nerves, muscles, etc. These depend on chemical/electrical impulses.
The Lotus Newsletter June 2016

Yogic and Vedantic States of Consciousness
1. Sleeping Swapna
2. Dreaming Sushupti
3. Awakening Jagrat
4. Fourth state Turiya

Note: Swapna and Sushupti are interchangeable.
Jagrat depends on Awareness.
Turya is a Buddhic state or Higher Level of Consciousness.

We can use our knowledge of yoga for a better understanding of brain functions.
Physical exercise, proper nutrition, pranayama, relaxation, meditation are especially important.

“A disciplined mind is a great asset but an undisciplined mind is merely a liability.”

Quote by Eric

There is a lot known about the brain but also much we do not know. Surgeons might be able to perform a brain transplant but I am not so sure if I fancy someone else’s head though! Most people tend to go around in circles. This is called samsara or the cycles of birth and death.

One of the aims of yoga is to limit the number of our reincarnations; preferably do away with them altogether. In order to do so we need to understand what makes us “tick” so to speak. This is called Svadhyaya or Self-study, which is the fourth of the Niyamas found in the Yoga Sutras.

Some Facts and Myths about our Brain
It has been said that we use only 5-10% of our brain capacity. Some people use less than five percent but a few geniuses manage 15%. Einstein fell in this category.

Size is of little consequence, it is what we do with our brain that determines our overall condition. A lazy brain becomes subject to deterioration. Hence we are as old as we think.

Normally, the brain doesn’t wear out unless it suffers from a lot of undue stress, like other parts of our body. “Use it or lose it” applies to yogis as well.

We speak of “a train of thoughts” or “to work up a head of steam”.

With the aid of scanners, etc. we can “peer into the brain”. When we examine a particular area it will light up. If it does not respond to stimulation by electrodes, the area remains dark. It allows us to form a picture of what goes on in the brain. The effects of medication can be traced. Mental mastery becomes a possibility.

Have you heard about phrenologists? They claim to be able to read a person’s character by counting the number of indents and bumps on the head.

It is quite likely that their gullible victims toppled over while performing the head stand. Such skullduggery resembles the “hole in the head” theory.

Definitions of the Koshas
You may be wondering what the difference is between the brain and the mind? That question is the domain of neurologists and psychiatrists. The brain covers anatomy and physiology. The mind is the area of psychiatrists, analysts and philosophers, broadly speaking.

My Oxford Dictionary says that “Mind is the seat of consciousness, thought, volition, and feeling”.

Page 5 of 12
In recent times the belief that the soul resides in the heart has been replaced by it existing in the brain. Western psychologists accept the close relationship between body and mind. They are still not sure of the concept of a soul.

Yoga and Vedanta state that the mind is the third aspect of the Pancha Koshas:

1. **Annamaya Kosha** - Physical body
2. **Pranamaya Kosha** - Life force
3. **Manomaya Kosha** - Mental body
4. **Vijnanamaya Kosha** - Awareness
5. **Anandamaya Kosha** - Bliss

All sheaths are interrelated, which means that the mind affects the physical body and vice versa. This is a psychosomatic relationship. In turn the body and the mind are affected by Pranamaya Kosha. It can be used to still the mind and is connected with all other sheaths, leading to a better understanding of Dharana.

**Concepts relating to Concentration**

1. A concentrated mind is very strong indeed.
2. All energy is gathered, none is dissipated.
3. Patanjali defines it as 'binding' the citta or consciousness to a single point.
4. This is known as desha or 'place'.
5. It involves the practice of ongoing attention.
6. The essence is eka agrata or 'one' and 'pointed'.
7. Thus we direct our attention until we achieve single-mindedness.
8. The mind attaches itself to a single object, to the exclusion of everything else.
9. During Dharana we prevent our mind from becoming distracted.
10. The mind tends to wander due to the fact that everything in nature is moving.
11. In other words it is in a constant state of flux.
12. This is called spanda or 'vibration'.
13. The Amrita Nada Upanishad explains Dharana as 'compression' or samkshepa of the mind as 'an ongoing state of deep Concentration'.
14. When he or she succeeds in keeping the mind focused indefinitely, it is regarded as a supreme form of tapas or austerity.

**Overview of the Mind - or the Ego**

This makes up our individual nature with its distinct personality and unique attributes.

It consists of illusionary qualities and operates mainly through the indriyas or senses.

It holds on to the idea that we have a self (ego or ahamkara) as “Me” - “My” - “Mine”.

It is associated with physical actions and mental belief systems.

**Pancha Kleshas or Five Mental Afflictions**

- **Avidhya** - Spiritual ignorance
  - Cause of birth and death.
- **Asmita** - Ego or the self, I am
  - Distinct from Universal “I”.
- **Raga** - Attachment
  - Passion, dwelling on pleasure.
- **Dvesha** - Aversion
  - Hatred, dwelling on pain.
- **Abhinivesha** - Will to live
  - Survival instinct.
According to Patanjali the kleshas form the samskaras or habit patterns which lead to our karmic conditioning.

**Manas or Lower Mind**
This is concerned with the information received from the indriyas or ‘senses’.

It is ruled by kama or ‘desire’, samkalpa or ‘volition’, vichikitsa or ‘doubt’, shradha or ‘faith’, ashradha or ‘lack of faith’, dhriti or ‘resolution’, adhriti or ‘irresolution’, hri or ‘shame’, bhi or ‘fear’.

**Chitta or Consciousness**
The root is cit which involves all conscious processes. It contains acquired knowledge and stored experiences.

It is made up of samskaras or ‘impressions’, ‘prenatal habits’ and vasanas or ‘traits’.

It also shows the pancha kleshas, ‘five fluctuations’ (mental afflictions or vrittis).

The tri-gunas or three qualities pertain to all activities of the mind.

**Buddhi or Intuitive Mind**
Best translated as a higher state of consciousness or ‘higher mind’.

Regarded as the first manifestation of prakriti, the most refined level of material and psychic existence.

Seen as the faculty of wisdom and deepest aspect of the human psyche.

**Eastern and Western Views of the Mind**
Eastern philosophy sees the mind as an instrument. Generally, it is inward looking and doesn’t believe the mind to be independent.

Western philosophy regards the mind and body separately. It has been mainly outward looking. This has led to a keen search of man’s place in the universe.

**Additional Notes**
In the Yoga Sutras Patanjali uses the terms chitta and buddhi for similar concepts.

Other Yogas, Samkhya, Vedanta, and the Upanishads vary in their interpretations.

The mind can be free, which is known as moksha in Vedanta. Or the mind may be impure, ruled by desires and therefore existing in bondage.

**Mental Control**
It is necessary to be able to control the mind to understand how it works.

For the moment we will examine thoughts and feelings.

See them welling up as ‘bubbles’ from the bottom of a deep pond as it were.

Most of what goes on is hidden at a subconscious level.

It needs awareness to be able to control the mind.

**Vasanas**
These are literally desires which exist as long as the mind is not tranquil.

Countless vasanas depend on a person’s punya or ‘merit’ and apunya or ‘demerit’.

These ‘drives’ do not relate to the valid reasons behind our thoughts, feelings, and actions.

**Vrittis**
We have come across vrittis as ‘disturbances of the mind’ at an earlier stage.

The first verse in The Yoga Sutras says:

_Yoga chitta vritti nirodhah._

Yoga is the restriction of the fluctuations in consciousness.

It means ‘stilling the whirlpools of the mind’ and stop mucking around!

Patanjali lists a host of conditions that cause these fluctuations:

1. *Pramana* or Valid cognition.
2. *Viparyaya* or Misconception.
3. *Vikalpa* or Conceptualization.
4. *Nidra* or Sleep.
5. *Smriti* or Memory.
Samskaras
Consider the meaning of *karma* and how it relates to the phenomenal world.
Existence is finite so it must be regarded as a pseudo state.
Everything changes constantly and there is no security or permanency in anything.
This process continues till the Real Self is recognised.

Prana
The close relationship between *prana* and *chitta* has already been mentioned.
It should surprise no one that *pranayama* is the key to all yoga practices.
The yogi who is aware of its effects on the mind-body will quickly achieve success in conquering any wayward *vrittis*.

1. **Thus the first step is to observe how the mind works**
   Sit quietly and watch your thoughts and feelings - Find their source.
   Notice the input from the senses. See the reactions.

2. **The next step is to guide the mind**
   Do not suppress any thoughts or feelings - Suppression leads to reinforcement.
   Know that there is no compulsion to take action. Remain calm.

3. **The last step is sublimation**
   Thoughts and feelings are temporary phenomena - They come and go.
   Distinguish intuition from other mental activity. Realise the Atman.
   If we are mentally unwell, our energy flow will be erratic. This leads to confusion, which results in doubt and uncertainty. We suffer low self-esteem and feel tired. This now will manifest as stress and affects us physically, culminating in disease. It is also common to be super-critical and constantly pass judgement. Sensory input is not properly evaluated. A divided mind cannot be relied upon to speak the truth.

In conclusion there are four attachments to Concentration – *Dharana*:
- **Mental Diagram of Concentration**
- **A Guide for Greater Living**
- **Self-improvement by Developing a Positive Mind**
- **Benefits one may expect from the Practice of Dharana**

News from the Centre
*By Cathryn Doornekamp*
In April we were blessed with a visit from Kausthab Desikchar and Evelyn Einhaeuser, and in May Gargi, Max and Jasmine Farr came to visit. On both occasions we ventured to the Sanctuary for some chanting. It was wonderful to meet Kausthab and Evelyn for the first time, and a real joy to reunite with our Gitananda yoga family Gargi, Max and Jasmine.

Much Activity at the Centre
*By Eric Doornekamp*
If you have visited the Centre lately you will have seen many changes. The dining room has been painted and the furniture upgraded.
The kitchen underwent the most significant repairs. The floor was renewed, a bench top and sink replaced, cupboards installed. The walls and ceiling were painted. The dishwasher (thirty years old) was thrown out and a new one put in.
The most spectacular alterations happened in the yoga room. The ceiling and walls were cleaned and a fresh coat of paint applied. New curtains and lights have made an amazing difference.
Last but not least the hallway has brightened up. What an improvement all this had made.
All these activities would not have taken place unless generous donations were received. When we called on trades people we were quoted very favourable rates. Special thanks are due to yoga members and friends, who donated materials and volunteered their time.

And most importantly, electricians have rewired the Centre where this proved necessary. We are still raising funds to finance the rewiring so you may like to consider making a donation towards this worthwhile project.

Payments can 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 'Rewiring' in the Particulars column. Donations over $5.00 are tax deductible. All contributions will be greatly appreciated.

**Movie Fundraisers**

A big thank you is due to those who supported the Centre with movie fundraisers; *45 Years* on 16th March, *Hunt For the Wilderpeople* on 27th April and *The Great Maiden's Blush* on 25th May 2016.

Spot seat prizes were generously donated by Kay and Peter Ashley (Meditation Cds), Waverney Reta (Shiatsu voucher), Reece and Hanna Baker (Apheleia natural skincare products), Jill Newman (Bowen Therapy, Therapeutic Massage 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 $1,115 profit from sales of tickets. The proceeds of $765 made from the March and April movie fundraisers went towards the cost of material for new curtains in the yoga room and the proceeds of $350.00 made from the May movie fundraiser were allocated to improving the lighting in the hallway.

Note: The Lotus Yoga Centre is a non-profit organisation and a registered Charity (CC29976) which relies largely on donations, fundraisers and income from classes and courses to achieve its aims and objectives. The Centre aims to benefit the community by encouraging the study and practice of all aspects of yoga and related complementary disciplines.

**Personalised Yoga Programmes**

Resident Yoga teacher, Cathryn Doornekamp has recently had a number of requests from class attendees 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 [lotus.yoga.centre@paradise.net.nz](mailto:lotus.yoga.centre@paradise.net.nz)

**AGM**

The Annual General Meeting of the Lotus Yoga Centre is scheduled on Friday 5th August at 7.00 p.m. followed by supper. We would appreciate your support and attendance at this meeting.


**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.

Linda Beagle for laundering the yoga sheets.

Valerie Andrews for her editing skills.

Yvonne Oliver, Kay Ashley, Peter Ashley, Reece Baker, Patricia Batt, and Brian Elsmore for their help with tending and weeding the gardens.

Ani McManaway for mowing lawns and helping out with a multitude of tasks around the Centre.
Ralph Wallace for trimming trees and cutting firewood.
Len Tong for harvesting the persimmons.
Selwyn Williams for hanging the Roman blind in the kitchen and tending various other tasks around the Centre.
Kay and Peter Ashley for helping in the kitchen with the March and May Body, Mind and Soul Retreats, and Ani McManaway for helping in the kitchen for the exclusive 'Motivate Me girls' Body, Mind and Soul Retreat held on 15th May.
Jill Newman for providing flowers for the yoga room from her garden and helping out in other ways.

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

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:
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.

Body, Mind and Soul Retreat
Facilitated by Cathryn Doornekamp
IYTA trained Yoga Teacher
Venue: The Lotus Yoga Centre, 91 Ruapehu Street, Paraparaumu
Sunday 7th August 2016
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 24th July 2016

To register your interest or for more information please phone Cathryn Doornekamp on 04 298-8258 or email lotus.yoga.centre@paradise.net.nz
Reiki Share
There will be a Reiki Share Group held at the Lotus Yoga Centre
7.00 pm - 8.30 pm on the first Wednesday of each month in July, August and September 2016
Reiki Share is a gathering of Reiki people who participate in group healing treatments on each other. It is an opportunity to meet with like-minded local Reiki people and share the Reiki energy.

Attendance is by koha
To register your interest or for more information please phone Cathryn Doornekamp on 04 298-8258 or email lotus.yoga.centre@paradise.net.nz

Meditation/Chanting
Meditation/chanting sessions are held in the Sanctuary weekly on Thursday evenings:
7.30 – 8.30 pm.
Facilitator, Cathryn Doornekamp warmly invites everyone to attend.
The schedule of meetings for the months of June, July and August 2016 is:

Thursday 2nd and 9th June
Thursday 16th, 23rd and 30th June
Thursday 7th and 14th July
Thursday 21st and 28th July
Thursday 4th and 11th August
Thursday 18th and 25th August

7.20 pm: We will gather in front of the Yoga Centre to walk as a group to the Sanctuary.
It is advisable to wear walking shoes as the return loop of the Sanctuary path is a bush track.
You may like to bring a shawl/blanket and cushion for sitting on.

Attendance is by koha
Proceeds will go towards the maintenance of the Sanctuary - oiling the floor and internal walls.

Regular Classes

Taichi Qigong and Yoga
Taichi Qigong: Tuesday and Friday 11.30 a.m. Tuesday 7.30 p.m.
Beginners Yoga: 10.00 a.m. Tuesday, Wednesday and Friday.
7.30 p.m. Monday. 6.00 p.m. Tuesday.
General Yoga: 10.00 a.m. and 6.00 p.m. Monday and Thursday.
Early Bird Yoga: 7.00 a.m. 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.

Products for Purchase

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: lotus.yoga.centre@paradise.net.nz