Namaste. Welcome to this spring edition of The Lotus newsletter. Let us pause and take a moment to reflect on the waning season of winter. For many of us winter is a time of consolidation, going inward, and even hibernation. Good intentions we may have harboured during the colder months begin to take seed in spring as the days start to warm up.

The light, uplifting energy of spring brings a bounce to our step, giving us the momentum to propel ourselves forward. In nature, this is reflected as the bulbs shoot forth into bloom.

Visitors to the Centre will be greeted by a row of daffodils to the left of the entrance. The daffodil is symbolic of rebirth and new beginnings, synonymous with the transformation spring brings.

We have Graeme Richardson to thank for this welcome reminder. He transplanted the bulbs from his garden with tender care.

Speaking of care, spring is an ideal time to dust off the cobwebs and detox, especially if we have fuelled our bodies with carbohydrates and sweet foods over the colder months. We 'spring clean' our homes, why not our body?

This edition of The Lotus brings news of an important milestone. The Centre is about to celebrate an amazing 40 years on Saturday 27th October. Be sure to mark this date in your diary.

A potluck vegetarian lunch, followed by a visit to the Sanctuary is scheduled. Details of the celebration can be found in the accompanying flyer.

An interview with Founding Director, Eric Doornekamp features on page 5 of this newsletter. It reveals how the Lotus Yoga Centre came into being and lists some of the activities and highlights it has been involved in over the years.

Two workshops are on offer at the Centre during September. Eric plans to hold a Massage workshop on the 23rd and an Iridology workshop on the 30th if there is enough interest. Please refer to page 10 for details of these workshops.
Ishwara pranidhana

“Through devotion to the Lord comes about the attainment of samadhi”
Yoga Sutra 2.45

Editor’s Note – Ishwara-pranidhana is the fifth of the five niyamas or personal observances.

The niyamas form the second limb of the eight limbs of yoga, as codified by Patanjali in the Yoga Sutras.

An overview of the niyamas and the eight limbs of yoga can be found in the article entitled ‘The Yamas and Niyamas’ published in the March 2010 edition of The Lotus newsletter.

Ishwara pranidhana is often translated as “Devotion to God”.

Who or what is Ishwara?
Patanjali defines Ishwara in sutra 1.24 as being a special soul (vishehsha purusha) who is unaffected by the klesha (causes of affliction), karma (actions) and the ripening of the fruits of those actions (karmavipaka).

He further describes Ishwara in sutras 1.25 – 1.26 as “All-knowing” (sarvajna), the seed (bijan) of all wisdom and the eternal teacher (purveshamapi guruh) who is beyond time itself.

“Pure Consciousness”, “Divine Self”, “Higher Reality”, “Creative Source”, “Supreme Being”, “Divine Cosmic Intelligence”, “foremost ruler”, “Supreme Guru or teacher”, “Lord” and “God” are all names or expressions for describing Ishvara who is:

- omnipresent (everywhere),
- omniscience (knows everything), and
- omnipotent (can do anything).

It is said that Ishwara is beyond form and yet takes on all forms. Ishwara cannot be easily understood with the limited, conditioned mind. In order to truly know and experience Ishwara we must transcend the mind, ego and intellect.

Pranidhana means “dedication”, “devotion”, “surrender”, “to believe in” and “have faith in” so Ishwara pranidhana is also often translated as “Surrender to the Divine Will” or as “Surrender to God”.

Ishwara pranidhana is devotion in the sense that we offer our actions to the Divine without being attached to the fruits of the action. The ego or ‘I’ principle is surrendered in the realisation that “I am not the doer, I am an instrument for the Divine”.

Dr. Ananda Balayogi Bhavanani describes Ishwara pranidhana in his book Understanding the Yoga Darshan as being the ability to surrender the personal will to the higher, Universal Divine Will after making the best effort. He says this must be coupled with a dispassionate attitude of being able to leave the rest. Another way of expressing this is to do your best and leave the rest. This he says results in pure and responsible actions. When we offer our actions and aspirations to the Divine Will, the self-serving ego is sublimated.

Dr. Ananda also points out that we must do whatever is possible within the circumstances and our own limitations before giving up to the Divine. He says this should not be confused with escapism. Escapism is tamasica, inert and devolutionary. Ishwara pranidhana is, on the contrary, of the highest, sattwica, evolutionary surrender. It is, he says to be concise, surrender after utmost effort and release of expectations for any desired results.

Yoga sutra 2.45 infers that when we have completely devoted ourselves with dedication to the service of Ishwara, and given up our ego and the sense of doership, then Ishwara will favour us with the attainment of samadhi.
The positioning of Ishwara pranidhana as the final niyama implies that the sadhaka has undergone a lot of preparation in order to reach a state of readiness in which he/she is able to surrender.

Surrender to the Divine Will, the highest state of mind, does not happen overnight. It needs to be cultivated over time as the ego is gradually redirected towards higher expressions through depth of experience and consistent practice.

The practice of Ishwara pranidhana involves letting go of attachments, mental patterns and going beyond the pancha klesha; avidhya, asmita, raga, dwesha, and abhinivesha.

Avidhya is ignorance or the inability to perceive the real nature of things.

Asmita is the ego, the false sense of Me, Mine and I.

Raga is the attraction to pursue pleasure, while dwesha is the desire to avoid pain. These two pairs of opposites, or faces of the same coin trap us under a “spell of illusory duality”.

Abhinivesha, the last affliction can be described as clinging to life, or fear of death. The attachments we form to our body, possessions, and external circumstances bind us to this fleeting, momentary existence causing us to act out of instinctual fear.

Yogacharya Dr. Ananda Balayogi Bhavanani reminds us in his book Understanding the Yoga Darshan that when we cleanse the klesha and karma, we attain the state of Ishwara. He says we become so pure that we are the Divine Itself. We have been and will always be the Divine. Yet, the klesha and karma bandha rooted in avidya prevent us from knowing our self. When freed of these blockages, one is once again re-established in oneself.

Patanjali also mentions Ishwara pranidhana in sutra 2.1 as being one of the three observances within the ambit of kriya yoga; the other two are tapa and swadhyaya.

Swadhyaya, ongoing awareness and self-introspection is necessary to know the Divine and the dedicated, self-discipline of tapa is what is required for swadhyaya.

In yoga sutra 1.27, Patanjali speaks of the Pranava (Aum) as the representative sound for Ishwara. A is the first letter of the Sanskrit alphabet and M is the last letter. U is continuity and connection. Moving from A to M through U represents all that can be said in words. The Supreme Being is everything that can be expressed so it is very fitting that Aum is the vibration of the Divine. Nothing happens by chance - there is a reason for everything in the Divine plan.

Patanjali further states in sutra 1.28 that pranava japa, the repeated chanting of Aum invokes the spirit of Ishwara pranidhana. When done with one-pointed focus as a meditation, and deep feeling for the meaning, we will become immersed in Ishwara.

Dr. Ananda points out that Ishwara pranidhana is not merely chanting God's name or praying without real commitment. He says “Profound love for the Supreme Existence enables us to attain samadhi. We need to drink this Existence, eat It, and breathe It twenty-four hours a day with total and profound commitment if we are to realize our Oneness with this Highest State.”

Editor’s Note – Ishwara-pranidhana is the fifth article in a series of five articles published on each of the niyamas.

Articles published to date are:

<table>
<thead>
<tr>
<th>Article</th>
<th>Topic</th>
<th>Date</th>
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<tbody>
<tr>
<td>Shaucha</td>
<td>Cleanliness</td>
<td>Sept 2011</td>
</tr>
<tr>
<td>Santosha</td>
<td>Contentment</td>
<td>Dec 2011</td>
</tr>
<tr>
<td>Tapas</td>
<td>Discipline</td>
<td>Mar 2012</td>
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<tr>
<td>Swadhyaya</td>
<td>Self-study</td>
<td>June 2012</td>
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The Aum Symbol

Editor’s Note – The Aum Symbol has many meanings. The following article is the response Cathryn Doornekamp gave in lesson 7 of the Yoga: Step-by-Step correspondence course in reply to the question: What is the meaning of the mystic symbol AUM?

AUM is the symbol of the Supreme God-head, all that is, the cosmic sound that pervades the entire universe.

AUM is the most sacred of all syllables. Pronounced as OM, it is also known as Omkara and Pranava.

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The Pranava AUM is made up of four parts: A (Akara), U (Ukara), M (Makara) and the Bindu and Nada.

“A-kara means form or shape like earth, trees, or any other object.

U-Kara means formless or shapeless like water, air or fire.

Ma-kara means neither shape nor shapeless (but still exists) like the dark energy content of the Universe.”

Ref: Swami Dayanand Saraswati, Satyarth Prakash

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A is symbolic of Creation
U is symbolic of Preservation
M is symbolic of Dissolution and the Bindu and Nada is symbolic of Deliverance

Collectively these represent the eternal life-death rhythm

The AUM symbol is made up of three curves and a dot with a curve (line) below. Each corresponds to one of four states of consciousness; jagrat, sushupti, swapna and turiya.

The large lower curve is symbolic of the waking state, jagrat the most common state of human consciousness in which “consciousness is turned outwards through the gates of the senses”.

The upper curve represents the unconscious state of deep sleep, sushupti wherein “the sleeper desires nothing nor beholds any dream”.

The middle curve lies between the waking and deep sleep state. It signifies the dream state, swapna, in which the beholders state of consciousness is turned inwards.

The dot represents the fourth state of consciousness, turiya.

“In this state consciousness looks neither outwards nor inwards, nor the two together. It signifies the coming to rest of all differentiated, relative existence. This utterly quiet, peaceful and blissful state is the ultimate aim of spiritual activity. This Absolute (non-relative) state illuminates the other three states.”

The semi circle below the dot separates it from the other curves. It symbolizes maya.

“It is the illusion of maya that prevents us from the realization of the highest state of bliss. The semi circle is open at the top and does not touch the dot, depicting that the highest state is not affected by maya.”
AUM when sounded corresponds to the four states of consciousness
The sound 'A' is the symbol of the waking state, \textit{jagrath avastha}
The sound 'U' is the symbol of the dream state, \textit{svapna avastha}
The sound 'M' is the symbol of the deep-sleep state, \textit{sushupti avastha}
The closing sound, followed by silence, symbolises the transcendental state, \textit{turiya}.

Aum represents a number of triads
The three worlds: earth, atmosphere, and heaven
The three major Hindu Gods: \textit{Brahma}, \textit{Vishnu}, and \textit{Shiva}
The three sacred \textit{Vedic} scriptures: \textit{Rig}, \textit{Yajur}, and \textit{Sama}

The mantra “OM” is the name of God, the vibration of the Supreme
“When taken letter by letter, A-U-M represents the divine energy \textit{Shakti}, united in its three elementary aspects:

\textit{Brahma Shakti} - creation,
\textit{Vishnu Shakti} - preservation and
\textit{Shiva Shakti} - liberation, and/or destruction.”
Ref: \textit{Paramhans Swami Maheshwarananda}, \textit{The Hidden Power in Humans}

Interview with Eric

Editor's Note – Eric Doornekamp, the Founding Director of the Lotus Yoga Centre, has a long association with yoga. He came to yoga at the age of eight, when drawn to study with an uncle in Holland.

In 1959 Eric migrated to New Zealand where he participated in yoga classes with Taffy Hawkins at the Wellington Hatha Yoga Group during the years 1960 – 1967.

He then set out for India and while in Pondicherry he met Dr. Swami Gitananda, who accepted him as his student at Ananda Ashram. Eric stayed for six months to complete an intensive teacher training course under his supervision. After travelling the world, Eric returned to New Zealand in 1971.

The following interview with Eric answers some pivotal questions to mark the fortieth celebration of the Lotus Yoga Centre 1972 – 2012.

How did the Lotus Yoga Centre come into being?

Inspired from the teachings I received in the Ashram, I took over Taffy Hawkins yoga classes in 1971 when he stepped down. A group of enthusiastic people then came together to study in-depth yoga at 129 Aro Street, Wellington.

129 Aro Street
The Lotus Yoga Centre was formed and it became an Incorporated Society in September, 1972. I was asked to conduct a raja yoga course, from which many teachers sprung.
What activities was the Lotus Yoga Centre involved in?
Over the years the Lotus Yoga Centre developed into a live-in community occupying five houses, each with organic gardens. Produce was sold to members through a functioning Co-operative. We ran 24 public yoga classes a week in the YMCA and Aro Street. Once a month retreats with guest teachers were held around NZ.

In the 1980’s the Lotus Yoga Centre rented rooms in Cuba Mall. Beginners yoga, general yoga, meditation and massage courses were held with waiting lists up to six months long.

The Amrita Restaurant, one of the first vegetarian restaurants in Wellington, was established at 127 Cuba Mall and proved to be a very popular meeting place.

The Amrita Cookbook was published featuring recipes from the restaurant’s menu. Furthermore I wrote and published Relax with Yoga, Be fit with Yoga, Yoga Cleansing Techniques, Yoga Therapy, Massage for Relaxation, NZ Walk, Nectar from The Lotus and Yoga Humour.

The Centre also published the Sunflower Cook Book, Recipes from the Farmyard, Vegetarian Recipes from Many Countries, Colourful Vegetarian Recipes, Practical Vegetarianism and Gems of Wisdom. I sold the books by visiting health shops, book shops and yoga organisations throughout NZ.

What are some of the historical highlights?
In 1975 the Lotus Yoga Centre sponsored Dr. Swami Gitananda on a two month long tour of New Zealand. He was accompanied by his wife, Meenakshi and their 3 year old son, Ananda Balayogi. In total, eight weekend seminars were held at different venues with 200 plus people in attendance at each venue. He also gave several lectures during the week.

Interestingly, his son Dr. Ananda returned to New Zealand in 2009 to conduct a three day yoga program at the Centre.

The Centre has hosted many other Swamis over the years. We also had a close affiliation with Karmayogi (Lou Postlewait) of the Divine Life Society in Henderson, Auckland.

In 1987 I undertook a walk from Wellington to Auckland to promote the Lotus Yoga Centre.

What was the motivation behind setting up the Centre in Paraparaumu in 1985?
Members of the Lotus Yoga Centre were looking to establish a retreat in the country – a peaceful haven away from the hustle and bustle of everyday life to obtain a place of their own.

When I first saw the layout of the property at 91 Ruapehu Street, I noticed a bright light on the hill overlooking the homestead. It was the deciding factor in buying the land for the Centre in October 1985. The location contained a pond and I could clearly visualise the building of a healing and meditation sanctuary in the vicinity to blend in with the elements of nature.

When did this vision come to fruition?
A fund raising campaign spanning 3 years was launched for the project in 1996.

In the meantime the site for the Sanctuary was chosen according to the confluence of powerful ley lines. The energies are strongly aligned with Kapiti Island and the ranges on the eastern side of the Sanctuary site.

An architect was engaged to draw up the plans for the Sanctuary. Careful consideration was given to the construction of the octagonal-shaped building and the angle of the glass pyramid roof to ensure that it was conducive to healing energies.
A special service was held on Sunday 21 March, 1999 to bless the site. Those present expressed their feelings by reading personal testimonies. They threw grains of rice onto a cloth which was placed at the site. This symbolic gesture represented the gathering of all of humanity.

Soon after Roger Smith, Craftsman builder, engaged in the preparations for laying the foundations.

It was an exciting journey seeing the Sanctuary take shape, step by step. What a great moment it was to stand on the deck and look out over the pond and Kapiti Island.

Members and friends met on 21 December 1999 for the grand opening of the Sanctuary. Highlights included a candle procession and circumambulation three times clockwise around the Sanctuary.

What do you envisage the plans are for the Centre in the next 10 years?

I would like to see a new Centre built near the Sanctuary, so it can be fully utilised by serving more people on the Kapiti Coast.

In the meantime I want to complete writing up the Classic Yoga Course to encourage the practice of yoga and spiritual development. I envisage more teachers and therapists coming on board as I gradually decline from taking such an active role in the Centre's activities.

Forty years seem to have gone by very quickly. I wish to acknowledge that the Centre wouldn't have flourished without the help of all the wonderful friends and committee members I have been fortunate to meet in that time.

The Centre's Healing Mantra

Let LOVE fill our hearts and service be our aim in life.
May our actions become unselfish and fill us with joy, so that love shall flow freely.

Let LIGHT shine upon all creatures of the earth and the sun give energy to the mountains, the oceans and the skies unlimited.
May we see the great white spirit all around so that we become enlightened.

Let PEACE reign in our minds and thinking show clarity.
May we become still so that our thoughts are harmonious.

Let POWER be used gently and our creative forces lead us in the right direction, towards a common good.
May we feel strong so that we are able to experience life to the fullest extent every minute of the day.

Let UNION be determined by awareness and all become one.
May we be united by a universal bond of love, light and understanding, so that the Divine spirit will manifest freely.

Make us serene accepting wise counselling from our guides.
Protect us from harm and surround us with happiness.
Allow us to receive the gift of healing graciously.
May we be thankful for all the blessings bestowed upon us.

Heal us in body, mind and spirit.
A Toothless Wonder

by Eric Doornekamp

On a recent weekend I lost my upper denture. Nothing to get excited about, you might say. Just an inconvenience having to do without those teeth till a new plate is made.

What may be of interest is how it happened. I had just cleaned my choppers, spit in the toilet bowl (uh!) to clean my mouth and proceeded to flush the toilet. Then I noticed that the denture was missing. Logically I surmised that it had gone down the gurgler.

I had been wearing this denture for about twenty years and it was no longer a good fit. Therefore it did not surprise me that it was gone in a flash. Or more correctly, in a flush. Time to get rid of the denture; perhaps it wanted to part company from me.

I rung my insurance company and was told that a replacement denture would be provided – free of charge. So I went to the dentist who took a mould for a new plate to be made but it would take three weeks.

The next few days were a bit of a trial, I could no longer chew any food and was confined to liquids. Cathryn, dear wife as usual, rushed to my aid by making smoothies and soups as replacement meals.

I was pretty much resigned to spend Father's Day minus most of my teeth. No treats for me that I could chew and enjoy to my heart's content. I retreated to my sauna on Saturday night and hey presto! Found the denture hiding in a dark corner. Need I mention that my joy was boundless?

On the Saturday I was to teach a special cooling breath control during the Classic Yoga Course. It involves inhaling through the front teeth and ends with Sssstttt. Luckily, the day was saved as I was able to breathe through my old teeth!

Now there happened one more thing to do: Ring the insurance company and report that I had found my lost denture. I could have left it and got a free replacement but that would have been dishonest. I like to think of myself as being a true yogi. Obviously, I will have to pay for the plate myself. At least I should be able to sleep peacefully.....

Truth resides in every human heart, and one has to search for it there, and to be guided by truth as one sees it.

But no one has a right to coerce others to act according to his own view of the truth.

Mahatma Gandhi
News from the Centre

IYTA Yoga Day

The Centre's resident yoga teacher, Cathryn Doornekamp, had the pleasure of participating in an IYTA (International Yoga Teachers Association) Winter Yoga Day with well known guest yoga teacher Lynda Miers-Henneveld, held in Wellington, on 29th July.

Lynda began teaching in 1995 at the NZ School of Yoga, Wellington and in later years she was the co-director and Senior Yoga Teacher at Yoga Unlimited in Wellington. This year has seen Lynda embark on a solo venture 'Freed-Om-Yoga' based in Island Bay, Wellington.

Lynda's focus for the Winter Yoga Day was asana, pranayama and restorative yoga.

Cathryn quickly warmed to Lynda's gentle style of yoga as she expertly guided the group through a series of postures and sequences. A new experience for Cathryn was a dynamic version of vrkasana (the tree pose), working with breath and movement. She has since adopted a variation of this sequence in the classes at the Lotus Yoga Centre, in combination with the static version of vrkasana.

The IYTA Wellington/Lower North Island Branch holds regular yoga days throughout the year. Attendance to these days is open to IYTA members and non-members, (both teachers and students of yoga) for a small fee. Please register your interest with Cathryn Doornekamp if you would like to receive notice of the IYTA yoga days.

AGM

Cathryn and Eric are pleased to report that the Annual General Meeting of the Centre on the 27th July was well attended. It was heartening to have the support of so many members. Those in attendance enjoyed home-made apple crumble and an organic vegan/gluten-free banana cake for supper!

Reunion

Cathryn, Eric and their son Ananda had the good fortune of being able to sneak away mid-July for a family reunion up north in Cambridge, the first get-together with all Cathryn's family present after her father passed away in April this year. Family members came from Perth and as far away as Portland, Oregon.

Robyn Moore very kindly stepped in to take the 10.00 am yoga class on Friday morning, 13th July during their absence. Lots of encouraging feedback has been received from those in attendance.

Helping Hands

Cathryn and Eric 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.

Paula Eady for helping with administrative duties in July when Cathryn was away.

Bruce McKnight for splitting and cutting firewood.

Graeme Richardson for constructing the planter boxes inside the front gate.
Upcoming Workshops/Courses

**Massage Workshop**
Relax knotted muscles and unwind frayed nerves.
Treat yourself to a one-day hands on Massage workshop for family and friends with Facilitator Eric Doornekamp.

**Sunday 23 September 2012**
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.**

**Iridology Workshop**
Which one of the five Iris types are you?
Find out on

**Sunday 30 September 2012**
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**

**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.
**Cost $45.00  Repeats $30.00**
The aim of the course is to reduce stress and achieve peace of mind, increasing energy levels.
**Course starting dates:**
4 October 2012, 1 November 2012
Prior enrolments are essential.

**Available from the Centre**

**Organic Produce**
Surplus organic produce from the orchard and vegetable garden is available by gold coin donation. There is plenty of red silverbeet available on request.

**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 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 - $10.00

Nectar of the Lotus
Eric Doornekamp - $5.00

Be Fit with Yoga
Eric Doornekamp - $5.00

Relax with Yoga
Eric Doornekamp - $9.00

Yoga Humour
Eric Doornekamp - $9.00

Full Members receive 10% discount

Vouchers
Massage, Reiki, Yoga, Taichi Qigong
vouchers are available for purchase from the Centre.

The Lotus Yoga Centre and Retreat Incorporated

Yes. I do wish to receive future copies of The Lotus Newsletter by email.

Name ......................................................
Email Address: ...........................................

Reiki Healing

with Graeme Richardson
Level 3 Reiki Master - Teacher
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 energy 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 and Thursday afternoons during term time and most afternoons during the 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.
Massage

Eric Doornekamp has 40 years experience in massage. Swedish massage involves deep tissue therapy to relieve stress and 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.

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 assessment is available by appointment.

Cost
Initial consultation $45.00 – 1 hour
Subsequent consultations
$30.00 – ½ hour

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