

The Lotus

Quarterly Newsletter – March 2013

Promoting the benefits of Yoga, Meditation, Massage & Health since 1971
Natural Therapies 1975 & Taichi Qigong 1991

Editorial by Cathryn Doornekamp



Namaste. Welcome to the Autumn edition of *The Lotus* newsletter. Summer has been kind to us this year. Visitors to the Centre were greeted by a magnificent array of yellow canna lilies, the focus of much attention, inside the front gate.

Yellow represents knowledge and learning. It also portrays happiness, peace and meditation. Qualities all fitting for a yoga centre.

As the canna lilies start to dwindle, the glowing faces of marigolds shine forth to the left of the entrance. And with the change of season from Summer to Fall, will come the rich shades of red, orange and gold as the deciduous trees prepare to shed their leaves. Soon a pretty mass of colour will be visible in the area around the Sanctuary and pond behind the Centre.

Set in ten acres of bush, organic gardens and lawns, the Lotus Centre truly is a tranquil retreat from stressful, everyday life. How blessed we are to be surrounded by an abundance of nature.

Classes held over the Christmas and New Year period were well attended and the recent introduction of an Early Bird Yoga class on Saturday mornings at 7.00 am has attracted much interest.

The *Life of Pi* movie fundraiser on 9th January was a great success. We would like to take this opportunity to thank those who supported us with this worthwhile venture to help provide lighting in the Sanctuary.

This edition of *The Lotus* contains an interesting and thought provoking article entitled *One with the Universe*, written by Member Graeme Richardson.

Also featured in this newsletter is an article, *Your dog is better than anything in the world of fidelity*. Author, Anthony Britton demonstrates his ability to play with words in an entertaining way.

Of interest in April, may be an Iridology workshop or a Meditation & Relaxation course with facilitator Eric Doornekamp. Please refer to page 8 for more details.

Table of Contents

Editorial by Cathryn Doornekamp.....	1
One with the Universe.....	2
The Journey Home.....	2
Your dog is better than anything in the world of fidelity.....	4
Ananda Loka and the Sanctuary.....	6
Housekeeping.....	7
Cellphones.....	7
Parking.....	7
News from the Centre.....	7
Life of Pi Movie Fund raiser.....	7
Helping Hands.....	8
Upcoming Courses.....	8
Meditation Course.....	8
Iridology Workshop.....	8
Products for Purchase.....	9
Therapies by Appointment.....	9
Membership Renewal.....	11
Building Fund.....	11

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One with the Universe

by Graeme Richardson

Editor's Note – Science and Physics teacher, Graeme Richardson is an active member of the Lotus Yoga Centre. Currently enrolled in year three of the Classic Yoga Course, Graeme shares some thoughts on universal energies with The Lotus readers.

Many cultures believe that **masculine** and **feminine** energies were formed and fused at the **dawn of time**. Here in New Zealand Māori mythology describes our universe as a Sky Father, naming him variously Rangī (heavens), Ranginui (great heavens), Rangiroa (expansive heavens), or Te Ranginui-e-tū-nei (the great standing heavens). He was also called Te Rangiātea, which referred to the great breadth of the heavens, or Te Rangitiketike and Te Rangipāmamao, which denotes loftiness and remoteness. The names Te Rangiwhakataka and Te Rangitakataka describe how the heavens reach down to the horizon to meet Papatūānuku, the earth mother.

In an attempt to explain the laws of our universe, Scientists have congregated in an underground facility 25km in diameter spanning France and Switzerland, to replicate conditions that existed milliseconds after the creation of our universe, the time of the 'big bang'. Here they conduct experiments that recreate the moment when massless particles of pure energy travelling at the speed of light passed through the treacle like Higgs field and slowed down to form plasma, gas, liquids and solids; matter as we know it today. Some massless particles which didn't become entangled in the Higgs 'treacle' remained massless travelling at the speed of light, as light photons within the electromagnetic spectrum.

I believe it possible that our own creations also required the existence of the Higgs field and that our own creations also began with a big bang, which occurred at the time of our

conception; a time when male energy from our father fused with our mother's feminine energy to form our cellular matter. Our own inner universe exists in a manner as real as the world about us, like Russian dolls, one within the next. Just as we have a balance of male and feminine energies within us, so there exists in our universe similar energies; both of which are balanced. We are the universe and the universe is us. One and the same; inseparable. And we are pure energy, just as is the sun, the wind, fire and water.

Which brings me to a Law that is taught to students at school: "*Energy cannot be created nor destroyed. It can only be transformed into another form*". As we are beings of energy, and given that energy cannot be created nor destroyed, it follows that the energy of our collective existence has been since the dawn of time, the creation of the universe, and that it will exist long after our current existence in material form has passed. We are at the energy level truly connected as one. Now that is something for scientists to investigate.



The Journey Home

by Cathryn Doornekamp

Last year in November I had the good fortune of attending a yoga retreat in Brisbane with Dr. Ananda Balayogi Bhavanani, along with four other members of the Centre. Details of this special gathering appeared in *The Lotus* December 2012 newsletter.

The journey home from the retreat was rather eventful and thought provoking to say the least.

The Lotus Newsletter March 2013

The taxi driver who escorted myself and another member of the Centre to the airport for our return flight home, happened to ask what time our flight was. In answer to our reply: 5.45 p.m. he said there's another storm on the way, but you'll be all right. You'll be well off the ground and away before it strikes!

All was going to plan until we reached the gate to board our plane. The fury from the confines of the terminal was a spectacular sight as we watched the fork lightening hit the tarmac and runway.

When the storm eventually subsided, it was all go. We had 17 minutes to board the plane before take off! The aeroplane crew beautifully demonstrated what it is to "Do your best and leave the rest". They really did everything within their bounds to get the flight off the ground.

We happened to be seated in the middle of the plane level with the wings, near the emergency exits. The crew were already giving us the emergency drill while other passengers were still boarding!

Just when everyone was seated and buckled in, and I had adjusted my inner time clock 3 hours forward to NZ time, the pilot announced that the flight had been cancelled. (We had missed the Wellington airport 1.30 a.m. curfew). He asked us to please disembark and go home.

Now what exactly did the pilot mean? We were seated on the plane because we wanted to go home! It occurred to me that in a yogic sense – home is being at ease with what ever situation one finds oneself in. Totally 'unphased'. That inner state of "*Stitha Prajna*" or "*Sama Bhava*". A state of mind that is equally predisposed to all that happens, be it good or bad. They say it is our attitude to life that counts.

The irony of our situation was that according to the officials we were no longer in Australia. The stamp in our passport indicated that we had departed Australia. Eventually we off loaded the

plane and went back through customs to have a stamp reading "Did not depart" posted over the other. So I do wonder where we were in that space of time?

There is something to be said about one's perception of time when flying. As mentioned, already in my mind when seated on the plane I had adjusted my inner time clock ahead to NZ time. It always fascinates me how we appear to gain time when flying from NZ to an overseas destination, and how we appear to loose time when returning home. Which brings me to the point of my missive. The only real time we have is the moment – the right here and now. This is where we must live, in the total now with awareness if we are to evolve.

They say there is a silver lining in every pocket. Who'd have thought the rescheduling of our flight, would turn out to be the inspiration for the introduction of an Early Bird Yoga class at the Centre on Saturday mornings! It's true.

When traversing to the departure lounge the following morning we bumped into a fellow yogi who attends classes at the Centre. He and his wife were returning home from holidays and amongst other things we got talking yoga. The timing of this meeting could not have been more opportune.



They say travelling broadens your horizons. This journey certainly did. Lots of good has come that will benefit the lives of many in more ways than one!

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Your dog is better than anything in the world of fidelity

By Anthony Britton

Editor's Note – Currently enrolled in year six of the Classic Yoga Course, Anthony enjoys writing whenever he gets an opportunity.

Students of the advanced Classic Yoga Course are given a keyword each week to research and meditate on. Last year, as Anthony was contemplating the keyword 'enthusiasm' and various additional words, he was inspired to put pen to paper. Read on.....

The other morning as I cycled to the railway station, the low fog in the dim morning light giving the Kapiti wetlands a surreal feel, I was considering the word *faith*. The word comes from the Old French *feit*, which comes from the Latin *fides* or *fidene*, to trust. *Fay* is an archaic word for faith. Faith can mean believing without proof, it is a trust or confidence; or a belief in God's promise, religion or spiritual things; or what a person believes; or a system of religion. While the word holds some of its original sense, it moves towards a meta-physical connotation – a thought which resonated on this eerie cold foggy damp winter morning, as I wended my way over the grey pebble track leading past the Library.

At the Railway Station I chatted to a fellow cyclist, my German friend Hans, about work pressures.

“Why worry?” asked Hans. “We could learn a lot from my old dog, who lives for nothing but to eat and then look for a spot to lie down in the sun.”

This reminded me of my old dog Sarge. He's been dead 10 years now, but even to this day when I open the downstairs desk drawer I can smell the stink from his collar lying deep inside the drawer. Even when freshly shampooed Sarge's stink would return quicker than he could shake himself dry. Eat was too polite a word for

what Sarge did to his breakfast, the food barely touched the side of his mouth and his whole body convulsed to ram food down his throat into his stomach, in no time at all.



Talking of dogs eating thus my thoughts wandered to my latest read about the Mughals who ruled India for some 200 odd years from around 1500. The vices of the Mughal dynasty were not limited to drugs, they also had an obsession with hunting, and conflicting strains in their attitude towards animals including dogs. Babur showed no compassion for dogs when he, who never ever vomited after meals even after drinking, suspected he was being poisoned. Babur ordered the cook and taster to be held while the vomit was given to the dog to eat, as they stood and watched the effects on the dog.

Dogs and Fidelity – a word which like Faith has its roots in the Latin *fidel* – are synonymous. Fidelity means steadfastness, faithfulness or loyalty; or strictness or thoroughness in the performance of duty; or firmness in belief or feelings, determination, steadfastness – and all of this nicely sums up a dog's basic attitude towards eating food, poisoned or not.

We never did find out what happened to Babur's dog, though we know Babur had the cook tortured and skinned alive, ordered the taster to be hacked to pieces, and had a woman suspected of complicity to be thrown under elephant's feet.

On the other hand another Mughal emperor Akbar was fond of dogs. He and his friends and courtiers would put the dogs on the tablecloths and even let some of the dogs put their tongues

The Lotus Newsletter March 2013

into the courtiers mouths. An album published during Akbar's reign shows a yogi and his dog with a text that says "Your dog is better than anything in the world of fidelity".

When it came to dogs and cruelty to animals, the Islamic religion of the Mughals clashed with their Hindu subjects' ethics of non-violence and vegetarianism. Nevertheless, though there were frequent rebellions from groups like the Sikhs, largely there was inter-religious dialogue and tolerance. Indeed though the Muslim god was the jealous god of Abraham, there was cross-pollination between Muslim and Hindu myths, legends and rituals, for example with the traditions of worshipping horses and horse sacrifices. When it came to dogs, Hindus were more likely to classify them akin to Pariahs, an unclean and an unworthy underclass; but Moghuls, perhaps like many Westerners, saw dogs as personifying much that is admired or, equally, despised.

Next to dogs' fidelity, a dog's dogged enthusiasm is much admired by many of their human masters. This is exemplified by their eagerness to put up with whatever their human master dishes out. Enthusiasm comes from the Greek *entheos* meaning 'god-possessed'. In one sense it can still mean possession or inspiration by God but in more common usage, like a dog with food, means an eager interest or zeal. There is an old saying: the good thing about a dog, is when you act stupidly, they act even more stupid. For a dog is often rewarded for its enthusiasm, and this is a source of enjoyment for the dog and master, which in the end is its own reward, thus the old saying: enjoyment anticipated is twice enjoyment fulfilled. Conversely, it is easy to see with a dog how harsh criticism takes the enjoyment out of life. The word enjoyment is passed down to us from Latin *in + gaudium* – in joy. Being in joy is a central part of much Yoga. For example Laughing Yoga seeks to "put the joy back into life", and one of Laya Yoga's aims is to create a condition of the body, a feeling of strength and joyousness.

My dog Sarge even when older showed such an enthusiasm for eating and with that, as evidenced by his bloated stomach and stupid grin, an accompanying happiness perhaps even bordering on bliss; also generally exemplifying the temporary nature of such happiness and bliss – though a dog's toileting habits also personifies the value of ritual in coping with life's mysteries, and a master's or fate's fickleness most likely to take the joy out of life.

After eating, perhaps through habit rather than any obvious cognation, Sarge would then turn to saunter off into the garden towards the east of the house, to lie in the morning sun. From then on his day consisted of, as the sun coursed through the heavens, and the shadows slowly enveloped him, to wake and slowly lift his head, dimly aware that something was not quite right. He'd then haul his arthritic body up on to four legs to stagger once more into full sunlight and flop down flat, soon once again snoring. He was rather like a moving time-dial, you could always get an idea of the time of day by which part of the garden he was situated.

As he got older and older he became more and more frail, and eventually he was stone deaf. He'd still show plenty of enthusiasm when he saw me preparing to go out, barking stupidly and whining and twisting crazily chasing his wagging tail, but once out the front gate he'd bound a few meters until his head dropped, the strain too much. He wasn't the dog he used to be, and he'd dolefully turn back, to go back to his place in the sun.

More than once I'd spot him lying in the sun with not even his diaphragm showing any sign of movement. On tip-toes I crept up to him fearing the worst, but as I bent over he seemed to sense a presence, and his head suddenly jerked up; and it was with a mixture of relief and shock, after a close shave with his big ugly bone head, I cussed the old sod.

If we have faith in *Samsara*, the cycle of life and re-birth we'd have to believe that Sarge, being a

lowly dog, has a few cycles to go before achieving enlightenment, and thus release from this cycle. In Hindu thought this is called *Moksha*, meaning liberation. Buddhists define enlightenment as the state of awareness, of heightened perception in which the individual transcends the body and attains *Nirvana*. Enlightenment has literal roots as *in + light*, and it is perhaps in this sense we may be kind to Sarge and say, with his daily ritual of following the sun around the house; he achieved – if there were such a thing as – Dog Enlightenment.

One fine sunny day I came home from work and, as I walked up the steps to the house, I could see Sarge lying still in the distance. This time there was no need to check his breathing. Shade enveloped his body, he must have passed on around 3:20 pm. We'd been mates for thirteen years. For a Staffie that's a good long life. Close up, as I bent down to close his lifeless eyes, was to be seen the same-old stupid enthusiastic smile, perhaps how he wanted to be remembered as an eternal, divine grin.

Later that day I and my partner of the time stepped out the back door for an evening walk, only to see a baby hedgehog making its way expectantly across the drive towards us. It moved not at all in a hedgehog-like manner: its head was down, legs bounding and body working side to side, and the only thing missing was a crazy wagging tail. As it got to within a meter of us it suddenly veered up, as if having a sudden realization and, with a more dignified hedgehog-like gait, scuttled under the house. We never did see that baby hedgehog again, though we each in our own way continue to look.



Ananda Loka and the Sanctuary

by Eric Doornekamp

In a previous newsletter I wrote about the Mayan Calendar and the prediction of the end of the world on 21st December 2012. This date held great significance as it was believed to mean a new beginning for humanity. See *The Lotus* – December 2012.

A small group of us met in the Sanctuary on the evening of that day to celebrate the occasion. Those of you who have visited the retreat in the bush at the edge of the pond know how peaceful it is, making it entirely suitable for healing and meditation.



The area where the Sanctuary is situated today was conceived as being on holy ground. That was the reason why the locality was chosen. The site for the Sanctuary was blessed in 1999 and the building completed later that year, just in time for the Millennium Celebration.

The naming of the area surrounding the Sanctuary had to wait till the time was right. This auspicious moment was considered to be on the 21st December 2012.

The recent ceremony involved the sprinkling of water while circumambulation the land where the Sanctuary is situated. The procession of people took place in a clockwise manner, followed by a brief meeting. The ambience of the occasion was greatly appreciated by those present.

It marks an expansion of the function of the Lotus Yoga Centre. This is expressed in the role *Ananda Loka* plays in Kapiti. It is hoped that it will lead to an increased state of consciousness in individuals and in the world as a whole.

Ananda means “Abode of Bliss”. It relates to the status of the aspiring *yogi* in time and space. I'll try to explain this in easy terms. A *yogi* functions on three levels: physical, mental and spiritual. The first function is on a material plane. The second consists of thoughts and feelings. The third is the body of blissful, spiritual existence. All three are interdependent.

It can be said that the aim of *yoga* is the union of these (apparent) forms of existence. This is achieved through Self-realisation. To experience this the *yogi* practises meditation. The first step is *asanas* or postures. Then comes mental development; spiritual insight is next. In *yoga* we recognize the *koshas* or 'sheaths'. These consist of varying degrees of awareness.

Ananda maya kosha refers to the perfect Body of Bliss. In reality it is beyond time and space. The Sanctuary acts as a special place to remind us of the truthful purpose of life.

Newsletter Disclaimer

Please note that the contents of *The Lotus* do not necessarily reflect the views of the Editor or the Lotus Yoga Centre.

Housekeeping

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, **not on the road**.

When a class or course is in progress, there is room for 8 cars to park comfortably on the sealed areas: 3 in front of the Centre and 5 in the driveway alongside. The first to arrive may park directly in front of the garage, allowing 4 more cars to park in the length of the driveway.

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.

When dry, cars may park on the lawn in front of the Centre. Orange road cones indicate the lawn is too wet to park on.

News from the Centre

The Centre is the grateful recipient of an amplifier, CD player and speakers, very kindly gifted by Bruce McKnight for use in the yoga room during classes.

Life of Pi Movie Fund raiser

We are pleased to report that the response to the movie fundraiser *Life of Pi*, held on 9th January 2013 was overwhelming. A big thank you is due to those who helped with the networking of ticket sales. All the tickets sold and we could have sold more!



After expenses the Centre made \$910.00 profit from sales of tickets. A further \$290.00 was received in donations making a grand total of \$1,200.00.

Committee member, Valerie Andrews deserves special mention for her tremendous efforts in organising the fundraising event with Downtown Cinemas Coastlands and securing a grant from Pak 'n Save Kapiti.

Pak 'n Save sponsored the event with a \$100 voucher for nibbles and juice.

The Committee are currently pursuing options for the installation of lighting in the Sanctuary. We will report back on their progress in due course.

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.

Rosalind Derby, a willing gardener.

Graeme Richardson for weed-eating and maintaining the planter boxes inside the front gate.

Sainy Roberio for pruning trees and clearing the overgrown track leading to the Sanctuary around the right side of the pond.

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 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:

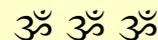
4 April 2013, 2 May 2013, 6 June 2013

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, that 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 21 April 2013

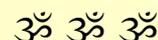
10.00 a.m. - 1.00 p.m.

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



Products for Purchase

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.

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 - \$10.00

Yoga Humour

Eric Doornekamp - \$9.00

Full Members receive a 10% discount on books and supplements

Therapies by Appointment

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.

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.

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.

The Lotus Newsletter March 2013

Membership Renewal

Memberships are due for renewal on the 1 April 2013. We welcome your ongoing support.

Members of the Lotus Yoga Centre are entitled to:

The Lotus Newsletter:

Quarterly: March, June, September, December

Reduced fees on yoga and taichi cards *

10% discount on books and supplements *

A discount on the Classic Yoga Course Fees*

(* Full Members of the Lotus Yoga Centre)

Please assist the treasurer by sending in renewals **A.S.A.P** to save on reminder notices. Kindly cut out and complete the enclosed form and indicate whether you'd like to receive future copies of *The Lotus Newsletter* by email.

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.

Building Fund



You may like to consider making a donation to the building fund when renewing your Membership.

The main building of the Centre is in need of significant repairs.

Donations over \$5.00 are tax deductible.
All contributions will be greatly appreciated.

The Lotus Yoga Centre and Retreat Incorporated

Membership Renewal Form

1 April 2013 – 31 March 2014

Yes. I do wish to renew my Membership.

Sorry. I am not renewing my Membership.

Name

Address

.....

..... **Postal Code**

Please tick Membership category

Full Membership \$30.00 per annum

Associate Membership \$20.00 per annum

I would also like to make a donation to the following project/s. Please indicate amount. (Donations over \$5.00 are tax deductible)

Sanctuary funds

Building repair funds

General funds

Publication funds

Yes. Please send a colour copy of *The Lotus Newsletter* to the following email address:

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