Editorial by Cathryn Doornekamp

Namaste. Welcome to the Spring edition of The Lotus newsletter. We warmly welcome Eric Doornekamp, the Centre's resident teacher, course facilitator, and therapist back. Eric underwent major spinal surgery on 4th August and was discharged from hospital on the 5th September, just in time to celebrate Father's Day and his birthday on the 10th!

Eric and I are especially grateful for the amazing support we've received during this challenging time, as members of the Centre and friends have rallied around helping in a myriad of ways. We would like to take this opportunity to thank Selwyn Williams and Robyn Moore for stepping in to take yoga classes, sometimes at short notice, while we attended meetings with various health professionals.

In the interim, I will continue taking Eric's taichi qigong classes until he regains mobility and strength in his legs and back. Meantime, Eric has returned to teaching the Classic Yoga Course and Meditation Course. He is available for natural therapies and is optimistic that he will resume seeing clients for massage and back therapy sometime next year.

Since Eric's return home, he has busied himself writing two articles for inclusion in this edition of The Lotus: Much To Be Thankful For and Yoga For Donkeys. Also featured in this newsletter is an obituary notice for long term member Tini Gruner, and an article full of yogic insights, entitled Little Stones written by member Anthony Britton.

Of interest in October, may be two events, a Gong Sound Immersion Concert on Saturday 11th October and a Prosperity Workshop on Sunday 19th October. Please refer to pages 9 and 10 for more details.

We are pleased to present another Movie Fundraiser Aunty and the Star People screening on Wednesday 29th October. Details can be found on page 10. Funds are being raised to improve car parking at the Centre. Donations will be much appreciated for this worthwhile project. Donations over $5 are tax-deductible.

Table of Contents

Editorial by Cathryn Doornekamp............1
Much To Be Thankful For..................2
Yoga For Donkeys...........................3
Little Stones..................................4
Obituary Notice...............................7
News from the Centre.........................7
Helping Hands.................................8
Upcoming Courses and Events.............9
Meditation Course............................9
Gong Sound Immersion Concert...........9
Prosperity Workshop.........................10
Movie Fundraiser............................10
Aunty and the Star People.................10
Products for Purchase.......................11
Therapies by Appointment................11
Naturopathy/Iridology........................12
Reflexology.................................12
Much To Be Thankful For

By Eric Doornekamp

Have you ever woken up with the feeling that you have missed a whole season? Well, that happened to me recently after spending the Winter in hospital. Over the last few years I've suffered from a sore back and legs which in time have gradually become worse.

In June 2014 the pain became unbearable and I was taken to Wellington Public Hospital. Here I received a CT guided spinal injection which relieved the pain somewhat.

I began rehabilitation, making good progress and then experienced a series of set backs resulting in the loss of use in both legs due to debilitating pain. Fortunately the spinal experts assigned to my case came up with a way forward. In August I underwent surgery involving a spinal fusion in the lumbar region. Rods were inserted either side of the spine from L4 to S1 and the vertebrae were screwed to stabilise the area. A laminectomy and foraminectomy was performed on L5 to relieve the pressure on the nerves. The whole operation lasted twelve hours.

A team of surgeons and their assistants prepared for this tricky procedure. They took into consideration my age (well past seventy), overall risk (in good health), will to live (a strong life force), of sound mental health (a well functional brain), family circumstances (a young wife and teenage son). All of these factors helped the surgeons in making a decision in my favour.

After the operation I spent the night in recovery followed by four days in intensive care. These were difficult times. I suffered from a lot of pain which is part of the process of healing. The effects from various drugs left me in a state of semi-consciousness. I was hooked up to drips and drains, with tubes extending the length of my body. That was my lot around the clock!

My stay in hospitals varied between Wellington Public Hospital and Kenepuru Hospital. The hospital in Wellington is much larger and more clinical. The concrete surroundings are stark and barren. There is not much to look at, at the best of times. Kenepuru is older and more homely. It became my second home, away from home. I did enjoy the panoramic view; the green hills, the cloud formations, and the seagulls. The magnificent sunrises and sunsets were conducive to peace of mind.

The doctors and nurses went out of their way to make patients comfortable. The same can be said of the other staff such as caterers.

I also want to mention the Wellington Free Ambulance who provided transport to the hospitals on several occasions. Their service was of an utmost compassionate nature.

So far I have written about my 'back breaking' ordeal and residence in two hospitals. It is not the end of my article as yet. Not everyone knows of all the extra work that Cathryn and her team of helpers performed while I was absent.

The tai Chi qigong and yoga classes continued as usual. Some prepared dishes which saved Cathryn a lot of time cooking, while others swept the front deck, delivered flyers, mowed lawns and tidied up the gardens. A list of acknowledgements can be found on page 8 in Helping Hands.

A constant flow of visitors called at the Centre to ask how I was getting on. Words fail me to
express my appreciation for all the interest people took in my well-being.

I received plenty of well-meaning advice. One friend suggested that I try 'an out of the body' experience to overcome pain. That would have been one way of coping with it.

Special mention must go to my daughter Erica, who spent a week at my bedside while I was in ICU. I also received visits from my in-laws.

When we read the pages of the daily news it contains mostly doom and gloom. Yet there are so many great acts of compassion. I feel deeply grateful for all the loving care bestowed upon me and am truly blessed to be surrounded by so many wonderful people.

Yoga For Donkeys
By Eric Doornekamp

This may appear a strange title for a column. So permit me to explain why I have chosen it. I admit to being embarrassed to say that the donkey refers to me.

In The Netherlands people speak Dutch. They use a lot of proverbial expressions: “Een ezel stoot zich geen twee maal aan dezelfde steen”. This translates in English as: “A donkey does not hit the same stone twice”.

Well, as an aspiring yogi I have hit the same stone several times! I seem to have a 'stone' hanging around my neck. It is called 'karma'.

During World War 2, I suffered from mal-nutrition which resulted in several bone fractures while growing up. With advancing age, wear and tear became an additional factor. That's where karma has played a role.

During the last few years I have hurt my back several times while working in the garden or doing other activities.

You will already know that I was admitted to hospital. The good thing is that I got out alive!

As a yogi the donkey beats me any time. That proverb is correct. I sometimes wonder: Will I ever learn my lesson?

On an evolutionary scale of development we often think of donkeys as being stupid. Humanity is supposed to be so clever.....

I would like to be able to negotiate my karma by ignoring those accidents. Perhaps I should get someone to clear the path of stones for me?

Meanwhile my back is still bothering me and I am in considerable pain. I have been told that my recovery is expected to be slow. Let's face it, however, I am responsible for my condition and need to come to terms with having a crooked spine.

On an emotional level I am accepting the situation that healing will take place. I also believe there exists a strong link between patience and patient.

I am most grateful for the help that members and friends of the Centre have given to me. My immediate yoga family comes first to mind. A special 'Thank you' to Cathryn and Ananda.
Many messages of goodwill arrived from all over the world:

**Dear Cathryn,**
*I am very relieved to hear the news that Eric’s surgery went well.*

**Crises have one undeniable benefit:** they serve as catalysts for bringing love into the flow of life. I am happy you were all there together to enjoy the feeling of family and to support my dear friend and mentor Eric.

With love from Baden-Baden,  
Billy Uber

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**Divine Cathryn**
*We are happy to hear of our dearest Eric’s slow yet sure and good recovery: He will be back stronger and more energetic than ever!!*  
*Much love and a warm hug.*

Dr. Ananda Balayogi Bhavanani  
Chairperson of ICYER, Ananda Ashram, Pondicherry, South India.

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**Namastey Cathryn!**
*What a sadhana your family is going through. You are maintaining the correct – the only attitude – towards this experience cheerfulness. I am happy that Eric still has his mischievous humour – that shows he is alive and kicking!*

Affectionately yours in Yoga,  
Yogacharini Meenakshi Devi Bhavanani  
Director of ICYER, Ananda Ashram, Pondicherry, South India.

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**Little Stones**

*By Anthony Britton*

**Editor’s Note** – Currently enrolled in year seven of the Classic Yoga Course, Anthony enjoys writing whenever he gets an opportunity. After attending the retreat with Dr. Ananda Balayogi Bhavanani at Tatum Park in April this year, Anthony was inspired to put pen to paper. Here Anthony cleverly weaves some wonderful yogic insights and parallels into his depiction of Dr. Ananda’s teachings and the expansion of consciousness of his own grandson.

A favourite book for me and my 4-year-old grandson Rylan is: *A Hole Is To Dig: A First Book of First Definitions*. Part of the book's charm and wit are its epistemological puns, that define concepts in a way that captures a young person's ontology. In any event Rylan takes it very serious, and we both enjoy reading it together, and he now has a very clear understanding as to what a hole is all about. Once he arrived home to see me digging a large trench. Bursting with curiosity, he jumped out of his Mother's car, ran down the driveway, stood on the edge of the trench, peered down into it and, obviously very impressed, looked up at me and said, “Cor! That's a big hole, Granddad!”

Dr. Ananda in his recent visit to New Zealand, here to lead a weekend retreat, told us that the World Health Organization were once again considering incorporating spirituality into their definition of health. In the 1940's the prevailing definition of health was *an absence of disease and infirmity*, but WHO at its conception raised the bar by changing this to the more embracing, “a state of complete physical, mental and social well-being”. Sadly including spirituality into the WHO definition has been a long drawn-out affair, starting in 1983, dragging on to 1999, and eventually dropped as too hard for 15 years; until now, when committee after committee labours over its definition.
I can imagine the same committee struggling with the definition of a hole. A hole possibly like many things, seems easier to define by what it’s not. For example I can stand in a hole in my gumboots, but though this shows a characteristic of a sufficiently large hole, that isn’t what a hole is. If we carry an empty flower pot, we could say we are carrying a hole, but otherwise as far as I know to date we can’t carry a hole by itself; though you should see Rylan, with a little encouragement, he finds it a lot of fun to try.

Trying to dissect spirituality is probably like trying to dissect a hole. Many people bandy the term around without thought, most likely not meaning to be mystical and often really meaning something else. Whatever, they gayfully carry their spirituality around with them, rather as Rylan smiles when he cups his hands and arms to carry a hole. Some might say this is not spirituality, it’s just people full of fun and joy, but then who wouldn’t say being in good spirits is an integral part of wellness, especially if you compare it to someone experiencing, say, road rage? Possibly we can only define spirituality in terms of what it isn’t? The WHO committee considering spirituality could learn from yogis and students of Vedantic philosophy, who are well familiar with the Sanskrit term neti neti, which can be translated as not this, not that. Meanwhile I’m grateful to Dr. Ananda for giving me a definition I can run with for now – “spirituality is being connected to the universe”.

Of course, as a recent commentator on the WHO affair noted, the connection between spirituality and health is really nothing new. Plato said, "the part can never be well unless the whole is well." The Yoga Vasistha is around a 1000 years old and it begins with the story of the kaktaliya, where a crow alights on the coconut palm tree and at that very moment a ripe coconut falls. The two unrelated events thus seem to be related in time and space, though there is no causal connection. And so the whole book goes, with story after story offering its seemingly complex Vedantic philosophy wrapped in a simple message: it is but our own ignorance, an illusion, to see ourselves as beings separate from cosmic consciousness, as there is no such duality.

Young Rylan needs to see no purpose or cause for a hole, or equally, he feels the potential and need for digging a hole for its own sake. Perhaps we should be less concerned with rectifying and dissecting spirituality as simply feeling it. However words are all we have to express whatever it is, and some might say spirituality is a God-given gift; others the wind or sun on your face or the earth beneath your feet; a beating heart, the awe and wonder of birth; being in the flow as you move through yoga vinyasa or cycle up a hill or twirl in a dance; marvelling at how light travels at a constant speed and in a vacuum; or meditating, in a state of cosmic consciousness. We might never agree on the words but finally it is a feeling or experience of being connected to something outside of the small thing we call ‘I’.

To paraphrase Rylan and Dr. Ananda we might say, “Cor! Isn't it divine!”.

Rylan’s ontology also cares little for cause and effect, but then for some of his behaviours the effect is such that his parents give him time-out. Being his Grandfather I have the luxury of having no real responsibility for that aspect of his development, but I did recognize that Rylan was ready for first concepts, when I began to see little piles of little stones appearing in various parts of the garden. This caused me to recall one of the famous concepts in the aforementioned book: Little stones are for little
children to gather into little piles. When Rylan read this with me for the first time he looked up at me, not flinching an eyelid. Apparently self-evident to him, he seemed to say, what else could little stones be for? What does raise his eyebrows, repeatedly, is *Eyebrows are to go over your eyes*. Indeed, anything to do with a face gets a reaction. The first time he read *A face is something to have on the front of your head*, brought a sudden understanding and a wise nodding of his head, and every time he reads *A face is so you can make faces*, starts off a game, to see who can pull the best face, which he always wins.

Eric our Classic Yoga teacher, though he rarely pulls faces these days, is fond of concepts, which he feeds to his students, so that every month he gives us ‘words of power’ to contemplate over the course of the month. One of this month's words is **coincidence**. One meaning suggested by Eric is “two or more things simultaneously occurring in the right place at the right time”. This got me thinking of something Dr. Ananda said at the weekend retreat at Tatum Park in April 2014, near Levin in New Zealand: “It was a miracle that we were all meeting together at that place at that time”.

I’d suggest Dr. Ananda wasn’t talking about any such bothers as remembering to get a working visa to visit New Zealand, but rather in the much wider sense: it was a divine coincidence that we all made it there right then. It is mind-boggling to think not only of the big bang, but the many generations since the big bang who’d procreated and had, coincidentally, and seemingly unknowingly, played a very big part in us all being at Tatum Park; though as Eric says, “to a true yogi nothing is a surprise”, and Rylan might see it as akin to picking up seemingly randomly placed small stones and neatly placing them in one place.

Comparable to Rylan’s inner drive to organize and classify, Eric perceives harmony to be an important element of coincidence. This is an interesting thought as at the same time as our Yoga group were at Tatum Park so too was a young female softball team. It seems the Tatum Park proprietor views yoga as a sport, and so for him to have two ‘sports groups’ staying together at the same time was natural. However for us yogis to share a retreat with partying, meat eating, often alcohol infused young women and their male admirers, and their anxious watchdog parents; and no doubt as it were for the softball group: to share a retreat with mostly older, often strangely dressed, vegetarian, hugging, happy, chanting, early-to-bed and early-risers, who barked like dogs, roared like tigers, and made donkey noises; wasn’t on paper really ever going to be harmonious. For our part, to be good yogis and, wrestling with our karma, we viewed it as no more than a practical test and application of Patanjali’s yamas and niyamas, and thus an aid to our spiritual development; while the young sports people for their part, to be good sports people, focused on playing their tournament hard, partying hard and sleeping late. And so both groups got on if not harmoniously then at least famously, mostly by avoiding each other as much as practicable.

Einstein said, “Coincidence is God’s way of remaining anonymous”. I’m sure most people in the group at the 2014 Tatum Park yoga retreat would agree it was a very special event, even divine. For many of us it was a reunion, meeting up with old yoga friends, maintaining relationships. There were new faces who brought their unique contribution, joining our yoga family. Each time we meet up with
Dr. Ananda we see a deeper practical synthesis between yoga knowledge from his lineage, and medical knowledge from his formal training. He makes it relevant to us with his wise and insightful talks, and all the more meaningful because of his self-effacing good humour, fun and laughter. Sadly it was all too soon before we all departed from the yoga retreat and, rather like Rylan’s little piles of little stones, we were once more scattered back on our various paths.

Obituary Notice

Tini Gruner

Tini Maria Gruner was a long time member of the Lotus Yoga Centre. She was born on 6th January 1953, in East Germany, studied chemistry and obtained her qualifications with the highest distinctions.

She migrated to New Zealand in 1980 and passed her exams in natural therapies at the South Pacific College of Natural Medicine in Auckland. She practised in New Pymouth and Gisborne.

In 1993 Tini moved to Christchurch and became a lecturer at the College of Natural Therapies. She continued with her studies in her chosen profession and was awarded a Ph. D. in chemistry.

The next part of her journey led to Australia. She was appointed as a lecturer at prestigious Natural Therapy Colleges in Brisbane and Lismore respectively.

Tini travelled extensively in Germany and Asia. She returned regularly to lecture in New Zealand. She was in regular contact with the Lotus Centre. At Eric's instigation she completed a year-long correspondence course under Dr. Swami Gitananda Giri and Meenakshi Bhavanani ofICYER (International Centre for Yoga Education and Research), based in Pondicherry, South India.

Tini accompanied Eric Doornekamp for one week on The Great New Zealand Walk – Nine Steps to Health. This publication appeared in 1987 and is still available from The Centre. It contains various ideas on a healthy life style.

Tini and Eric on the Great NZ Walk

Two years ago Tini was diagnosed with cancer. She spent a lot of time researching various methods of treatment, trying both conventional and naturopathic medicines but passed away peacefully on 14th May 2014. She will be sadly missed by many.

Acknowledgement

Eric and Cathryn wish to express their heartfelt thanks to Perry Gruner, Tini's brother for contributing some of the material for this article.

News from the Centre

AGM

Cathryn and Eric are pleased to report that the Annual General Meeting of the Centre on the 22nd August was well attended. Would you believe it. For the first time in the history of the Lotus Yoga Centre, the AGM was conducted without a Doornekamp family member present. Yes you heard right. Eric was in hospital and Cathryn came down with a bug on the afternoon of the meeting. It was heartening to have the support of so many members. Those in attendance enjoyed a delicious home-baked cake for supper, made by Yolanda Price.
Honorary Membership
Dr. Ananda Balayogi Bhavanani and Taffy Hawkins were accorded Honorary Membership of the Lotus Yoga Centre for the forthcoming financial year 1/4/2015 – 31/3/2016, by Members at the AGM, in recognition of their long standing contribution to yoga and ongoing interest in the Lotus Yoga Centre over the years.

Dr. Ananda Balayogi Bhavanani
Dr. Ananda conducted a Three Day Yoga Programme at the Lotus Yoga Centre in 2009 and earlier this year he facilitated a retreat at Tatum Park: “Yoga, the Antidote to Stress”. The programme was launched at the Lotus Yoga Centre with a mihi whakatau (traditional Maori welcome) on the front lawn of Whare Ora and the official opening of the retreat was held in the Sanctuary behind the Centre. 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.

Taffy was Eric Doornekamp's first yoga teacher at the Wellington Yoga Hatha Group, where he attended two classes per week for eight years from 1960 – 1968. To this day, Eric feels greatly indebted for all the knowledge Taffy imparted.

Outcome of August Movie Fundraisers
We are pleased to report that the response to the movie fundraisers; Son of God and the two screenings of The Hundred Foot Journey held in August 2014 was overwhelming. A big thank you is due to those who helped with the networking of ticket sales.

Committee members, Jill Newman, Valerie Andrews and Graeme Richardson deserve special mention. Jill for organising the fundraising events with Shoreline Cinema, Valerie for helping with the production of the flyers and posters, and Graeme for printing the tickets.

Spot seat prizes were kindly donated by Hayley Brown and Todd Balfour of Health Evolution (PEMF treatment vouchers & a Hyperbaric Oxygen treatment voucher), Leigh Cook (Reiki voucher), Jill Newman (Bowen Therapy voucher & Therapeutic Massage voucher), Dianne Davie (Reflexology voucher), Lotus Yoga Centre (Yoga voucher x 4 classes & Taichi Qigong voucher x 4 classes), Shoreline Cinema (Movie vouchers x 2).

After expenses the Centre made $880.00 profit from sales of tickets. A further $260.00 was received in donations making a grand total of $1,140.00.

Helping Hands
Cathryn and Eric Doornekamp would like to acknowledge the many helpers for their kind acts of service during the last few months:
Dianne Davie, Yolanda Price, Brenda Davies, Jean Marending, Chik Hogg, Paula Eady,
Rosalind Derby, Diana and Jane Evans for preparing home-made meals.
Pamela Tong, Dianne Davie, Donna Clarke and others for sweeping the front deck.
Sarah Porter, Jill Newman and Brian Elsmore for delivering flyers.
Bruce McKnight for cutting firewood.
Reece Baker, Patricia Batt and Brian Elsmore for gardening.
Karen Parker for cleaning and Scott Parker for clearing out blocked gutters.

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 Courses and Events

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:
9 Oct 2014, 6 Nov 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.

Gong Sound Immersion Concert
With Tibetan Singing Bowls, Crystal Singing Bowls and Gongs
Saturday 11th October 2014
3.00 pm – 4.00 pm

Tickets: $25
($20 CS card and Super Gold card)
Please bring a blanket and mat.
Experience the relaxing sounds of Tibetan and crystal alchemy bowls. Powerful overtones of the gong help balance your body, mind and spirit. Mariana will be playing a combination of sounds to inspire your senses, and take you on an inner journey of peace and tranquillity. Manifest true happiness, abundance and health bathing in a sea of clearing nourishing sound and discover your own song.

Mariana Vetterli has studied massage therapy and complementary natural therapies in Switzerland and has been working with health professionals in this field for over 25 years. She has extensive knowledge in the studies of the Human Energy Field, Energy Therapies and in the area of holistic and complementary health care. Mariana is now travelling the country facilitating group gong sound sessions, private sessions and workshops.

Enquiries & Bookings:
04 298 8258 or 021 209 3921
Prosperity Workshop

**Sunday 19th October 2014**

**11.00 am – 4.00 pm**
with a shared lunch

The workshop will be based on
Edwene Gaines’ book

**“The Four Spiritual Laws of Prosperity”**

and will be facilitated by Ros Annala,
Licensed Unity Teacher and Master
Prosperity Teacher.

Ros is also founder of Alive to Thrive,
a centre to nourish mind, body and soul.

You are invited to register for the workshop
by phoning Cathryn Doornekamp
at the Lotus Yoga Centre
on (04) 298-8258 or email:
lotus.yoga.centre@paradise.net.nz

**Cost: $35.00 prepaid**
(all proceeds go to the Lotus Yoga Centre)

For more information please contact
Ros Annala on 021 0818 1584 or email:
rosgoldsbrough@gmail.com
Website: [www.alivetothrive.org.nz](http://www.alivetothrive.org.nz)

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Movie Fundraiser

**Aunty and the Star People**

New Zealand writer Jean Watson is an
anonymous elderly woman living in a
modest Wellington flat.

In southern India she is revered as the
famous ‘Jean Aunty’.
Gerard Smyth’s documentary explores
her fascinating double life.

**Shoreline Cinema, Waikanae**

**Wednesday, 29th Oct 2014,**

**6.30 pm**

There will be spot seat prizes on
the evening.

**Tickets: $20**

Tickets are available for purchase from
The Lotus Yoga Centre

Enquiries and Bookings to
Cathryn Doornekamp
lotus.yoga.centre@paradise.net.nz
The Lotus Newsletter September 2014

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.

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.
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.

Reflexology

with Dianne Davie

**UK Qualified Reflexologist**

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.

Reflexology works on the premise that the feet are a mirror of the human body.

The treatment involves applying pressure with the thumbs and fingers to reflex points located in the feet, thus bringing about relaxation in the corresponding organs of the body.

All systems of the body are balanced, leaving the recipient feeling relaxed, refreshed and restored.

Hand reflexology is an option if the feet are overly sensitive.

**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.