Namaste. Welcome to the Summer edition of The Lotus newsletter. Much has transpired since the release of the Spring edition. In October, the Centre celebrated forty years of activities in the Wellington Region. It has been on the Kapiti Coast since 1985. The recent Anniversary celebrations are featured on page 2 of this newsletter.

In November I was blessed to attend a yoga retreat in Brisbane with Dr. Ananda Balayogi Bhavanani, along with four other members of the Centre. Details of this special gathering can be found on page 5.

With Christmas fast approaching and all the ‘hype’ of the silly season, it is important to find some time amongst the busyness to nurture our own well-being. Our teachers and therapists are dedicated to providing an ongoing service during the Christmas and New Year period in the tranquil surroundings of ‘Whare Ora’, the old homestead. A flyer outlining the Christmas/New Year schedule is available from the Centre.

Of interest, may be an Early Bird yoga class. The recent introduction of a 7.00 am – 8.00 am class on Saturday morning has proved a draw card. This could be the motivation you are looking for to set your weekend off on the ‘right foot’. They say the early bird catches the worm.

“Success comes to those who prepare well and put in an effort.”

For yoga students who would like to pursue yoga in-depth, a Classic Yoga Course is scheduled to start in February 2013. A prospectus is available from the Centre. Also on offer in February, is a massage workshop and a meditation course. For more details refer to page 10.

The Lotus Yoga Centre is currently fund raising for lighting in the Sanctuary. We are pleased to present a movie fundraiser, Life of Pi, screening on 9 January 2013. Tickets are now available for purchase from the Centre. See page 9. We look forward to your support with this venture.

This edition of The Lotus brings news of a meeting in the Sanctuary on 21 December 2012 to acknowledge the end of the Mayan Calendar and celebrate new beginnings. Be sure to mark this date in your diary. A potluck vegetarian meal will be held beforehand at 6.00 p.m. Please refer to page 7 for more details.

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Friends and Members of the Centre gathered at Whare Ora, the old homestead at 91 Ruapehu Street, Paraparaumu to celebrate an important milestone: The Lotus Yoga Centre 1972 – 2012.

It was heartening to have the support of so many in attendance. Those present included some very long serving Members of up to 35 years! The youngest to attend was three year old Danielle, the lovely daughter of Che and Peter French.

Founding Director, Eric Doornekamp opened the celebrations with a brief welcoming speech. The group formed a circle and held hands in unison to chant three AUM's.

Following a feast of mouth watering vegetarian delicacies, 14 souls ventured to the Sanctuary, while some left to attend other commitments.

Seated in the warmth of the octagonal shaped healing abode, stories from past gone years were shared, while others reflected on their connection with the Centre. The underlying message that came through was that of the Centre providing a stable spiritual base.

The event concluded with the reading of the Centre's healing mantra.

Jean Marending deserves a very special 'thank you!' for the luscious home-made fruit cake.

Also 'thanks' to Rosalind Derby for volunteering her help in the front garden during the days leading up to the celebrations.

In addition, we’d like to take this opportunity to thank everyone for their contributions; cards, refreshments, flowers and readings. Apologies and well wishes were also received from near and afar.

“Congratulations on celebrating your 40th Anniversary! We will publish the news in November Yoga Life. When Yoga schools spring up and also die suddenly like weeds in a drought, it is a great achievement to “sustain service” for 40 years!”

Yogacharini Meenakshi Devi Bhavanani, Director of ICYER, Ananda Ashram, Pondicherry, South India.
Review of the Yamas and Niyamas

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


The yamas consist of outer observances in relationship to the world, while the niyamas are concerned with the inner relationship we have with our selves.

The Pancha Yamas or five universal abstinences are:

Ahimsa: Non-violence

“When the yogin is grounded in the virtue of non-harming, all enmity is abandoned in his presence.”

Yoga Sutra 2.35

Satya: Non-lying

“When the yogin is grounded in truthfulness, action and its fruition depend on him.”

Yoga Sutra 2.36

Asteya: Non-stealing

“When the yogin is grounded in non-stealing all kinds of jewels appear before him.”

Yoga Sutra 2.37

Brahmacharya: Non-sensuality

“When the yogin is grounded in chastity, great vitality is acquired.”

Yoga Sutra 2.38

Aparigraha: Non-greed

“When steadied in greedlessness, the yogin secures knowledge of the ‘wherefore’ of his birth(s).”

Yoga Sutra 2.39

The Pancha Niyamas or five personal observances are:

Saucha: Cleanliness

“Through purity the yogin gains distance towards his own limbs and also the desire for non-contamination by others.”

Yoga Sutra 2.40

Santosha: Contentment

“Through contentment unexcelled joy is attained.”

Yoga Sutra 2.42
The yamas and niyamas are relevant to us all, whether we are an accomplished yogi or a beginner. Collectively, the yamas and niyamas form the bedrock of yoga sadhana. “A firm yoga practice must be built on solid ground, just as we would not build a house on shifting sands.”

In fact the late Dr. Swami Gitananda terms the yamas and niyamas “No Option Yoga”. We simply have no choice if we are to evolve. They are the “Spiritual Do's and Don'ts” in a yoga sadhaks life.

Dr. Ananda Balayogi Bhavanani, son of Dr. Swami Gitananda, speaks of the yamas and niyamas in an article entitled Yoga: The Ideal Way Of Life. He refers to the yamas as the “Do Not's” and the niyamas as the “Do's”.

“Do not kill, do not be untruthful, do not steal, do not waste your God given creativity and do not covet that which does not belong to you.”

“Do be clean, do be contented, do be disciplined, do self-study (introspection) and do be thankful to the Divine for all of his blessings.”

The pancha yama, Dr. Ananda says, guide us to say a big “NO” to our lower self and the lower impulses of violence etc, while the pancha niyama help us to say a big “YES” to our higher self and the higher impulses. A person with such qualities is a God-send to humanity.

Dr. Ananda reminds us that even if we are unable to live the yama-niyama completely, the attempt by us to do so will bear fruit and make each one of us a better person and help us to be of value to those around us and a valuable person to live with in our family and society. He concludes by saying these are the values which need to be introduced to our youth in order to make them aware and conscious of these wonderful concepts of daily living which are qualities to be imbied in with joy and not learned with fear or compulsion.

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**Tapas: Discipline**

“Through austerity, on account of the dwindling of impurity, perfection of the body and the sense-organs is gained.”

_Yoga Sutra 2.43_

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**Swadhyaya: Self-study**

“Through introspectional self-analysis we become one with our inherent divinity.”

_Yoga Sutra 2.44_

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**Ishwarapranidhana: Devotion**

“Through devotion to the Lord comes about the attainment of samadhi.”

_Yoga Sutra 2.45_

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Each of the yamas and the niyamas were covered in more detail in subsequent issues of The Lotus newsletter:

**Ahimsa** June 2010

**Satya** September 2010

**Asteya** December 2010

**Brahmacharya** March 2011

**Aparagraha** June 2011

**Shaucha** September 2011

**Santosha** December 2011

**Tapas** March 2012

**Swadhyaya** June 2012

**Ishwarapranidhana** September 2012
Another lovely time with Dr. Ananda
by Cathryn Doornekamp

Dr. Ananda deserves a big applause for the delivery of yet another highly successful retreat down under! Nearly forty Gitananda Yoga teachers and students from all over Australia and New Zealand gathered in Brisbane with much enthusiasm, to participate in the annual meeting of the Gitananda Yoga Association of Australia, 16 – 18 November 2012. The retreat provided an ideal opportunity for myself and other members of the Lotus Yoga Centre to reconnect with Dr. Ananda and our loving Australian yoga family.

Those of us who booked in at Riverglen Conference Centre a day early, on the 15th November to attend a talk: Validating Yoga Therapy Scientifically, with Dr. Ananda, were fortunate to receive an extra bonus the following morning.

A dozen or so sadhaks gathered on the banks of the Brisbane River at 6.30 a.m. It starts getting light around 4.30 a.m. in Brisbane at this time of the year, so we could distinctly feel the heat from the sun beating down upon us as Dr. Ananda skilfully guided us in jattis, pranayama, asana and relaxation. This was all done to the vocal accompaniment of crows! The cacophony reminded me of our early morning sessions on the roof top of Ananda Ashram, South India, where the crows made their presence noticeable with their discordant cawing. The intense heat was also another pleasant reminder of our stay in India. Part way through the session we found ourselves scrambling to the shade of some neighbouring trees. That day it reached a high of 37 degrees! The overnight low of 17 degrees, was the high New Zealanders had been experiencing back home in the days leading up to the retreat!

The free time that followed the buffet breakfast was a welcome interlude for those of us who had flown in the day before, to adjust to the new time zone. For me, it provided some space to commune with nature - to simply just be in the moment. It was also a chance to catch up with Australian, Heather Maylayton Box who shared the ten-day intensive Ashram experience with five other Australians and six of us New Zealanders in September last year.

Later that afternoon during the glide-time for the retreat registration, it was a delight meeting up with more familiar faces from our stay in the Ashram; Julia Ballinger and her mother Lyla Jean Ballinger, and the amazing Diana Timmins who had just given birth to a son, Luke, three weeks previously.

There were plenty of new faces to meet too including the mysterious Max; Gargi’s new partner and a surprise Kiwi, Vicki Simpson!

Dr. Ananda Balayogi Bhavanani

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The New Zealand Contingent
Left to right: Anthony, Selwyn, Cathryn, Vicki, Graeme, Gargi, Max & Ann-Maree
The dining room was bubbling with enthusiasm that night as nearly forty kindred souls sat down to feast. I had the pleasure of being seated next to Yogacharini Janani and Yogacharini Gargi, graduates of the 2008-2009 International Yoga Teaching Training Course at Ananda Ashram. I first met them two years ago at a retreat in Brisbane with Dr. Ananda entitled Moving from Distress to De-stress through Yoga. It was lovely to be in the warmth of their glowing presence once again.

It just so happened to be Janani's birthday that day. Following the meal, we all trouped outside into the darkness of the evening, to form a circle around an array of cupcakes. Gargi sportingly lit a candle and we joined in unison to wish Janani a very very happy birthday!

The evening satsangha was delivered by Dr. Ananda:

Yoga and the Human Brain – Understanding the Relationship between Asanas and the Sensory Motor Cortex of the Human Brain.

It linked in beautifully with the theme of the retreat:

Back to Basics: Revisiting the Foundations of Gitananda Yoga.

One never tires of listening to Dr. Ananda. His charming way of captivating an audience along with his ability to reinforce even the most abstract of concepts in a concrete way with analogies, metaphors and imagery, must surely rank him amongst the most talented of speakers.

The following morning we were all up 'bright eyed and bushy tailed' for a 5.45 a.m. start! The skies were threatening rain and the temperature had plummeted. It was still very warm by New Zealand standards though! Aarthi was carried out, in the natural ambience of the hall. Then we settled in to a 1½ hour session of hatha yoga before breakfast.

The ensuing schedule was busy and comprehensive. Topics covered by Dr. Ananda included Yoga as Life, Ashtanga yoga of Patanjali, Chikitsa, Mantra – Tantra and Yantra. These were complemented with practical sessions in jattis, asana, pranayama and deep relaxation. Throughout the course of the weekend, Dr. Ananda expertly referred back to many of the concepts imparted in his opening talk.

Storms were predicted and on more than one occasion the skies miraculously opened up overhead. Dr. Ananda had to raise his voice to be heard over the torrential downpour!

Dr Swami Gitananda, otherwise known as “The Lion of Pondicherry”, made his presence known several times with his almighty roar when a clap of thunder boomed at precisely the right moment to back up an important point Dr. Ananda was making. This became the focal point of much joking!

Sunday afternoon came around all too quickly and before we knew it we were gathered for the certification ceremony. It is always an honour to receive Dr. Ananda's blessings. One feels so humble being in the company of such a learned soul. He truly is an excellent role model of the full potential one can achieve from adhering to yoga as a way of life.

The retreat provided a marvellous opportunity to 'top-up', 'tank-up' or 'recharge the batteries' so to speak. Dr. Ananda shared of himself so freely, showering us with an abundance of joy, love and pearls of wisdom.

One such pearl that resonated and struck an inner chord:

“First things first and everything else will fall into place” has made a profound difference in the way I approach life.

There is so much to be gained from removing oneself from the busyness of everyday life to be in the presence of someone more enlightened. This is the beauty of coming together for
The general feeling amongst those in attendance was that of being physically, emotionally and spiritually nourished.

I am still bathing in the afterglow of being in Dr. Ananda’s Divine presence and have returned home feeling rejuvenated and inspired.

A big heart-felt thanks is due to the magical Margo and meticulous Murali for their amazing organisational skills in making the retreat happen. Not to mention all those glorious Gitananda members whose presence made it possible.

We eagerly await Dr. Ananda’s next visit, down under in 2014. May the great rishis grace him with a multitude of blessings.

Editors note - Lotus readers may recall Dr. Ananda’s visit to New Zealand in April 2009, when he facilitated a very successful Three Day Yoga Program at The Lotus Yoga Centre. Members of the Centre appointed Dr. Ananda an Honorary Member of The Lotus Yoga Centre, in recognition of his contribution to yoga.

Dr. Ananda was born in Pondicherry, South of Madras, in India. He grew up in Ananda Ashram, founded by his parents Yogamaharishi Dr. Swami Gitananda Giri Guru Maharaj, one of the greatest yogis in the last century, and Yogacharini Meenakshi Devi Bhavanani, a renowned writer and yogini.

Author of 19 DVDs and 21 books on Yoga, Dr. Ananda is a Western trained doctor and a Yoga Therapist - a Gold Medallist in Medical Studies, with Postgraduate Diplomas in Family Health and Yoga. Chairperson of Yoganjali Natyalayam and ICYER at Ananda Ashram, Pondicherry, South India (www.icyerc.com), he is the Honorary President of the Gitananda Yoga Association of Australia and has travelled extensively, teaching in the UK, Germany, Italy, Switzerland, South Africa, USA, Australia and New Zealand.

New Beginnings to mark the end of Mayan Calendar

By Eric Doornekamp

“The end of the world is nigh”– so claim the doomsday prophets. They base their information on the Mayan Calendar. This Apocalypse is supposed to take place on 21 December 2012. It coincides with the start of our Summer Solstice. Even if it were thought to be true, and many New Agers believe so, there wouldn’t be anybody to say, “I told you so!”

I had the good fortune to visit Mexico, the country of the native Mayans, in 1978. That was the first time I heard of the predicted end of the world. Meanwhile, the years have gone by quickly. The actual end of the world as we know it is coming closer.

I wonder if people should regard their fellow human beings with greater compassion and treat the environment with more respect. Increased awareness is the responsibility of each one of us. A new world? Yes! In every possible way.

A meeting will be held in the Sanctuary on 21 December 2012, at 7 p.m. Please bring a plate for a shared vegetarian meal, commencing at 6 p.m.

I am proposing that we name the area where the Sanctuary is situated Ananda Loka, a “Place of Bliss” to celebrate the occasion.

Readings and music to mark the event would be great!
News from the Centre

Working Bee

A very big thank you to Brian Cashmore, Diane Evans, Rosalind Derby and Brodie Andrews for their mighty contribution on Saturday 29th September. Everyone worked really hard!

Apologies were received from Valerie Andrews, Patsy Ballinger, Graeme Richardson, Ralph Wallace, Selwyn Williams, Jenny Searle and Eija Frost, including Jan and Howard Davies who dropped by on the day with a lovely home-made quiche to feed the workers.

Also thanks to Graeme Richardson and Bruce McKnight for weed-eating in the days following the working bee.

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.

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.

In Loving Memory

By Cathryn Doornekamp

The following is a tribute to Sonia Kempe Derby, who recently passed away in her 95th year. Sonia had a real love of flowers and the outdoors. On a number of occasions she visited the gardens surrounding the old homestead at 91 Ruapehu Street, while her daughter Rosalind tended to weeding.

The memory I am about to share, is of Sonia sitting in the warmth of the spring sunshine in the grounds of the Centre, on the day of the working bee. It is of the 'pure delight', Sonia had of being amongst the daisies on the lawn. I'll never forget those magical moments, as the three of us; Rosalind, Sonia and I engaged in making daisy chains. It was one of those rare times when you feel close to your true essence.

Sonia looked such a pretty picture, a 'real lady' as she sat in the garden adorned with a daisy chain necklace and a chain of daisies decorating her hat.

I will always remember Sonia for the deep appreciation she had for life (the simple things in life) and the innocent child-like joy that went hand in hand with it.
**Movie Fundraiser**

*Life of Pi*

An adaptation of Yann Martel's Booker Price winning bestseller about a 16-year-old Indian boy named Pi who survives a shipwreck and crosses the Pacific in a lifeboard along with a Bengal tiger.

Ang Lee's *Life of Pi* has managed to impress critics with its extraordinary visual effects.

Downtown Cinemas, Coastlands, Paraparaumu

Wednesday, 9th January 2013, 7.00pm

Doors open 6.30pm for nibbles and juice

**Tickets: $20**

Ticket sales and donations will help to provide lighting for the Sanctuary

_Tickets are now available for purchase from the Centre._

We are aiming to sell a majority of the tickets before Christmas.

For more information or to purchase a ticket, please contact Cathryn Doornekamp at The Lotus Yoga Centre.

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**Class Fee Increase**

We wish to notify class attendees of an increase in price for the ten-session yoga card and the ten-session taichi card.

As a non-profit organisation, The Lotus Yoga Centre takes pride in keeping our prices down. In recent years we have largely absorbed the rising costs of overheads, however we regret that we are no longer in a position to do so.

**Effective 1st January 2013**

The new fees for the Yoga and Taichi ten-session card will be:

- **Members:** $60.00
  
  (A five dollar increase on existing fees)

- **Non-Members:** $70.00
  
  (A five dollar increase on existing fees)

As a token of our appreciation for your ongoing support we would like to make the following

**Special Offer**

Purchase 2, ten-session yoga cards or taichi cards at the same time in the month of December 2012 for the existing price of $55.00 per card for Members, $65.00 per card for Non-Members:

- **Members:**
  
  $110.00 for 2, ten-session cards

- **Non-Members:**
  
  $130.00 for 2, ten-session cards

_Note:_ All cards are valid for 1 year from the date of purchase

**Vouchers**

Purchase your loved ones a voucher for Christmas.

_Massage, Reiki, Yoga, Taichi Qigong_ vouchers are available from the Centre.
Upcoming 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 17 February 2013**
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.**

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.
You will learn that by controlling your breathing and becoming more aware of your habit patterns, that you have the key to liberation.

**Course starting dates:**
7 Feb 2013, 7 Mar 2013, 4 Apr 2013
Prior enrolments are essential.

Classic Yoga Course Invitation
ARE YOU INTERESTED IN PERSONAL GROWTH AND SELF-DEVELOPMENT?

The Classic Yoga Course is an in-depth course aimed at those who are able to dedicate more time to the practice and theory of yoga. The course is progressive, with an ongoing commitment. Participation in the lessons is required. The course is therefore only suited to individuals with discipline, sincere dedication and a deep love of yoga.

With once-monthly meetings on a Saturday over a period of four years, this course covers major aspects of yoga, enabling the student to gain insight into its practice. Topics are of an ongoing nature and include different paths of yoga, breath control and relaxation techniques. The course aims to provide a deeper insight through physical, emotional, mental and spiritual development.

Facilitator Eric Doornekamp is a practising yoga therapist, with a Ph. D. in yoga issued by Vishwa Unnyaya Samsad. He studied under Yogamaharishi Dr. Swami Gitananda Giri in 1968 at Ananda Ashram, Pondicherry, South India.

The next Classic Yoga Course is scheduled to start on: 9th February 2013

**Enrolment: Dec 2012 – Jan 2013.**
A full prospectus is available from the Centre. For more information or to enrol, please contact Cathryn Doornekamp.
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.

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

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

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**

<table>
<thead>
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<th>Duration</th>
<th>Cost</th>
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<tr>
<td>½ hour</td>
<td>$30.00</td>
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<tr>
<td>1 hour</td>
<td>$45.00</td>
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### 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.