

# Mosgiel Holistic Centre News

Home to practitioners  
who hold a holistic view  
to health and wellbeing.

March 2013 Issue 3



## IN BRIEF

Monday's	6pm Yoga
	7.30pm Healing Group
Tuesday's	7pm Silent Meditation
Thursday's	6pm Tai Chi
Friday's	10am Yoga
Saturday 9 <sup>th</sup>	Qi Gong Workshop
Sunday 10 <sup>th</sup>	AromaTouch Workshop
Friday 22 <sup>nd</sup>	7.30pm Gong Therapy

## March Madness at The Centre

March in history: Julius Ceasar was assassinated in 44 B.C. Stabbed 23 times in the Roman Senate. A very painful place to be stabbed I am told.

March is also the quest for balance between body, mind and spirit so this month's newsletter features Keiko Imagi who teaches Tai Chi on a Thursday at The Mosgiel Holistic Centre. Doreen Henderson Pranac Healer and Reset Therapist. John Mills, counselor and psychotherapist. Also have a look at the TRE website for those who wish to deal with trauma or stress memory without having to re-live the trauma. For a TRE session phone Lynette 489 3677.

To round off the month of March we highlight the AromaTouch Workshop on Sunday 10<sup>th</sup> and our monthly Gong Session at 7.30 – 8.30pm on Friday March the 22nd. You will need to book for both of these Ph 489 3677



Dr David Berceci founder of TRE. Taught in Dunedin by Lynette Mills  
at The Mosgiel Holistic Centre

Trauma Release Exercises (TRE) are a breakthrough in stress management and trauma recovery. It is a body centred process that releases deep chronic tension created during traumatic or stressful events. See [www.traumarelease.co.nz](http://www.traumarelease.co.nz) Phone Lynette on 4893677



# Tai Chi with Keiko Imagi

Keiko Imagi teaches Tai Chi and Qi Gong at the Mosgiel Holistic Centre. Keiko has been studying Tai Chi for 13 years, teaching Tai Chi and Qi Gong in Dunedin and Auckland since 2008.

## Tai Chi Principals

### Relaxation of Body and Mind...

By removing stiffness and tension from the body, by the means of correcting posture, and the stretching out of joints, muscles and limbs. The mind can be calmed by correct breathing techniques, focusing on the movements of Tai Chi, so that day-to-day worries are left aside. In Tai chi the word 'relax' is frequently used, but it does not mean 'collapse' as in throwing oneself down on the sofa in a floppy heap.

### Basic Principals of practice

Breathing: deep, natural and regular breaths, in time with the movement

Body: sink the energy down in what is called 'weightiness' and 'centered'

Mind: concentrate and focus on the movement that you are doing.

There are many aspects to Tai Chi, we will be concentrating on the relaxation of the body increasing flexibility, improving balance and co-ordination, and also the cultivating of a quiet mind.

This is a wonderful Chinese fitness system that treats the body in the holistic manner and focuses on three aspects: Jing (essence), Chi (vital energy) and Shen (spirit)

Tai Chi is a physical exercise beneficial to health, wellbeing, balance, harmony, mental equilibrium and the promotion of internal strength. It is very enjoyable too.

Tai Chi is also an art. Art is creativity. Tai Chi is creative relaxation, which gradually brings many benefits with practice and patience. Do not worry about achieving technical expertise or perfection in your movements (unless you wish to be a world champ!)

## Keiko Imagi

Fortunately for the Mosgiel Holistic Centre, Keiko has joined the team to teach Tai Chi and Qi Gong.

Having practiced for 13 years, Keiko brings a wealth of experience as well as being a national champ!

In 2007 she won three forms at the NZ Tai Chi competition. Keiko has studied at the Beijing Sport University and has also had private lessons from Tai Chi Masters, Zhong Weijie (Yang, Wu and Sun style), Huang Kanghui (Chen style, Weapons etc) and Cui Zhongsan (traditional Yang style). She has also passed the international assessment called Duan in Tai Ji Quang. Also studying Qigong since 2009 at the Beijing Qi Gong Health Institute.

Classes run Thursday nights at 6pm  
Enquire at the Mosgiel Holistic Centre 03 489-3677.



## Doreen Henderson Advanced Pranic Healer and Reset Therapist

**Pranic healing** techniques cleanse, energize and rebalance the energy field to restore harmony and balance physically, emotionally and mentally. People feel very relaxed and light when dirty stagnant energy is removed and fresh vital force is infused. Tension and headaches respond almost immediately to treatment. As this is a scientific method, treatments are specific to conditions and results are consistent.

The methods are safe, non-toxic and effective. With simple conditions you may see results instantaneously. Long term and chronic complaints the response is slightly longer but used in conjunction with other therapies the healing time is greatly reduced. Pranic healing is not intended to replace existing medical treatments and compliments all systems of therapy.

**Reset Therapy:** The jaw muscles hold tension and stress. By relaxing the TMJ jaw relaxes over 90% of the muscles in the body. As the muscles relax, stress and toxins are released restoring natural harmony to the body.

Enquiries about any of these treatments are available by phoning Doreen on 03-489 1889

All treatments available at Mosgiel Holistic Centre

## Counselling & Psychotherapy by John Mills



I am often asked about the difference between counseling and psychotherapy. My glib answer is that counseling is for the walking worried and psychotherapy is for the walking wounded. Although said some what tongue in cheek it does have validity.

I work with most psychological issues that trip us up in life, such as depression, anxiety, mental illness etc. I have a degree in counselling and did my Psychotherapy training at Ashburn Clinic where I was employed. I have worked as a therapist for fourteen years.

As a Member of The New Zealand Association of Counsellors and Registered Psychotherapist I practice confidentially and under a code of ethics.

My fees are \$80.00 per session. For more information phone 489 3677



# *AromaTouch® Massage Workshop*

*Presented by Lynette Mills  
At Mosgiel Holistic Centre, 12 Church street, Mosgiel*



*Sunday 10 March 2013*

*9:30am till 4:00pm*

*Cost: \$90 (morning tea and lunch included)*

*Spend a day learning a very simple and easy relaxation massage technique using beautiful essential oils. Whether you are new to massage or an experienced therapist you will enjoy the technique and by the end of the day you will be able to confidently give your family, friends or clients a massage which is guaranteed to relax.*

*The AromaTouch® Technique is a new, clinical approach to essential oil application. A simple, step-by-step method of massage to apply therapeutic grade essential oils topically to produce a profound whole-body wellness experience. The many benefits of the AromaTouch® Technique include stress management, immune support and autonomic balance.*

*During the course of the day Lynette will demonstrate and teach you the AromaTouch® Massage Technique. You will have the opportunity to practice the technique and experience the massage for yourself.*

*To take advantage of this fantastic learning opportunity please contact Lynette at Mosgiel Holistic Centre, 03 4893677 Or 027 7223118*

*(If you are interested but the date does not suit please contact Lynette as this workshop will be repeated at dates and to suit.)*

*doTERRA essential  
oils are available at  
the Mosgiel Holistic  
Centre*





## *Reiki I, II and III Workshops (Dates to be confirmed)*

*Presented by Lynette Mills  
at Mosgiel Holistic Centre, 12 Church  
Street, Mosgiel*

*If you are interested in learning this  
very simple but powerful Healing  
Please contact Lynette on 4893677 or  
0277223118*

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