

Mosgiel Holistic Centre

Home to practitioners who hold
holistic view to health and
wellbeing



July 2013 Issue 7

- Monday 1, 8, 15, 22, 29
– 7.30pm Healing Group
- Wednesday 3, 10, 17, 24, 31
– 7-8.30pm Olive Healing
- Thursday 4, 11, 18 – 6pm Tai Chi
- Friday 12th – 6.30pm Film Night
19th – Crystal Bowl Session
19th – 6-7pm Dance Your Chakras
- Saturday 20st Crystal Bowl Workshop
20th – 9-11 Aura Cleansing
20th – 6-7pm Dance Your Chakra
27 & Sun 28 – Holistic Pulsing
- Sunday 7th – 7-9pm Clairvoyant Night
21st – 6.30pm Theoria Evening

July: Hibernation Month

According to Wikipedia: hibernation would be useful for humans during various proposed plans for interstellar travel in the future. Or not a bad idea now with the weather behaving like it is. So how do we get to make the most of the winter months without going into total hibernation?

To take care of our health we need to keep up with vitamin intake especially vitamin D from the sunshine (when available) and vitamin C to help ward off colds. Equally you could come join us at The Centre getting pampered or joining in the many activities on offer to brighten up your winter.

Lynette Mills in conjunction with Azurlis holistic Reiki'd skin care products would like to invite you to share in the amazing experience of having a holistic facial. See Page 4/5 for all the product and facial details





HOLISTIC PULSING WORKSHOP

Workshop 27/28th July 2013

Limited personal session/tutorial bookings also available

Holistic Pulsing is a delicious Body/Mind therapy focused on healing and self-discovery. By utilizing gentle rhythmic movements to the clothed body it can bring awareness effecting profound healing and growth at all levels of our being.

These relaxing and fun filled days will be hands on experience of Holistic Pulsing, in a safe environment with a qualified teacher.

These Holistic Pulsing experiences are suitable for beginners & practitioners, as well as most ages and states of health.

Experience for yourself the benefits of Holistic Pulsing

Tune in to your own and other peoples rhythms

Develop an awareness & understanding of the body/mind connection

Have fun & make meaningful connections with other people

Price: \$250 for weekend or \$300 for workshop & an individual session or tutorial. Place not secured until a 50% nonrefundable deposit is paid. Bookings not related to the workshop are \$80 per hour

Venue: Mosgiel Holistic Centre, 12 Church St, Mosgiel

Tutor: Corinne Murray. Corinne began pulsing in 1990 gaining her Diploma in 1995 & Teaching certificate in 1996. She is a member of the Holistic pulsing Guild & holds a current Annual Practicing Certificate.

Enquires/Bookings: corinnehp@xtra.co.nz or Ph. Corinne on 03 389-9931 or Margaret 03 486-1699
margreetsimpson@gmail.com

Please note places on the workshop & appointments times are limited

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NOTE: Due to Rosanda being away this month there will be no Gong Meditation in July.



Gateway Cinema

Friday 12th @ 6.30pm

Catherine McKergow brings
us: **Living Luminaries on the
serious Business of
Happiness [2006]**

Come join us for a cup of soup, kick back

with us for our feature DVD this month and join us for our discussion of...

Living Luminaries on the Serious Business of Happiness [2006]

www.livingluminariesfilms.com "This evening's film is described as, "A very powerful film featuring the insights of Living Luminaries who share knowledge and tools to help uplift humanity, identify your life's purpose and find happiness in challenging times. In the words of Dr. Rev. Les Turner, *Living Luminaries* is 'the deepest film ever made' – a film you will want to see again and again and share with your family and friends."

Some of the people you will meet in this movie are amongst best selling authors:

Eckhart Tolle, *The Power of Now and A New Earth*; Michael Bernard Beckwith, *Spiritual Liberation*; Gary Renard, *Disappearance of the Universe*; Marianne Williamson, *The Gift of Change*; Don Miguel Ruiz, *The Four Agreements*; Matthew Kelly, *The Seven Levels of Intimacy*

And Religious & Spiritual Leaders, and Social Activists: **Nachum Shiffren, *The Surfing Rabbi*; Dr. Rev. Robert A Schuller from the Crystal Cathedral; The Venerable Tibetan Lama Chodak Gyatso Nubpa; Obadiah S Harris, PhD; Dr. Rev. William S Epps; Dr Harry Morgan Moses; Dr. Mary Manin Morrissey; Rabbi Yitzchok Adlerstein; Dr. Robert Frager, PhD**

Geronimo [Pratt] Ji Jaga in a world first exclusive interview & who found self-realization in the most daunting of places.

"Sure to become a classic, this film and its contributors provide wisdom that inspires and empowers each of us on our path of discovery."

See you on the 12th! Love & Light, Catherine McKergow (\$5 donation appreciated)

Azurlis® Natural Skin Care – Balancing Science & Soul

Fernanda da Silva Tatley, PhD, MEntr

Over the last couple of years, so many people have asked us why is our natural skin care different? This is why:

The philosophy of Azurlis® Skin Care reflects a holistic approach to skin, body and soul care. Our natural skin care was developed to satisfy 3 goals:

1. Create a natural skin care range with great ingredients that have been carefully selected for their properties and functionality.
2. Not only are the products great for the skin, the largest organ in our body, but they also help us to feel fantastic.
3. Our natural skin care range had to be designed with great respect for the precious planet we live in, to encourage environmental sustainability.

To achieve our first goal, we have carefully selected natural ingredients that contribute to nourishing the dermis and protecting the epidermis, to encourage regeneration and an overall youthful glow of the skin. In addition, the natural ingredients were intensely researched to validate their functionality, and review that the selected ingredients were not associated with any safety or toxicity issues.

Azurlis® natural skin care products do not contain petrochemical derivatives, parabens, synthetic colours or fragrances, silicones, harsh detergents, polyethylene glycol, and animal bi-products. We do not use animal testing. We use only EcoCert (COSMOS) approved preservatives, and some of our very special products contain only natural preservatives such as vitamin E.

Our second goal was attained by incorporating a holistic approach that encourages the use of relaxing practices from meditation, to quiet time and enjoying special moments, such as when you apply our skin care. In doing this you are giving yourself a deserved treat. In addition, our skin care is exposed to Reiki energy during its manufacturing process.

Regular practice of relaxation techniques and lowering stress levels has been scientifically shown to benefit both mental and physical health, contributing to a much more enjoyable lifestyle. These have an impact on how we feel and look.

Since we are part of a global community it makes a lot of sense to consider the environment when we make our products, our third goal. We are very mindful of practices that are environmentally friendly.

We believe in using ingredients from sustainable crops and are currently going through Natural Skin Care Certification with Natrue and Biogro. (<http://www.natrue.org/>, <http://www.biogro.co.nz>)



In developing Azurlis® natural skin care we strived for a balance of knowledge attained with modern science without excluding the value gained from exposure to ancient wisdom that has been used for millennia in skin care and wellbeing.

Thus, our motto “When the Soul feel great, the Body tags along!”



Lynette Mills

Lynette is a Massage Therapist and Reiki Master. Having gained her qualifications and training in Australia she now runs and owns The Mosgiel Holistic Centre



The person behind Azurlis® Skin Care - Dr. Fernanda da Silva Tatley

Azurlis® Skin Care was developed by Dr. Fernanda da Silva Tatley, a molecular medical microbiologist born in Portugal. She obtained her PhD from the University of Cape Town and Master of Entrepreneurship from the University of Otago.

Her desire to develop a holistic skin care approach led her to become a Reiki Master, as well as a Reconnective Healing Practitioner. Equipped with her scientific and healing expertise she launched a skin care range that reflects a balance between science and soul. Her holistic approach to skin, body and soul is an extension of how she sees the world around her.



AZURLIS®
SKIN CARE
Balancing Science & Soul

Lynette Mills Therapist and owner of the Mosgiel Holistic Centre invites you to share the experience of a natural skin care facial.

You deserve a beautiful time to rest and be renewed. Double cleanse, exfoliation, lymphatic de-tox massage, detoxing mask, eye mask, head massage, then a hot towel cleanse, before toning, and finishing with a balancing eye cream and moisturizing application.

Here's something a little refreshingly different. Are you concerned about chemical intake and exposure, and what that means for your short and long-term health? Are you ready to simplify your life, but keep on with your necessary skincare? Doesn't it make sense to only use skincare products that are natural, holistic and environmentally friendly?

We acknowledge the experience of your skin and use products to deliver what is required at cellular level. Natural pure strength of ingredients can be a new sensational experience.

We share our excitement, delight in the amazing natural fragrances, and offer the above protocols, which are familiar to you. Please treat yourself and experience the joyfulness of Azurlis Skincare

Cost: 1hr Facial \$80

Why not combine the 1 hr. Facial with a 1hr Aromatherapy Massage Treatment for only \$140 or for the ultimate experience combine your facial with a 1.5-hour hot stones massage including Reiki for \$180

All Azurlis Skin Care Products can be purchased through the Mosgiel Holistic Centre.



Theoria: Sunday 21st @ 6.30pm
Ange Copson & Jackie McKenzie present
Dr Caroline Horwath PhD
Woman's Wellness

Caroline has developed a programme, which empowers women to enhance all aspects of their wellbeing by teaching practical skills to produce the 'relaxation response' (opposite of the 'stress response') and mindfulness training. The programme has resulted in substantial

improvements in both physical and psychological wellbeing amongst hundreds of Dunedin women.

Venue: Mosgiel Holistic Centre

Cost: \$5 Donation



Here By Request:

**Kristin Bredefeldt –
Medium, Healer,
Teacher** Please contact
Kristin at 0277.8181.53
or
kristinbrede@gmail.com
to reserve your space
as early as possible.

Kristin offers Energy and Channelling sessions Sat 20th & Sun 21st, bookings essential

Kristin has also created the following for:

Friday 19th July at 6PM-7PM Dance your Chakras. Each chakra will be danced free and through that cleared. \$20 per person, or \$17.50 if also booked in with Jen for 7:30-9:30PM Singing Bowls group session. Everyone welcome.

Saturday 20st July at 9AM-11AM Practical Tools for Cleansing and Protection for our Soul- Aura, and Light body \$20 per person, or \$17.50 if also booked in with Jen for 12:30-4:30PM Singing Bowls workshop. Everyone welcome.

Saturday 20st July at 6PM-7PM Dance your Chakras. Each chakra will be danced free and through that cleared \$20 per person, or \$17.50 if also booked in with Jen from 7:30-9:30PM Singing Bowls group session. Everyone welcome.



Crystal Singing Bowls By: Jen Rumore

Friday 19 July 7:30PM-9:30PM Group Quartz Crystal Singing Bowl Session \$20 per person requested, with no one turned away, or \$17.50 if also booking in to Dance your Chakras with Kristin from 6PM-7PM This is an opportunity to experience the crystal bowls' resonance throughout the body and the more subtle bodies. Please bring a snuggly rug and drink bottle. Maximum of 25 participants in this session, so please reserve your space early with Jen at [022.097.4596](tel:022.097.4596), [03.443.1672](tel:03.443.1672), or jen.gratitude@gmail.com.

Saturday 20 July 12:30PM-4:30PM Quartz Crystal Singing Bowl Workshop We begin with education about the chakra system and meditation aligning our chakras and full columns of light. Then we rug up to experience the crystal bowls' resonance throughout the body and the more subtle bodies. We explore playing the bowls directly with instruction on technique and nuances of heart. Please bring a snuggly rug, drink bottle. \$50 per person requested, with no one turned away, or \$45 if also booking in to Practical Tools for Cleansing and Protecting our Soul, Aura, and Light Body with Kristin from 9AM-11AM We have a maximum of 25 participants in this session, so please reserve your space early with Jen at [022.097.4596](tel:022.097.4596), [03.443.1672](tel:03.443.1672), or jen.gratitude@gmail.com.

Hailing from Wanaka Jen Rumore offers Crystal Quartz Singing Bowls sessions to nourish and perhaps expand our experience of being human. The inherent amplification qualities of pure quartz combine with perfectly tuned notes to balance energy centres, creating many benefits. From a physical perspective, overall the nervous system is soothed, producing a deep state of relaxation. Further, the endocrine system intertwines with our chakras (energy centres) and moves us toward a state of equilibrium in the presence of balancing tones.

Expanding our perspectives to more subtle energy fields we find that often in the presence of this offering the denser energies we accumulate from fear, stress, etc. thin, opening an opportunity for each person's Higher Knowing to deliver the packet of energy which will best serve her or him. The collaboration is with the Higher Self and the person; the practitioner and bowls endeavour to assist in the greatest conduction of communication available at that time. Please come and enjoy the blissful experience!

Saturday 20 July 7:30PM-9:30PM Group Quartz Crystal Singing Bowl Session (same as Friday session) \$20 per person requested, with no one turned away, or \$17.50 if also booking for Dance your Chakras with Kristin from 6PM-7PM

It is my pleasure to offer **private sessions on Saturday for times outside of these offerings and Sunday from 9AM-1PM**, either for couples, families, self-selected groups, etc. These personalised sessions are offered at \$80 and bookings are essential, filled on a first come, first served basis. For all bookings and information contact Jen at [022.097.4596](tel:022.097.4596), [03.443.1672](tel:03.443.1672), or jen.gratitude@gmail.com

HEALING WORKSHOP

Would you like to join the 32 healers who meet every Monday at the Mosgiel Holistic Centre to be of service to the public?

The next five week workshop of instructing people in the method of Energy Healing starts on Wednesday 3rd July and every consecutive Wednesday for 5 weeks.

The fee is \$100, which can be paid off weekly.

To enroll phone Sheila Wall on 481-1105



Sheila Wall & Jackie McKenzie
Clairvoyant Night
Sunday 7th July 7-9pm

During the past 19 years Sheila has taught literally thousands of people through her personal growth course. She has the gifts of clairvoyance, clairaudience and clairsentience, which she uses to guide people in being able to make positive changes and choices in their lives. Visit Sheila on www.touch-your-heart.co.nz



Sheila Wall and Jackie McKenzie will be holding a clairvoyant evening at the Mosgiel Holistic Centre. **Cost \$20** tickets sold at the door on the night. If you need more information phone Sheila on 4811105 or The Mosgiel Holistic Centre on 4893677

AUGUST PREVIEW

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Mosgiel Holistic Centre:

Relaxation & Chakra Balancing Workshop

Presented by Lynette Mills

Meditation

Easy Yoga Asanas

Breathing Exercises

Chakra Balancing using doTerra essential oils, sound and visualization

Sunday 4th August 10am till 4.30pm (morning tea, lunch and afternoon tea included)

Cost: \$90

Venue: Mosgiel Holistic Centre