

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

12 Church Street,
Mosgiel
03-4893677
December 2014
Issue 11



February at a Glance

Monday

3, 10, 17, 24 – Healing Nights 7.30 – 9pm
Meditation 6-7pm
Healing/channeling with
Kristin by appointment

Tuesday

4, 11, 18, 25 – Tai Chi, Beginners 6-7.30pm
Healing/channeling with
Kristin by appointment.

Wednesday

5, 12, 19, 26 – Trauma Release Classes
5th – Healing/channeling with
Kristin by appointment

Thursday

6th - Centre Closed Waitangi Day
13, 20, 27 - Tai Chi Advanced Class

Friday

7th - Healing/channeling with
Kristin by appointment
28th – Gong Meditation 7.30 – 8.30pm

Saturday

8th – Channeling Course with Kristin
9am – 1pm
22nd - Reiki 1 Workshop 10 - 4pm

Sunday

23rd – Reiki 1 Workshop 10 – 4pm

February a month of re-energizing

This month's byline written by Ryan Hanson

Oh how time has flown. Can you believe that we're into February already? January seems to have been a month for rediscovery for some of us, to remember and fully realize who we really are and who we want to be. For others it was a hangover month from the joy, spoils and indulgence of Christmas and the summer holiday period (not that we can call it much of a summer to date).

As we constantly and continually renew ourselves in each rebirth, we aim to fully align ourselves and our energy with our hopes, goals, wishes, dreams and aspirations. By doing this, we will rediscover and enhance the realization of our potential, and allow ourselves to become more grounded and centered beings.

It is in this rediscovery and enhancement that we enable ourselves to become more aware and conscious of the forces at play in the universe, and to use or manipulate these forces for the good and betterment of ourselves, our families, our communities and humanity as a whole. The cumulative effect of this transformation of ourselves in groups, en masse, is that we will become re-energized and reinvigorated as we ease and transition into a new phase and stage of our personal and collective journey together on this beautiful planet.



Catlins - Spiritual Retreat

4th – 7th April 2014

[Www.touch-your-heart.co.nz/spiritual-retreats.htm](http://www.touch-your-heart.co.nz/spiritual-retreats.htm)

In April Todd Wall is running a four-day program helping you to experience nature through certain Zen exercises and meditations among the forests and on the beaches. He will help you to apply the same principles in your life. Todd now in his seventies brings a lifetime of experience, knowledge and intuition, helping people to make life changes.

Spiritual retreats are personal to each participant and the programs are designed to help each individual person to grow emotionally and spiritually at their own pace.

The retreat is held in the Catlin's area staying at the Forest and Bird complex with no more than twelve people. The places are allocated on a first come first in basis, so please register your interest as soon as possible.

For more information about this retreat and others contact Todd Wall on 03 481 1105 or email healing@touch-your-heart.co.nz

GATEWAY CINEMA PRESENTS CATHERINE MCKERGOW'S WINTER SERIES

Catherine McKergow will be showing five films of interest from May through September. The titles and reviews are to be announced soon.

AromaTouch® Massage Workshop
Presented by Lynette Mills
at Mosgiel Holistic Centre, 12 Church Street, Mosgiel



Sunday 02 March 2014

9:30am till 4:00pm

Cost: \$95(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 to suit.)

Tai Chi for Beginners @ Mosgiel Holistic Centre



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.

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, which is creativity. Tai Chi is 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!)

Beginners classes run on a Tuesday night at 6pm – 7.30pm. Enquire at the Mosgiel Holistic Centre (03) 489 3677. Cost \$15 per session.

Reiki **With Lynette Mills**

Reiki 1 Workshop Saturday 22nd & Sunday 23rd February
10am – 4pm
Presented by Lynette Mills

REIKI is a gentle, but powerful “hands on” healing technique, which brings wholeness to both recipient and the giver. It restores the natural balance in the body.

Your Reiki workshop is a beautiful time of sharing and healing for all involved. You receive an “attunement” and the technique of using Reiki for yourself and others.

You will also learn some meditation techniques to help you still your mind and find peace and calmness in your every day life.

**For more information contact Lynette on 03-4893677,
0277223118**

TRE (Trauma Release Exercises) with Lynette Mills.

TRE is a technique that uses exercises to release stress or tension from the body that accumulate from every day circumstances of life, from difficult situations, immediate or prolonged stressful situations, or traumatic life experiences. Once the technique is learned and mastered after several sessions, the warm-up exercises can be accelerated or replaced with your normal exercise activity like walking or yoga and the technique then becomes a quick and effective method for consistent relaxation.

TRE is being used by thousands of people around the world as an effective tool for releasing chronic traumatic stress, physical tension and emotional trauma.

Lynette is an accredited TRE practitioner and has helped many people overcome everyday stress, tension and anxiety that come from the daily pressures of life.

Lynette will be facilitating **TRE every Wednesday 6-7pm**

To participate you will need to have done a one on one intensive session with Lynette, once you have completed the intensive you are welcome to join the weekly group at \$10 per session.

**For more information please phone Lynette on
034893677**

**MEDITATION FOR BEGINNERS & THOSE
EXPERIENCED MEDITATORS WHO ARE NOT GOING
TO JUDGE US BEGINNERS
MONDAY EVENINGS @ 6-7pm**

Science has finally caught up and they can now measure the benefits of meditation. In fact the medical fraternity now actively encourages it. It is beneficial for our stress levels, depression, and happiness and if you are into enlightenment – welcome to the “Royal Road to Enlightenment”.

Ever wondered what meditation was all about. Ever wondered how to meditate but did not go join a group, as you did not want to feel like a beginner. Ever wondered how other people manage to sit for an hour without thinking about dinner, their dog or the boy next door!

Why not join me on a Monday evening between 6 and 7pm to learn about meditation and be guided through a meditation or two. You may also discover that you are not alone as our minds trip around life's events. I have learnt very little in my fifty-five years, other than the knowing is in the not knowing, so you and I can enjoy the not knowing together. If you are experienced and wish to join us you are most welcome to come enjoy our time of discovery.

Cost \$5 Koha. Meditations led by John Mills

PERSONAL FREEDOM COURSE with JOHN MILLS

This ten-week course explores our physical presence in the world in relation to the character that we are and our connection to the metaphysical as to who we actually are.

As you gain an experiential understanding of the ‘who’ we are you begin to free yourself of self imposed beliefs as to how and why you do what you do and that you have the choice in, and the freedom to choose the life you want, without having to completely throw out the life you are living. In fact you may even begin to embrace your present life and find the joy hidden in it.

The course is an hour a week for ten weeks. If you wish to make change it is recommended that you commit to the ten weeks. Cost is \$30 per session.

If you wish to change your life phone The Mosgiel Holistic Centre or ask at Reception for John Mills. Ph 03-4893677, 0274811599

Letter from Obion – February 2014

Greetings dear friends,

How are you all? I am trusting you are well and in happy spirits. Poverty is what I wish you all to think about and have discussions with each other about. There are many forms of poverty; mostly the word “poverty” will take you to places around the world where people are living in conditions that are appalling to the civilized world.

Poverty is seen also in those same conditions with lack of food which creates malnutrition. All this requires others to step forward and assist those people who live in these conditions with food, accommodation and medical assistance also education in helping people to help themselves. Please remember that many of those people who you consider are living in poverty may not see it that way. Their concept may be totally different, who would be right?

Then there is spiritual poverty and this dear ones is where the epidemic is spreading like a disease through towns and cities. They may well have a religious belief yet if there is a poverty of Love their religious beliefs are but dust in the wind causing clouds of disharmony and hatred towards other races and religious beliefs.

Do you have poverty of Love? Are you holding animosity in your heart against another person or race or not able to love yourself. Love is the very core of your being ... a well so deep there will always be a bucket of love for you to pull up and drink deeply from. This well of Love will never, ever run dry for the River of Life will continuously fill the well. The saying “What you give so you will you receive” loses none of its validity when you put it into practice.

Dive deep into this well of Love and feel the sheer joy that it brings to you. Distribute Joy and Love like perfume which lingers in the air long after you have walked through a beautiful garden. Find the Joy for yourself, find the well of Love so that you no longer live in spiritual poverty for you will have found the hidden treasures in the well of Love. YOU!

Blessings, Love and Peace,
Obion

Welcome Hazel Eatwell



Body Mind Connection

The Mosgiel Holistic Centre is pleased to announce that Hazel Eatwell will be working from the Centre on a Thursday morning.

Hazel is a well respected and highly regarded consultant who specializes in Bodytalk, EFT, Cranio Sacral Therapy, Lymphatic Drainage & Bach Flowers

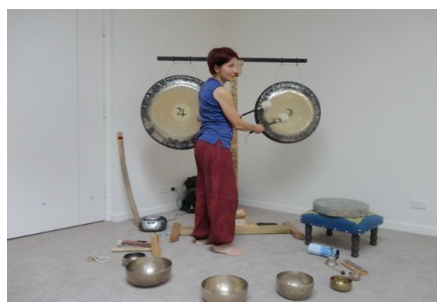
Hazel has proven herself time and again to be a very accurate diagnostician. This she does non-invasively through intuition and Bodytalk.

Should you wish to have an appointment with Hazel on a Thursday morning please phone us on (03) 4893677 or Hazel direct on 021 187 8672 or A/H (03) 488 2817

GONG MEDITATION FRIDAY 28TH @ 7.30pm – 8.30pm

Cost: \$10

Venue: Mosgiel Holistic Centre



Past Life Progression Workshop with Stephanie Hammond



29th March 2014 – 2-4.30 pm

\$30.00

Have you wondered about karma? Why things happen to you? Why certain people come into or leave your life? Have you ever had a feeling of déjà vu? Or met someone who just seems so familiar? Do you have fears that do not seem to be rational? Or have you wondered why you have the same sorts of experiences over and over again (often perceived as negative)?

This workshop can help answer these questions. Since Stephanie had her first memory of past lives nearly 30 years ago she has developed a technique for tapping into past lives that she has shared with others in workshops and private consultations. In this workshop she shares some of these experiences, illustrating the purpose of remembering and the strength and courage it can give us to find and live our life's purpose.

To book please phone Stephanie on 027 2447759 or
(03) 4898625

Introduction to Reflexology Workshop

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



Saturday & Sunday 8th & 9th March 2014

9:30am till 4:30pm

Cost: \$220 (morning tea and lunch included)

Spend a weekend learning basic relaxation reflexology techniques incorporating beautiful essential oils. Whether you are new to body work or an experienced therapist you will enjoy the techniques and by the end of the weekend, you will take home the basic skills of reflexology to confidently give your family and friends a treatment which is guaranteed to relax and revitalize.

You also take home a manual and a bottle of lavender, peppermint and lemon essential oils to use in your treatments.

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 to suit.)



**Kristin Bredefeldt –
Medium, Healer,
Teacher** Please contact
Kristin at 0277.8181.53
or
[kristinbrede@gmail.co
m](mailto:kristinbrede@gmail.com) to reserve your space
as early as possible.

Healing/Channeling sessions, one on one

Wednesday 5th to Tuesday 11th February

Bookings essential

Customized Healing

I use the method of muscle testing to find out what is most
needed for you at the time.

For your physical, emotional, mental and spiritual body.

To name only a few: allergy, old injuries, Belief system,
Past life, straightening the spine, back problems, energy
boost, Chakra activations and balancing, removing
blockages from Meridian system, concerns, psychological
problems, channeled healing, initiations...

Please find an overview of my past 20 years of studies in
Germany and NZ (13 Therapist and Master Titles) at

www.healingteacher.co.nz

Channeling Course 3: Saturday February 8th 9am-1pm.

Cost \$72.00

Course 3: Channeling from your sewaja aspect,
channeling different masters and Angels, tuning your
channels, channeling for others, ego, speech, protection,
self-confidence, Q&A.

REIKI SHARING
Saturday 1st March 2:00pm - 4:00pm
Cost \$10

**Open to anyone who has ever learn't Reiki no matter
how long ago.**
**Come and connect with like-minded people to share the
love and healing energy of Reiki.**
Phone Lynette Mills 4893677 or 02772231128

**Modalities of Health Available every Week at The
Mosgiel Holistic Centre**
**Psychotherapy, Counselling, Personal Freedom Courses,
EAP Work, Psycho-educational work.**

BODY IN MIND MASSAGE THERAPY

Therapeutic/Relaxation
Remedial Massage
Specific Pain Relief
Deep Tissue
Thermal Stone Massage
Facials
Lymphatic Drainage
Reflexology
Reiki, TRE

BODY MIND CONNECTION

**Bodytalk, EFT, Cranio Sacral Therapy, Lymphatic
Drainage & Bach Flowers**

HEALING GROUP

Hands on Group Healing

CONTACT US ON (03) 4893677

