

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

**12 Church Street,  
Mosgiel  
03-4893677  
March 2014**



## **Monday**

3, 10, 17, 24, 31 – Healing 7.30-9pm  
3, 10, 17, 24, 31 – Meditation 6-7pm

## **Tuesday**

4, 11, 18, 25 – Beginners Tai Chi 6-7.30pm

## **Wednesday**

19, 26 – Psychic Development Course 7-9pm

## **Thursday**

6, 13, 20, 27 – Tai Chi advanced 6-7.30pm  
27 – Clairvoyance with Janet Arthur 2-4pm

## **Friday**

28 – Gong Meditation 7.30-8.30pm

## **Saturday**

1 – Reiki Sharing 2-4pm  
8 – Reflexology Workshop 9.30-4.30pm  
29 – Past Life Regression Workshop 2-4.30pm

## **Sunday**

9 – Reflexology Workshop 9.30-4.30pm  
16 – Aromatouch Workshop 9.30-4pm  
30 – Crystal Singing Bowls 10-12pm

## **MARCH**

March has taken off like the proverbial March Hare however do not despair; remember it was the tortoise that won the race. So what is the race we are running, and is there a race or purely an illusion of one?

We are old Souls, we have done this many times before and I am informed that we will be doing it many more times. I am also informed that we are getting good at this illusion of being human. We came through the 2012/2013 dimensional shift, didn't we. Definitely the need for a great celebration.

However this shift brings with it very scattered energy. I am feeling the effects, some days I'm up and others down. It can even manifest within a few hours but I know why and I know by taking care of myself and being kind to myself I can accept and integrate the energy with great joy.

So the events in March at The Centre and the Spirit Festival in Dunedin are very timely as they present the opportunity for you to be able to pamper yourselves and take care of the beautiful Old Soul that you are.



# Catlins - Spiritual Retreat

4<sup>th</sup> – 7<sup>th</sup> 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](mailto: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.

# *Introduction to Reflexology Workshop*

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



*Saturday & Sunday 8<sup>th</sup> & 9<sup>th</sup>  
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.)*

**REIKI SHARING**  
**Saturday 1<sup>st</sup> 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**

# *AromaTouch® Massage Workshop*

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



*Sunday 16 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*





## **PSYCHIC DEVELOPMENT COURSE**

This is a 10 week Psychic development course where you will learn and practice different skills to help you develop your psychic potential. You will also be given the opportunity to test those skills in a fun, hands on way with people who will be your Guinea Pig. Everyone is different. Sheila will help you to discover which or what is your way, you are all unique.

Sheila has been a practicing Medium for 40 years and has a wealth of knowledge.

### **Course starts:**

Wednesday 19th March from 7.00 p.m. to 9.00 p.m. and every Wednesday for 10 weeks thereafter.

Fee is \$25.00 per week which may be paid weekly or in one sum of \$250.00.

To enrol contact Sheila Wall on (03) 481 1105.

(If you would like to be a Guinea Pig let Sheila or Lynette and John know)

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## **Healing/Channeling**

March 31<sup>st</sup> till April 3<sup>rd</sup> One on One @ Mosgiel Holistic Centre

**20% off all bookings taken during the festival**

Customized Healing

**I will be at the Health and Spirit Festival 29<sup>th</sup> to 30<sup>th</sup>  
King Edward Street, Community Hall  
South Dunedin**

- ❖ Light Language
- ❖ Pictures to harmonize your house
- ❖ Dragon stories on CD for young & old
- ❖ Info about Crystal and Indigo Children
- ❖ Info about my healing and channeling



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](http://www.healingteacher.co.nz)



[Kristinbrede@gmail.com](mailto:Kristinbrede@gmail.com)

0277 8181 53

**Letter from Obion**  
**March 2014**

Greetings my dear friends,

Life is so beautiful when viewed through the eye of Spirit, your divine self, even in the most tragic situation there will be someone there to love you or a single moment where you are able to register something of joy, even in death.

Death is all around you in the physical environment. You cannot escape it. Sheila has told me I may use her example of joy in the midst of death (I have been polite in asking her). It was during the funeral service of their eldest son which both Sheila and her dear one were conducting the service when one of their young great grandchildren ran to a patch of dandelion flowers and picked a few and ran back to the casket and placed them on top. Sheila told me and indeed I felt her joy of seeing this and then of looking towards the river and seeing their son standing by a tree with my illustrious self by his side.

There are many that do not feel that there is life after death. Well dear ones I am very much alive and so are all your past family members and friends. We are not in a solid form as you are in the physical world. We are much lighter in form and texture like smoke which moves in the air taking on different shapes depending on a breeze which lifts it into the air. Here there is only love and when one drifts on the breeze towards one's eternal home, love is the first awareness you have.

Some are not sure what the feeling of love is as they may not have experienced earth love and so do not understand it but they do adjust very quickly. Why is love so difficult to give and receive while in the physical world? This is due to the ego's concept of love together with the emotions which ego's are so caught up in.

Free yourself of all constraints thus allowing you to feel our love while on earth so that you may spread it like jam on bread for the rest of the world to feel. Do not fear death. The transition is so much easier than when you were born. When I made my transition I looked down on that skinny old man lying in a cave and knew that that was not who I was, I was Spirit, the life force within all form. Discover this now, do not wait for death to reveal it.

Be at peace, my blessings to you all.

Obion

# 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.



**YOGA CLASSES**  
**(starting second week April)**  
With Jackie McKenzie



**Beginners Yoga Thursday Morning 9 – 10am**

**Pregnancy Yoga Thursday Morning 10 – 11am**

**Children's Yoga Tuesday 3.30- 4.30 pm**



**General Adult Yoga**  
**Wednesday Evening**  
**At 7.15pm**

Cost: \$10 per session or \$80 for a 10 session concession card.  
Classes will involve the learning of classical yoga poses. Mats provided.  
Classes start second week April.

To register email [Jackie@ontrac.biz](mailto:Jackie@ontrac.biz) or phone 027 2244557



# First Light Flower Essences of New Zealand®

## The Flowers of Transformation Collection

### Transform Your Attitude – Change Your Life

### Essences No's 1 to 36

**with Patricia Stowell Dip NZNFE**  
Tutor  
First Light Flower Essences of New Zealand®



Discover the power of the New Zealand Native Flower Essences as potent all natural healing tools for the 21<sup>st</sup> Century.  
These courses are fully certificated.

**NZNFE 101 Unit One:** This one day course includes

- Introduction to the thirty six native flower essences
- The personality, its role and purpose
- The anatomy of the personality
- How to identify your 'power flower' – your personal keynote essence

**NZNFE 102 Unit Two:** This one day course includes

- The twelve zodiacal signs and the twelve primal urges
- Identifying the pain, stress, depression cycle
- The twelve departments of life and the twelve body zones
- Supervised client-consultant modules

**Venue:** The Mosgiel Holistic Centre, 12 Church Street, Mosgiel

**Date:** NZNFE 101, Unit One 9am to 5pm on **Saturday 26<sup>th</sup> April**  
**2014**

NZNFE 102, Unit Two 9am to 5pm on **Sunday 27<sup>th</sup> April**  
**2014**

**Payment:** First time student: \$170 per day, includes comprehensive manual  
Repeat student: \$85  
Certificate/Diploma holders: \$30

Payment may be made by cash or cheque at the workshop or contact Patricia for internet payment details.

Morning and afternoon tea are provided. Please bring your own lunch.

**For bookings, please send your full name, contact details and preferred payment method by email or contact:**

**Patricia Stowell patriciamstowell@gmail.com Ph (03) 355 4526 or 0274 697 191**

## **Tina's Book Report**



Each month Tina (an avid reader) will share with you her thoughts on a book she has read. All the books are available at The Mosgiel Holistic Centre lending library for a \$5 fee.

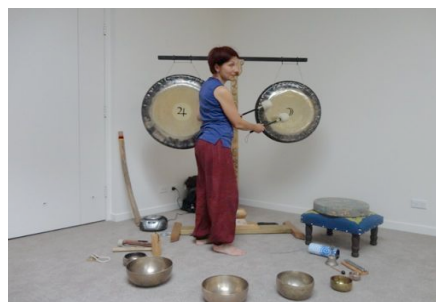
This month's book: **Spirit Song by Mary Summer Rain**

**I felt drawn in and compelled to read more and more. The writing done by Mary Summer Rain, put together from her teachings with the Indian Shaman No-Eyes, was as though you were going on the journey with her. You could sense the bond coming together between teacher and student, it was intriguing. It made me both cry and laugh.**

**All the way through Mary Summer Rain's books you feel as though you are there sharing the moment while at the same time absorbing what is being taught.**

**I felt the relationship formed with No-Eyes, Mary Summer Rain, her husband and family was one that you would want for yourself. It also showed you can disagree but still Love, Respect, Laugh and enjoy each others feelings without Judgment. I could read these again and still learn more**

**GONG MEDITATION FRIDAY 28<sup>TH</sup> @ 7.30pm – 8.30pm**  
**Cost: \$10**  
**Venue: Mosgiel Holistic Centre**



## **Past Life Progression Workshop with Stephanie Hammond**

**29<sup>th</sup> March 2014 – 2-4.30 pm  
\$30.00**



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

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.



## **Crystal Singing Bowls By: Jen Rumore**

**Sunday 30<sup>th</sup> March 10am – 12pm Group Quartz Crystal Singing Bowl Session** \$20 per person requested, with no one turned away.

**This** is an opportunity to experience the crystal bowls' resonance throughout the body and the more subtle bodies. Please bring a snuggly rug and pillow. 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](mailto: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!



DUNEDIN 29 March - 5 April  
**Health & Spirit Festival**

CELEBRATING HOLISTIC HEALTH, MIND, BODY & SOUL

Our purpose is to promote Holistic Community Health encompassing Spiritual and Environmental Sustainability

**Guest Speaker Forum**

Sunday 30th March 2014 11am - 5pm  
At the Wellbeing Expo



**Keynote Speaker:**

11am - 12pm  
Franchelle Otsoske-Wyber  
First Light Essences® Aotearoa New Zealand

- 12pm Olyanna Cade - A Souls Journey, Past & Present life
- 1pm Nanny Van den Oever - Author of 'Best of Life'
- 2pm Mark Shaw - Mother Natures Wellness Essential Oils
- 3pm Katrin Geist - Healing with the speed of light
- 3pm Margaret Dando - Brotherhood of Humanity
- 4pm Danielle Argent - Bowen Therapy
- 4.30pm Geoffrey Morell - Founder of Glendinning Technique

[www.healthandspirit.co.nz](http://www.healthandspirit.co.nz)  
[festival@healthandspirit.co.nz](mailto:festival@healthandspirit.co.nz)

**Wellbeing Expo**

Sunday 30th March  
2014 11am - 5.30pm  
South Dunedin Community Hall  
253 King Edward Street

Find spiritual guidance and assistance and  
explore Natural Health and Healing options  
at the Wellbeing Expo

Variety of stalls include:

- Reiki
- Meditation
- Aromatherapy
- Clairvoyance and Tarot
- Massage
- Organic Beauty Products
- And Much More.....

**\$3 entry**

2014 Festival is Proudly Sponsored By

  
**First Light Essences®**  
AOTEAROA NEW ZEALAND

Proudly supported by  
**NATURAL  
MEDICINE** 



# Health & Spirit Festival

## Festival Events Programme

Saturday March 29th - Saturday April 5th



Nadi Wellness Centre  
Level 2  
50 Stanley Street  
Queenstown



info@nadi.co.nz

### MOSGIEL HOLISTIC CENTRE

www.mosgiel.co.nz

Mosgiel Holistic Centre, #1  
12 Church Street, Mosgiel  
[www.mosgielholisticcentre.co.nz](http://www.mosgielholisticcentre.co.nz)



Wanaka Wellness, 24 Dargaville Street, Wanaka  
Phone: (03) 642 6008 • email: [info@wanakawellness.co.nz](mailto:info@wanakawellness.co.nz)

The Festival Events Programme is a series of workshops, seminars, talks, group sessions, consultations or healings provided by professionals and experts in their field.

The Health & Spirit Festival provides opportunities for people in Otago and Southland to experience holistic and natural health modalities from around New Zealand

These exciting events are held at professional holistic health centres in Dunedin, Queenstown and Wanaka

For more information on our Events Programme visit our website

[www.healthandspirit.co.nz](http://www.healthandspirit.co.nz)  
[festival@healthandspirit.co.nz](mailto:festival@healthandspirit.co.nz)

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The 2014 Health & Spirit Festival and  
Wellbeing Expo is proudly sponsored by



## Janet Arthur

*Clairvoyant, Teacher, Healer*

Website : [www.janetarthur.com.au](http://www.janetarthur.com.au)

Janet will be attending the Health  
and Spirit Festival on Sunday 30th  
March for Clairvoyant Readings



You are invited to an afternoon of Clairvoyance with  
Janet from Christchurch \$20 (to cover costs)

At the Mosgiel Holistic Centre Mosgiel.

27<sup>th</sup> March 2pm-4pm enquires phone (03)4893677

*Angelspeak*