

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

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



MONDAY

**2nd Reiki I Workshop
9, 16, 23 Healing Nights
9, 16, 23 Beginners Meditation**

TUESDAY

3, 10, 17, 24 Beginners Tai Chi

WEDNESDAY

4, 11, 18, 25th Yoga

THURSDAY

5, 12, 19, 26th Tai Chi

FRIDAY

**13th Gateway Cinema: The brain
7pm**

SATURDAY

**(31st May Reiki Sharing 2-4)
14th Angel Seminar 9-11am
28th Dry Needling Workshop**

SUNDAY

**8th Experience of the inner
journey 2-4pm
15th Aromatouch 9.30 - 4pm
29th Dry Needling Workshop**

June

June is a very exciting month for us as we welcome Angela Corona on board at The Mosgiel Holistic Centre. She is an ACC registered osteopath who works holistically. We are thrilled to welcome her into 'the family' and work alongside her bringing you good health.

This month is also that time of year when the practitioners and healers present another open day on Sunday 8th from 2-4pm. We are very excited and look forward to showcasing the wonderful talent and love of humanity and generosity of spirit given by all the practitioners. There are still a few tickets left so hurry. If you miss out this year the good news is that there is talk of doing it again next year.

Lynette is once again presenting an Aromatouch Massage Workshop and if the response is the same as last time please book your attendance early so as not to be disappointed.

As we move into the thick of winter and the opportunity to make snow angels once again presents itself, think about how to keep yourself bug and stress free the natural way with doTerra oils and Artemus Chest Relief and or Virogone. We stock a very small range of products because our policy is – *if we have not tried it, or it has not been successful on us then we do not sell it.* If you would like to consult Lynette on staying healthy this winter phone her on 4893677.

**ANGELA CORONA ACC REGISTERED
OSTEOPATH
JOINS THE MOSGIEL HOLISTIC TEAM**



Angela trained at the European School of Osteopathy in the UK, graduating with a BSc (Hons) degree in Osteopathy. Angela is registered with the Osteopathic Council in New Zealand and is a professional member of Osteopaths of New Zealand.

To an osteopath, for your body to work well, its structure must also work well. So osteopaths work to restore your body to a state of balance, where possible without the use of drugs or surgery. Osteopaths use touch, physical manipulation, stretching and massage to increase the mobility of joints, to relieve muscle tension, to enhance the blood and nerve supply to tissues, and to help your body's own healing mechanisms. They may also provide advice on posture and exercise to aid recovery, promote health and prevent symptoms recurring.

To book phone (03) 4893677.

Osteopathy Treatment Price List

First Consultation – 1 Hour	\$80.00
Follow on Treatment – ¾ Hour	\$70.00
½ Hour	\$60.00
ACC Consultation – 1 Hour	\$30.00
ACC Follow on Treatment – ¾ Hour	\$30.00
½ Hour	\$30.00



Touch Your Heart
presents
an experience of the inner journey

Through 20 minute sessions of the following modalities:

Chakra balance & aura cleanse

Head Massage

Group Healing

Clairvoyance / Tarot / Gingerbread Man

Foot massage / reflexology



2.00 p.m - 5.00 p.m on

Sunday 8th June 2014 at the

Mosgiel Holistic Centre
12 Church Street, Mosgiel



All for only a \$25 Koha which includes afternoon tea. Limited spaces available.

Tickets can be purchased from:

Mosgiel Holistic Centre - phone 489 3677 or

email lynette@mosgielholisticcentre.co.nz

www.touchyourheart.co.nz

www.mosgielholisticcentre.co.nz

ONLY A FEW TICKETS LEFT SO HURRY

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



Sunday 15th June 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.)

**1 ½ Hour HOT STONES MASSAGE NOW ONLY \$110.00
(JUNE ONLY)**



Lynette Mills

**BODY IN MIND
MASSAGE THERAPY
Therapeutic/Relaxation
Remedial Massage
Specific Pain Relief
Deep Tissue
Thermal Hot Stone Massage
June Special \$110.00
Facials
Lymphatic Drainage
Reflexology
Reiki**



Gary McLaren

**NOW AVAILABLE
ON SATURDAYS & EVENINGS
PRICE LIST**

1/2 Hour Treatment \$40.00

¾ Hour Treatment \$60.00

1 Hour Treatment \$75.00

**1 Hour Aromatherapy
\$80.00**

1 Hour Facial \$80.00

1 ¼ Hour Treatment \$90.00

**1 ½ Hour Treatment
\$105.00**

**1 ½ Hour Aromatherapy
\$115.00**

1 ½ Hour Facial \$115.00

1 ½ Hour Hot Stone \$125.00



Jessie Ryan

**Gift Vouchers Available
(03) 4893677
12 Church Street, Mosgiel.**

**GATEWAY CINEMA
& CATHERINE McKERGOW
BRING YOU FRIDAY 2014 WINTER FILMS.
Friday June 13th @ 7pm \$5 Koha
Mosgiel Holistic Centre
12 Church Street, Mosgiel**

The Brain that Changes Itself. [50 minutes]

Dr Norman Doidge explores the profound implications of the changing brain in a way that will permanently alter the way we look at human possibility and human nature. Exploring neuroplasticity, Dr Doidge explores the fact that thoughts can change the structure and function of our brains even into old age.

This documentary examines a blind man who sinks a basketball; a woman with half a brain who leads a normal life; learning disorders, strokes and brain trauma that are improved and cured; and chronic pain that is alleviated underscoring the vast expanse of the brain's ability to function and repair itself.



Tina's Book Report



Affairs of the Heart

(Healing Relationships with Love)

By Dr Brenda Davies

Brenda is a Psychiatrist and natural spiritual healer. I wish I had a copy, as it is a book that I would keep picking up and reading again and again. Her writing was very easy to follow, it was as though you were having a conversation and discussing the different aspects of the experiences with her. You feel her true warmth and understanding.

The word LOVE is so powerful, it is a heartfelt word we easily forget in our busy lives of doing, achieving, having, owning and judging with our Ego, it gets lost.

But to Love Yourself First is so important and we often neglect to do so, but as we love- everything else follows.

Brenda covers this as well as our, Energy System, Heart Chakras, Sibling and Friend relationships and more. As well as the loving connection to our world, which is so important with what we have going on.

All the chapters have affirmations and meditations, which you may also find helpful. In finishing I will leave you with her Golden Rule – do unto others as you would have them do unto you.

We generally want others to be kind and gentle, honest and trustworthy, understand us, be patient, charitable, to love us, let us be in Peace. These gifts of the Spirit we should give to others and reveal in our being.

Letter from Obion - June 2014

Greetings my dear friends,
I have wondered at various times why it is that in the human world most things are put into category's, for example colours are put into various shadings of the one colour (pale green to dark green).

Emotions are put into categories of how they are experienced and felt. When you leave a hotel you are requested to mark the service into various boxes as I have witnessed Sheila doing many times. You also do the same with Spirit and all things connected to Spirit. All this is not helping one to release expectation and judgement.

Of course, like all things, until it is brought to your attention it is just something that you have been conditioned to. Everyone's experience will be and is different, for example, the soup you have just consumed you may say is excellent and your friend may say it was horrible. So who is right?

You are all experiencing this life from your individual self-awareness and experiences. If you are not in a happy frame of life then your categories of the day's events will be viewed and felt from an unhappy place. Likewise if you are happy your day and experiences will reflect something different.

So where is all this leading you? I am trying to help you to be more aware of how you are the creator of each days experience and feelings. Every moment is perfect, it is what you and your co-creators bring into the moment that you would then place into the categories of the moment and day.

You dear ones are the heart of the moment. We are the heart of the moment. Love.

Blessings and Love to you all.

Your friend, Obion.



Reiki Workshops

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

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 meditation techniques to help you still your mind and find peace and calmness in your every day life.

Morning tea, lunch and afternoon tea both days included. You just need to bring yourself and be open to a wonder-filled time of healing and sharing with like minded people.

Cost for each workshop is \$250

*Reiki I Workshop
Monday 2nd June*

Please contact Lynette on 4893677 or 0277223118

(If these dates do not suit please still contact Lynette and we will arrange time to suit)

REIKI SHARING

Saturday 31st May 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

OSTEOPATHY

BODY MIND CONNECTION

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

HEALING GROUP

Hands on Group Healing

CONTACT US ON (03) 4893677



Kristin Saviera Bredefeldt
Medium | Healer | Teacher

0277 8181 53

www.healingteacher.co.nz

Please find an overview of my past 20 years of studies in Germany and NZ (14 Therapist and Master Titles)



Dunedin, June 9 –14 2014

Angel – Seminar June 14 Sat, 9 – 11 @ Mosgiel, \$20 or \$25 with CD or MP3



Topic: "Your personal Group of Angels"

I like the saying: " what ever you need - you carry within" It's True but the trick is to find that within. How to unlock this? I offer you a deeper understanding of:

- Which of your Angels guides and talks to you at your Birth, Death and daily Life
- Who brings you into your fullest, potential Abilities,
- Who stop's you to achieve certain things and why?
- How you can find out your Angels Names and Function
- How you can communicate and work on a deep level with your personal Group of Angels?

Your Angels are always with you from the beginning of your time. Find out more: **Seminar, Initiation, Workshop and Angel Intensive Course** www.healingteacher.co.nz

Healing/Reading/Counselling Sessions

June 9 – 14 Bookings essential
Mosgiel, 12 Church street



For your physical, emotional, mental and spiritual body. To name only a few: old injuries, back problems, straightening the spine, Belief system, Past life, opening the 3rd eye, energy boost, Chakra, Meridian-activations and balancing, concerns, psychological problems, Panic attack's, psychic surgery, channeled healing with light language and sound, Angel-Initiations...

House and Land Clearings,
Meditation – Tools for our new loving children,
School for spiritual development all ages,
Initiations to your personal Group of Angels

THOUGHTS FROM THE BACK ROOM

I am not one to shy away from having an opinion as many will know but I try and avoid judgment. Do I always manage it – well no. I would like to think I have a reasonable go at resisting judgment and often pull myself up when I realize I have once again fallen into that trap. Sadly I am in this human body and therefore keep metaphorically bumping my head.

Now you may be wondering why I am talking about judgment and opinion. It all started when I was having my weekly chat to Obion. He was talking about our ego's and how it gets us into all sorts of strife. In fact if you stop for a moment and think about the cause of all our misery it is the 'good old ego'. He observed that it is like having something alien in us. We were never designed to have an ego, but millennia ago when we first started walking upright and started forming groups, or what we would now see as tribes, we started to develop an ego.

From a psychology and western science perspective the ego is 'ALL'. In fact psychologists will take you on a journey to bolster your ego, enhance it and develop what they term "a healthy ego". From a 'spiritual' perspective we need to let the ego fall and return to who we truly are and that is life itself, not this false self made up of projected lies. Most people worry that they will be losing something should they allow the ego to fall. Not so, in fact we gain. We gain all that is and ever was, we function exactly the same as we have done but from a far more empowered position. All we loose is fear.

So the next question is, how do we let the ego fall away? First we have to identify what ego is, we need to get to know this alien intimately. Then once we understand and know the alien we can let it fall. We don't make it fall. Just by observing it, it falls. It is only when we feed it with our fear does it remain, but starve it of being fed by merely watching it, then one day you will notice that it has fallen.

The how to observe this alien is easily done; observe with innocent perception. Observe without any judgment. For example you may not like the taste of a lemon but that does not make the lemon good or bad, it is only your opinion of how it tastes. So view everything and everyone from an innocent perception perspective and judgment will fall away and when judgment falls away the alien ego will too.

I wish you all well on your path of discovery and be kind to each other.

John Mills

First Light Flower Essences of New Zealand®

The Fern Essences – The Life Trauma Set

Moving Beyond Pain – Clearing The Aura Essences No's 37 to 43

Patricia Stowell Dip NZNFE

Details are patriciamstowell@gmail.com

03 355 4526 0274 697191

First Light Flower Essences of New Zealand®



The First Light Flower Essences of New Zealand® were co-created by Franchelle Ofsoské-Wyber and Anthony Wyber.

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

NZNFE 103 Unit One: This one day course includes

- Introduction to the seven native fern essences
- The anatomy of the aura, its role and purpose
- The energetic integrity of the aura
- Aura maintenance and aura detoxification

NZNFE 104 Unit Two: This one day course includes

- Information on the seven fundamental traumas and how they can be addressed with Fern essences
- Trauma, the Grief Cycle and working with Fern essences for holistic wellbeing in the 21st century
- Supervised client-consultation modules

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

Date: NZNFE 103, Unit One 9am to 5pm on **Saturday 12th July**
2014

NZNFE 104, Unit Two 9am to 5pm on **Sunday 13th July**
2014

Payment: First time student: \$170 per day, includes comprehensive manual
Repeat student: \$85
Certificate/Diploma holders: \$35

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

Lomi Lomi Intensive Massage Course

Instructor: Carrie Rowell of 'Hamoea Healing Arts' Hawaii



18-20 October 2014 (3 Days)

Only open to trained massage therapists. This means that as a professional you are getting the most out of your continuing education dollar.

Venue: The Mosgiel Holistic Centre
12 Church St Mosgiel, Dunedin 9019 NZ
Phone 03 4893677

Tea and coffee supplied: Bring your own food

For centuries the ancient art of Hawaiian Lomi Lomi massage has been used as a powerful tool for maintaining a healthy way of life. The strokes are long and flowing, using forearms and elbows, and giving the feeling of many hands on the body at once. This massage is profoundly relaxing.

At the end of the workshop you will be able to perform a full body lomi lomi treatment and have a great many new techniques to complement your existing bodywork repertoire. Passing students receive a certificate.

Cost: \$550 for 3 full days of training when you register by July 1 2014

If you register after this the cost is \$595.

Tuition price also includes a workbook for further home study.

A \$200 non-refundable deposit guarantees your space in this workshop.

Class numbers are limited so register now on Carrie's website www.hamoea.com or contact her by email hamoeahealingarts@gmail.com