

# Mosgiel Holistic Centre

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



## FEBRUARY 2015 NEWSLETTER

### Regular Events

Healing Nights	Monday evenings at 7.30pm, 8pm & 8.30 pm
Meditation	Every Monday evening at 6 pm
Yoga	Every Tuesday evening at 6 pm
Yoga	Every Thursday morning at 10 am
Tai Chi	Every Thursday evening at 5 pm

## THERAPIST NEWS

### A SAD FAREWELL and BON VOYAGE



Sadly we at the Mosgiel Holistic Centre are saying goodbye to Jessie. Jessie has over the past year and a half given to The Centre and her clients, care, understanding and a service second to none. Jessie started her professional career in Massage Therapy at The Mosgiel Holistic Centre, building up her own following of people who will miss her personal touch.



We would like to thank her for her dedication, humility and friendship. We know we will miss her. Jessie jets her way to France mid year to begin her OE. So from the team and friends at The Mosgiel Centre we wish you Bon Voyage – and look forward to the odd postcard. Remember we are here when you return.



We would like to welcome  
**Astrid Crabb**  
to The Mosgiel Holistic Centre

Astrid has chosen to follow her heart and passion, giving up corporate life to dedicate herself to holistic healing and health practices. Astrid holds qualifications in therapeutic massage, specialising in Aromatherapy.

Astrid will be available for appointments from March 2015.

## Letter from Obion – February 2015

### **Greetings my Dear Friends**

I wish to continue with the word “Love”, the Love consciousness that resides in each of you, which you call life. Love is a state of being, no matter the life circumstances you find around you the Love consciousness will guide you. Is Love therefore a feeling? Most certainly it is. Who creates the feeling? You as an individual do. Your egos have been conditioned through stories and other people as to what Love is and should be. Therefore you have formed expectations around the word “Love”.

Change the mind set and allow the immense Love each of you hold to flow as a river. It is so sad when Love is eclipsed by jealousy, hatred, hurts and more. Your ego mind holds onto the eclipse and pulls it with you each day. Let the eclipse move so as to allow the sun to shine in your life thus letting the warmth heal and sooth the wounds you hold. Love consciousness just is.

Blessings and Love

Obion



## THE HEALING GROUP

The Healing Group was formed to bring together healers with a wealth of experience to facilitate your own body's capacity to heal itself on both physical and emotional levels.

Our bodies, on a micro level, are made up of molecules that vibrate on a range of frequencies. When that vibration is out of kilter we are open to disease. By making a connection with others who have increased and aligned their own vibrational rate, your body can tap into this source of energy and realign its own energies.

It is a completely safe and non-invasive process with surprising results.

The client – that's you – lies comfortably on a massage table while the Group sit around the table with their hands gently resting either on or alongside you. The Group is then led through a guided healing meditation, while all you are required to do is relax and enjoy.

The Healing Group is non-sectarian and have come together having experienced the power of our own energies and capacity to heal.



*Some of the 44 Healers about to participate in the Monday night healing*

The healing energy is not only for those with a physical ailment, it is for everyone; for example: If your body or mind is stressed just by relaxing on the table and receiving the healing energy it allows you and your body to experience how you can feel all the time, thus perhaps motivating you to participate in one of the many courses available to help you to de-stress. The healing energy will also help you if you are experiencing grief. The possibilities are endless.

The Healers volunteer their time to be of service to you all.

**Should you wish to experience this amazing gift please phone Lynette or John at The Mosgiel Holistic Centre on 489 3677 to book. Booking is essential as we only take 15 people per Monday night. Charge is by way of a \$10 Koha / donation per person to cover costs.**

**MOSGIEL HOLISTIC CENTRE IS NOW OPEN**

**7 DAYS A WEEK**

**Monday 8am – 7pm  
Tuesday – Friday 8am – 8pm  
Saturday 10am – 3pm  
Sunday by appointment only**

Available Today



**Gift Vouchers ~ The Perfect Present**

**Reflexology, Aromatherapy & Reiki Workshops**

Lynette holds these workshops regularly.  
Should you wish to participate please register your interest at:

Mosgiel Holistic Centre  
12 Church Street, Mosgiel 9024  
Tel: 489 3677

**REIKI SHARING**

**Held once a month on a Saturday  
Cost \$10**

**Open to anyone who has ever learnt 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  
(03) 489 3677 or 027 7223 1128**



## **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, focussing 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 and we will be concentrating on the  
relaxation of the body, increasing flexibility, improving balance and co-  
ordination and also the cultivation 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!

**Tai Chi is on every Thursday evening from 5 pm**  
**Call Keiko direct for bookings and information on 0210328544**



**ANGELA CORONA**  
**Osteopath**  
**ACC Registered**



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.

An osteopath believes that for your body to work well its structure must also work well. As an osteopath, Angela works to restore your body to a state of balance, where possible without the use of drugs or surgery. Angela uses 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. She is trained in osteopathic cranio-sacral techniques and sometimes includes this in her treatments. She usually provides advice on posture and exercise to aid recovery, promote health and prevent symptoms recurring.

Angela is a fully registered ACC provider so often there is no need to see your GP first. Angela believes in patient empowerment.

To book phone (03) 4893677

**Osteopathy Treatment Price List**

First Consultation	1 Hour	\$80.00
Follow on Treatment	$\frac{3}{4}$ Hour	\$70.00
	$\frac{1}{2}$ Hour	\$60.00
ACC Consultations & Treatments		\$30.00



# Yoga4Life

## **Restarts on Tuesday 27<sup>th</sup> January**

Bring your body in any condition: tired, fatigued, sore, young, injured, battered, mature, stressed, healthy, strong...this class offers progressions for beginners through to experienced yogis.

The class is a beautiful mix of flexibilities & openings, asana, pranayama, meditation & relaxation.

This yoga practice aims to bring the body, mind, breath & being into balance, creating a smoother energy, a strong core, and a stable, fluid, more easeful you.

I hope to offer you a practice that is owned by you, with lessons learned on your mat able to be taken out and used to improve your everyday life

**Tuesdays 6.00-7.15pm – Mosgiel Holistic Centre**  
**Thursdays 10.00-11.30am – Mosgiel Holistic Centre**

**Bring your own yoga mat & a blanket**  
**(If you do not have your own mat there are a few at the Centre)**  
**Eat lightly at least 2 hours prior to class**  
**Wear layers of comfortable clothing**  
**Aim to arrive 10-15 minutes prior to class**  
**Donation of at least \$12**

**Teacher: LISA MORRISON**  
**RYT: Yoga Aotearoa (IYTA NZ Inc.)**

My life & teachings are influenced by many traditions, but especially Patanjali's 8-limbed system of yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi

Please contact me for any further information: 4894009 or 0274370779 or [lisajan@xtra.co.nz](mailto:lisajan@xtra.co.nz)

*"Life is what happens to you while you're busy making other plans"*

*John Lennon*





## Counselling & Psychotherapy

As we enter the new year with all its challenges both exciting and unwanted there are times when we need to be able to explore those challenges in a safe non judgemental space. I am available for consultation, self-referrals most welcome.

**JOHN MILLS B.Couns. NZAC. PBANZ. Reg  
Psychotherapist**

**Ph: (03) 4893677 Cell: 0274811599**

**Mosgiel Holistic Centre**

**12 Church Street, Mosgiel, Dunedin.**

**PERSONAL FREEDOM:** If you are unsure about where you are headed or what life is all about I also run a one on one programme called **Personal Freedom**. This course is run over ten weeks for an hour per week and is specifically designed to explore the issues that are concerning you. This is a great course if you feel disempowered in your life, if you cannot say no or it feels as though you are not your own person. Cost \$50.00 per session.

**DEATH:** Death, what happens and what does it mean for you? This is a subject all of us will explore in the fullness of time. I have immersed myself in researching the subject of life after death, which as it happens also includes life before death. This is not about religion as religion is man made or what one would call ego driven. This understanding is based on ten years of recorded interviews with those who have passed over. If this is something that interests you then you may wish to participate in my two hour weekly small group course - **Who Is Alive!** To register your interest please contact me on the number provided. Cost \$20.00 per session. (refreshments included)

**MEDITATION:** I teach/run a weekly meditation hour. The open group meets on a Monday night from 6pm to 7pm. In 2015 we start again on February 2<sup>nd</sup> and all are welcome. I use a very gentle method of teaching, slowly allowing you to find your own way through experiencing the peace and health benefits of meditation. Cost \$5 Donation.

**PSYCHOTHERAPY:** is recommended if you are struggling with a life, relationship or work issue or a specific mental health concern, and these issues are causing you prolonged upset and pain. This is longer term work to help facilitate permanent change. Cost \$80.00 per session.

**COUNSELLING:** this is short term, goal orientated solution focused outcomes to difficulties being experienced in the moment. Whether they are relationship or work issues. Or if you just need to "download." Cost \$80.00 per session.

## About Knox Podiatry

Rebecca has a passion for improving her patient's foot health. Each new patient undergoes an assessment of their needs including a Doppler ultrasound of their circulation and testing of the nerves in the feet. Rebecca will communicate with other health professionals such as GP or osteopath in order to provide the best possible foot care.

Every age group is welcome and each person is treated as an individual; every treatment is conducted with a fresh set of podiatry instruments which have been sterilised clean to ensure the safety of every patient.

Rebecca holds an Annual Practising certificate and is registered with the New Zealand Podiatry Board.

Rebecca has 10 years Podiatry experience in the fields of Diabetes, rheumatology, paediatrics and biomechanics. Rebecca had a busy clinic in the UK and also worked in the NHS for 8 years.



### BOOK AN APPOINTMENT FOR THE TREATMENT OF:

NAILS	Simple nail cutting Fungal nail infections Ingrown nails Damaged or injured nails All other nail conditions	
SKIN	Hard skin or callus Corns Verrucae Fungal infections / Athletes feet / Tinea All other skin conditions	
DIABETES	Diabetic foot health information Diabetic foot checks Foot care Diabetic ulcer treatments Diabetic footwear and sock information & sales	
BIOMECHANICAL	Foot & / or leg pain Sports injuries or pains Footwear advice	
CHILDREN	Toe Walking Out-toeing Ingrown nails Footwear information	In-toeing Flat feet Skin conditions All other foot / leg problems

# Touch Your Heart Ltd



## **CATLINS RETREAT**

**8<sup>th</sup> - 11<sup>th</sup> May 2015 (Inclusive)**

**For more information please contact:**

***Todd Wall - 03 481 1105***

***(before 9<sup>th</sup> March or after 12<sup>th</sup> April)***

***E-mail: [healing@touch-your-heart.co.nz](mailto:healing@touch-your-heart.co.nz)***

***Lynette Mills - 03 489 3677***

***E-mail: [lynettemills12@gmail.com](mailto:lynettemills12@gmail.com)***

Full printed details can be obtained from:

Mosgiel Holistic Centre

12 Church Street, Mosgiel, 9024

Phone: 03 489 3677

## The Benefits of Manual Lymphatic Drainage (MLD) Pre and Post Surgery



My name is Hazel Eatwell, I am a Massage Therapist, Cranio Sacral Therapist and Bodytalk Practitioner.

I studied Lymphatic Drainage with Jill Griffiths of the Weller Institute, Australia.

Manual Lymphatic Drainage (MLD) increases the circulation of the Lymphatic fluid which also stimulates the blood and the immune system. The Lymphatic System transports lymph fluid carrying waste, toxins and other unwanted substances from the

body via the venous system. I always think of the Lymphatic system as the sewage system of the body.

Imagine your lymphatic system, the watershed areas are like the run off of rain from a mountain and the Nodes are the rivers and lakes where the water is collected before being transported to the sea or, in our case, the venous system. By clearing any blockages in the nodes the fluids are better able to be transported around the body.

In Europe, MLD is widely available in Hospitals and Doctors often recommend it for Pre and Post Surgery.

Pre Surgery we recommend 2-5 sessions for optimum results, the last being 24-48 hours prior to surgery. This helps to drain toxins and stimulate immune system and the nervous system. By draining the Lymphatic system before surgery the body is less susceptible to infections post surgery. Surgeons also find it easier to cut through clean, well-drained tissues. I am speaking from personal experience as I had surgery on my hip last year and having MLD the day before my surgery made a huge difference, even my surgeon was impressed.

Post Surgery: The lymphatic vessels are cut during surgery and the watershed pathways and the flow of lymph fluid are interrupted. These will regenerate over time but in the meantime we need to find another pathway for the fluid to follow which is where MLD comes in. There can be quite a lot of swelling and pain after surgery and MLD is very mild and gentle but very effective and will help to move the fluid thereby reducing swelling, clear bruising and minimize scar tissue, speeding up recovery time. I experienced quite a lot of swelling around my scar, the scar acting like a dam, and by having MLD found that moving the fluid along a different route quickly and effectively reduced the swelling. I had very little pain afterwards.

Again, we suggest 2 sessions a week for the first 2-3 weeks and then weekly until the body is draining freely.

While this article lays out the benefits of MLD pre and post surgery, it can be used for any areas where swelling occurs. Be it fluid retention, pre/post menstrual sprains, strains, etc.

Contact Hazel or Lynette for an appointment.



**COMING SOON!**

**KNOX PODIATRY  
MOSGIEL CLINIC**

**OPENING IN MARCH 2015**

Mosgiel Holistic Centre  
12 Church Street  
Mosgiel

**BOOKINGS ARE NOW BEING  
TAKEN FOR THE FOLLOWING  
DATES:**

Friday 6th March  
Friday 10<sup>th</sup> April

Friday 20<sup>th</sup> March  
Friday 24<sup>th</sup> April

**To book an appointment please phone:**

022 301 6195 (mobile)  
03 478 1030 (answerphone service)



Your Therapists



Lynette



Gary



Hazel

# MASSAGE & MORE

Therapeutic/Relaxation

*Remedial Massage*

Sports Massage

*Specific Pain Relief*

Deep Tissue

*Thermal Hot Stone Massage*

Facials

*Lymphatic Drainage*

Reflexology

*Reiki*

Cranio Sacral Therapy

*Body Talk / Kinesiology*

EFT – Emotional Freedom Technique

*Indian Head Massage*

Bach Flowers

*TRE – Trauma/Stress Release Exercise*

**\* PRICE LIST \***

1/2 Hour Treatment.....	\$40.00
3/4 Hour Treatment.....	\$60.00
1 Hour Treatment.....	\$75.00
1 Hour Aromatherapy.....	\$80.00
1 Hour Facial.....	\$80.00
1 1/4 Hour Treatment.....	\$90.00
1 1/2 Hour Treatment.....	\$105.00
1 1/2 Hour Aromatherapy.....	\$115.00
1 1/2 Hour Facial.....	\$115.00
1 1/2 Hour Hot Stone.....	\$125.00

**GIFT VOUCHERS AVAILABLE**

**(03) 4893677**

**12 Church Street, Mosgiel, 9024**



### **TRE (Trauma & Tension Releasing Exercises)**

TRE is a technique that uses exercises to release stress or tension from the body that accumulate from everyday circumstances of life, from difficult situations, immediate or prolonged stressful or traumatic life experiences.

Lynette will help you discover how to release stress & tension for the rest of your life using your body's own innate shaking & tremor mechanism in order to:

- Feel more peaceful, centred & grounded
  - Improve sleep
- Resolve trauma (without having to recall or talk about it)
  - Improve relationships
  - Improve flexibility and core stability
  - Improve creativity
  - Enhance sports recovery
  - Deepen meditation and relaxation

TRE can benefit people from all walks of life including meditators, sports people, soldiers, emergency services personnel, students and anybody who would like to live with less stress and more freedom in their lives.

Lynette conducts one-on-one or group consultations.

***Please phone Lynette on 03 4893677***

***@ Mosgiel Holistic Centre  
12 Church Street, Mosgiel***

***Lynette Mills  
Accredited TRE Practitioner***

***Telephone: 03-4893677 or 0277223118***

***[www.mosgielholisticcentre.co.nz](http://www.mosgielholisticcentre.co.nz)***



**Contact Details:**

**12 Church Street, Mosgiel, 9024  
(03) 4893677**

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