

Mosgiel Holistic Centre

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



MARCH 2015 NEWSLETTER

Special Events

Sat 7 & Sun 8 March	Reiki I Workshop with Lynette, 10 am to 4 pm
Sat 14 March	Reiki Sharing 2 pm to 4 pm
Fri 27 March	an evening of Clairvoyance with Janet Arthur, 7-9 pm
Sat 28 March	Health & Weight Management Seminar With Helen McLachlan, 9 am to 4 pm
Sun 12 April	doTerra AromaTouch Massage course, 10 am to 4 pm
Sat 18 & Sun 19 April	Hot Stones Workshop 9.30 am to 4 pm

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

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 mid-March 2015.



Treat Yourself Or Treat a Loved One

Gift Vouchers
The Gift that Keeps on Giving

Mosgiel Holistic Centre ***Gift Voucher***



Holistic healing helps restore balance to your body, mind and spirit leaving you feeling rejuvenated and more able to enjoy all aspects of your life.

Letter from Obion – March 2015

Greetings my Dear Friends,

Today I will tell you a story from the time and the life energy I am when I lived in a human form in India.

I, the then 18-year-old boy, was walking through India seeking a Guru who would bring me to enlightenment. O deary me, what hope did that boy have in finding this person.

It was many years later while approaching human death that I realised that I as that boy had indeed found that one person yet had not recognised the person as the one I sought. I had come across a tiny village with only a few dwellings, and requiring water, I stopped by one of the dwellings where an old mother sat on the pressed dirt sewing pieces of fabric together into a quilt. I asked where I might obtain a cup of water and the old mother indicated with her head the direction I needed to go saying, "The water is over there, drink your fill."

Having obtained the water I returned to the old mother to chat a while. I remarked how beautiful the quilt was and how the pattern she was creating all flowed in harmony. In front of her were many baskets with different patterns and colours of fabric. I told her that I thought that God was directing the beauty through her hands. She looked up and smiled at me and it was only then that I became aware that she was blind. Her eyes were white.

"Mother you are blind!"

"Yes, I have been blind a long time".

"But how can you make something so beautiful? It is truly a miracle of God being with you".

She looked at me and smiled saying "I am God. Thank you for sharing your journey with me".

Not having any words to say I thanked her and went on my way with her words tumbling around in my head like many stones. I ask you who are reading this what did she mean?

Blessings to you all.

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.

THERMAL HOT STONE MASSAGE WORKSHOP



Presented by: Lynette Mills

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

Saturday 18th & Sunday 19th April 9.30am till 4pm

***Morning Tea, Lunch and Afternoon Tea included
\$250***

*Learn how to use this beautiful method of massage to increase
your skill base and learning.*

*You will learn to give a beautiful deep therapeutic relaxing
massage treatment and also receive one.*

Come and enjoy a weekend of sharing.

***To Book please call 03-4893677 or 0277223118
Or email Lynette at lynette@mosgielholisticcentre.co.nz***



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





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 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. 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

Appointments available with Rebecca on the following dates:

Friday 6th March Friday 20th March Friday 10th April Friday 24th April

To book an appointment please call Knox Podiatry directly on:

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

Yoga4Life

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

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

John Lennon

Touch Your Heart Ltd



CATLINS RETREAT

8th - 11th May 2015 (Inclusive)

For more information please contact:

Todd Wall – 03 481 1105

(before 9th March or after 12th April)

E-mail: healing@touch-your-heart.co.nz

Lynette Mills – 03 489 3677

E-mail: lynettemills12@gmail.com

Full printed details can be obtained from:

Mosgiel Holistic Centre

12 Church Street, Mosgiel, 9024

Phone: 03 489 3677



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

MOSGIEL HOLISTIC CENTRE IS NOW OPEN

7 DAYS A WEEK

Monday 8am – 7pm

Tuesday – Friday 8am – 8pm

Saturday 10am – 3pm

Sunday by appointment only

REIKI SHARING

Held once a month on a Saturday

Cost \$10

NEXT SHARING SESSION ON

Saturday 14 March 2015, 2 pm to 4 pm

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

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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**

Natural Health & Wellbeing Festival 2015

SYMPOSIUM

A series of talks by natural & holistic health professionals on:

How conventional, complementary & alternative medicine can work together for the advancement of human health



Saturday 28th March

10am - 3pm (incl. lunch break)

**Hunter Centre, University of Otago
Cnr. Great King Street & Frederick Street**

Guest Speakers

Russell Stargess - Facial Kinetics

Tracy Laughren - Habitas Centre, Integrated Health

John Mills - Mosgiel Holistic Centre

Helen Shaw - Do TERRA Essential Oils

For Bookings contact:

info@naturalhealthfestival.co.nz

For More information visit:

www.naturalhealthfestival.co.nz

REGISTRATION ESSENTIAL

NON-STUDENTS \$25

STUDENTS FREE



Enhance
Asplenium
Program

Our 2015
Festival
Sponsors

Provided supported by

**NATURAL
MEDICINE**



**Natural Health &
Wellbeing Festival**



Support of Natural Health Professionals, Self-empowerment & Wellbeing

AROMATOUCH[®] TECHNIQUE

A CLINICAL APPROACH TO ESSENTIAL OIL APPLICATION



doTERRA'S
DISCOVER WELLNESS



The Aromatouch Technique

The uses of essential oils are vast and represent a well-documented model for improving overall health, for both the novice user and the educated expert.

The Aromatouch technique incorporates simple hand techniques with the efficiency of essential oils to create a powerful whole body wellness experience. It addresses four systemic constants that are present in daily life and which may serve as limiting factors in health: stress, immunity, the inflammatory response, and autonomic imbalance.

Helen Shaw is a Practitioner of Essentials 4 Use Qualified Aroma Touch Technique Trainer
founding member of doTERRA Australia and New Zealand

Cost \$167 includes: 8 CPMG doTERRA oils, training manual, DVD, Certification, every participant will give and receive the technique.

For Bookings & Enquiries Email: markshaw@westnet.com.au Mob: 021 930 366

Register Now

**DUNEDIN WORKSHOP
Sunday April 12th 2015**

**Mosgiel Holistic Centre
12 Chruch Street Mosgiel
10am - 4pm**





Janet Arthur

Clairvoyant, Healer, Teacher

I have worked as Counsellor, Hypnotherapist, and a Clairvoyant for many years. I work regularly at three of the Spiritualist Churches in Christchurch on a regular basis. I take my work seriously but I also have a sense of humour, as do my spirit guides.

Janet (from Christchurch) is returning to Mosgiel again in March.

Janet invites you to

An Evening of Clairvoyance

Friday Evening 27th March 7 pm – 9 pm
At the Mosgiel Holistic Centre
12 Church Street, Mosgiel

Cost \$20 each person
For bookings call Janet direct on 0274153775

Clairvoyant Readings

Janet will also be giving readings at the Centre
Thursday 26th and Friday 27th March from 10am until 5pm each day.
For bookings, **text or phone Janet 0274153775.**

You can check out my website:
www.angelspeak.billboardme.co.nz



靈氣

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
Saturday 7th and Sunday 8th March

Reiki II Workshop
Dates to be confirmed

Please contact Lynette on 4893677 or 0277223118

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



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



Your Therapists



Lynette



Gary



Hazel



Astrid

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 *

½ 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

Thermal Hot Stone Massage

Special Price \$110.00

GIFT VOUCHERS AVAILABLE

(03) 4893677

12 Church Street, Mosgiel, 9024

DEATH

What a great subject! We can all participate in this discussion, as it is the one experience we will all have in common. We may not all have the same experience in the way we die, but death itself, pretty much so. So what do we know?

We will no longer function at some point in our existence; we will cease to exist as the person/body that we are at the moment and that the body that is us will eventually, be it by cremation or burial, cease to exist. We also know that the laws of science tell us that energy is neither created nor destroyed, which means that the energy that is/was us will continue.

We know that the people who we have touched throughout our life, those we call loved ones, will feel loss, pain, sadness, a state that we call grieving. Even when someone's passing is celebrated, grieving lies alongside the celebration.

We also know that, no matter how hard we try, our material wealth will not be taken with us. The Pharaohs tried by having the goodies buried with them and, guess what, someone else is now benefiting. So we can conclude that everything we have is only loaned to us while we are "alive".

Now for the speculation according to logic! The first bit of logic we need to consider is that when we die – *that is it*. Seriously, when I say "that is it" and put a full stop after the word it, guess what, that *is* it, end of logic and discussion.

Next bit of logic granted to us by the world of science and eminent doctors, professors and great thinkers is that energy (and our bodies according to science are energy) is neither created nor destroyed (Einstein's First Law). So we have to pose the question: what happens to the energy that is us?

Equally, if, in scientific terms (psychology) and postulated in very laymen terms, if the majority of the society we live in believes something to be an accepted norm, then it is deemed to be so. For example, if in New Zealand you went to see a homeopath for your complaint it would be seen as fringe, pseudoscience at best. If you went to see a homeopath in France your insurance company would more than likely cover the bill. Thus, majority predominantly rules (actually usually the minority but that is another article). So, back to my logic: since the beginning of time (not that I can remember, but it sounds good) humans have known that there is more to the story than "that is it"! So, if the majority are drawn to seeking something beyond death, logically we need to consider the ideas presented.

Religion is, as seen through logic, clearly man made. Let me explain. Logically, if there is one bible in the christian faith how can we have so many different beliefs within that same faith. It appears to me that man has been meddling because the bible, as I know it, talks about one God - please feel free to correct me. Therefore, religion or its vehicle the church is a man made construct. This logically does not mean that what people refer to as God is a man made construct. Logically there is clearly something else!!! Logically, what if there is life after death?

If this has piqued your interest, or annoyed you, I will be looking towards running a group starting hopefully end March or early April, depending on numbers, to explore the subject of death.

Phone John Mills on 03 489 3677.



Contact Details:

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

www.mosgielholisticcentre.co.nz

