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Contact Details:

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

www.mosgielholisticcentre.co.nz



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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.

Mosgiel Holistic Centre

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

12 Church Street, Mosgiel. Ph (03) 489 3677



AUGUST 2015 NEWSLETTER

Touch Your Heart – “Thank You”

On behalf of Todd and myself we would like to express a huge “THANK YOU” to all the Therapists who donated their time to make Sunday 19th July at the Mosgiel Holistic Centre such a big success. We also extend our “THANK YOU” to all the participants for buying a ticket. It gave us great pleasure to present a cheque to John and Lynette to buy something special for the Mosgiel Holistic Centre.

Sheila and Todd Wall

See: John’s response inside

WHAT AN AMAZING DAY WE HAD!

On Sunday the 19th over fifty therapists came together to give of their time so that seventy-two participants could enjoy a fabulous day of Reflexology, Aromatherapy, Aura Cleansing, Head Massage, Healing and Clairvoyance not to mention a well presented and catered for afternoon tea.

Sheila Wall along with her husband Todd were the driving force behind the day. Lynette and I alongside our own private practice are slowly developing the Mosgiel Holistic Centre. It is a peoples centre where you can access modalities such as Reiki, Cranio Sacral Therapy, Tai Chi, reading materials on your inner journey and natural health needs, Reiki, Yoga, Counselling, people of like mind and much more.

These “open days” of which this was the third introduces you to what we do and to the calm space provided. As all good things take time the “open days” through Sheila and Todd’s generosity help us finance those items, which would normally be so down on the list that they may never happen. Last year the donation assisted in the purchase of a hydraulic therapy table to help those with mobility issues access therapy. What that means is that every one of those fifty therapists and over seventy participants have helped those in need of assistance.

This year’s donation will be doing the same in some way, although at this stage there’s a number of competing needs, so no final choice has been made. We will let you know.

The day was a huge success with both participants and therapists reporting having really enjoyed themselves. The feedback is always about how lovely it always is to meet so many new people. As with every limited numbers event there will be people who missed out on getting a ticket however the good news is Sheila and Todd will be hosting another one. Sheila is hoping sometime in the new year.

Lynette and I would like to extend our gratitude to not only Sheila and Todd but all participants and therapists who took part on the day. Also we want to give a huge thanks to The Lions Club for the donation of catering equipment, it is greatly appreciated.

If you missed out but would like to participate in the next “open Day” or you want to come again, we are putting together a list of those interested. You can guarantee your place by phoning the Mosgiel Holistic Centre on (03) 4893677

NOW AVAILABLE AT THE CENTRE

Massage – with Lynette, Astrid, Gary and Hazel

Reflexology – with Astrid and Lynette

Personal Freedom Courses – with John

Aromatherapy – with Astrid

Hypnotherapy – with Tony

Ear Otago – with Elizabeth

Psychotherapy – with John

Healing – with The Group

Osteopathy – with Angela

Podiatry – with Rebecca

Counselling – with John

Body Talk – with Hazel

Meditation – with John

Tai Chi – with Keiko

Reiki – with Lynette

TRE – with Lynette

Yoga – with Lisa



LYNETTE



ASTRID



GARY



TONY



HAZEL



JOHN



ANGELA



REBECCA



KEIKO

Introduction to Reflexology

Two Day Workshop

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



September 2015

Cost: \$250 (morning & afternoon tea & lunch included)

Spend two days learning 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, a reflexology book and a bottle of beautiful 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 and to suit.)

Lomi Lomi Intensive Massage Course

Instructor: Carrie Rowell of 'Hamoeba Healing Arts' Hawaii



15-18 October 2015 (4 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.

Each day you learn new exercises and massage techniques designed to harness the power of the elements earth, air, water and fire. This massage is profoundly relaxing, creating a deep trance state to allow the receiver to identify and dissolve limiting beliefs that cause illness in the body

At the end of this 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: **\$695 for 3 full days of training when you register by July 1 2015.**

If you register after this the cost is \$745.

Tuition price also includes a workbook for further home study. A \$200 non-refundable deposit guarantees your space in this workshop.

Space is limited so register now on Carrie's website www.hamoeba.com or contact her by email hamoebahealingarts@gmail.com

REIKI SHARING

**On a Saturday in September to be confirmed.
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**

Reiki I Workshop

Contact Lynette if interested

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: \$250

**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)



Letter from Obion

Greetings my dear friends

What a wonderful planet you are living on, full of beautiful mountains, lakes, rivers, wild flowers, Birds, animals, sun sets and sun rises. Do you see them and are your eyes and heart open to all of these things and more?

Spirit has given you this most magnificent place to live and yet so many humans defile it with lust for wealth and power which does not last. All the power in the world is only temporary and eventually will crumble into dust and faded numbers in a book.

When you were born into this Earth world energy you came as the co-creator with your fellow humans to bring peace and order to the chaotic environment called planet Earth. Mankind is destroying itself by raping the land and society in many different ways. What can you do and where do you start? It is with yourselves. It gladdens my heart to see so many of you taking responsibility to bring changes in the way you live.

Yes, I have talked about this before and will continue to do so while it continues to be necessary. There is a rippling effect of violence that is sweeping around the planet like a wave breaking on the shore. It is time for it to stop. Your wonderful country is a haven of peace. Let your country demonstrate to the world how life can be. Let others see how their individual lives can be through your own life. You were born to do this.

Blessings to you all.

Your Friend in Spirit,

Obion



August is my birthday month!!

And because yoga has been such a GIFT in my life, I'd love to share more of this GIFT with you:



During the month of August there will be 2 ways to enjoy this gift:

****introduce a new friend to any class & get your yoga free!***

AND

****every time you get to class this month, your name goes into a draw for a month's free yoga – 3 lucky people will get unlimited free yoga at any of my classes during September!***

What a great offer to lead us into SPRING!



HAPPY BIRTHDAY!!



CLAIRVOYANT NIGHT

Sunday 6th September 2015-07-30

at the

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

at

7.00pm – 9.00pm

with

**Sheila Wall
Wendy McLaren
Char Mundy
Louise Cullen**

Fee: \$20.00



CLAIRVOYANT COURSE

Starting on 19th August 2015

**Over ten weeks Sheila will instruct you
by using various techniques to help
you develop your potential Psychic abilities.**

The course will be on

Wednesday evenings from 7.00pm – 9.00pm.

**The fee is \$200.00 per person
which may be paid in weekly instalments of \$20.00.**

**If you would like to participate
phone Sheila on (03) 4811105**

or the

**Mosgiel Holistic Centre on (03) 4893677
to reserve your place.**



Massage Special

Thermal Hot Stone Massage 1 1/2 Hour Usually \$125 Now Only \$110

1 Hour Usually \$95 Now Only \$85

For Hot Stone Massage, your therapist will use heated volcanic stones in two ways. Firstly as placement stones to let the heat radiate into the muscle tissue to soften any tightness. While this is happening, other heated stones will be used in the therapist's hands while massaging. It's a little bit like using 'heatpacks in motion'.

Your therapist can achieve great results working on the pre-heat-softened muscle tissue without you feeling hard or deep pressure being used. Also your therapist is constantly handling the stones and checking to make sure the heat is appropriate for you. Another wonderful outcome from our Thermal Hot Stones Massage treatment, is that you have a very strong sense of letting go, achieving a state of deep relaxation and having time to enjoy a complete rest. (Not suitable for pregnant Mums to be but perfect for after baby is born)

Our Therapist: Astrid, Gary, Lynette, & Hazel

@ Mosgiel Holistic Centre, 12 Church Street, Mosgiel Ph: 03-4893677 or 0277223118



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

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