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Contact Details:

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

www.mosgielholisticcentre.co.nz



**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.

Mosgiel Holistic Centre

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

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



MID SEPTEMBER NEWSLETTER 2015

Spring is in the air, newborn lambs gamble
in open fields and the weather takes us on a
merry dance. - Enjoy

Apology: The newsletter is a little late this month due to the dreaded lurgy. If you have experienced it this year then you will know it is debilitating. It is also very exciting, as I believe it is the body's way of adjusting itself to an ever-changing environment. Hence we have not found a cure – we are not meant to!

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



GARY



TONY



HAZEL



JOHN



REBECCA



KEIKO

Reiki I Workshop



靈氣

*Friday 18 & Saturday 26th September
11am till 5pm & 10.00am till 4.00pm*

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

Come and learn the beautiful art of Reiki Healing. Your Reiki workshop is a wonderful 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)

THERMAL HOT STONE MASSAGE WORKSHOP



Presented by: Lynette Mills

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

Saturday 10th & Sunday 11th October 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***

Love your Feet

Healthy Feet are Happy Feet

As a Podiatrist, I often hear people say 'I hate my feet', 'My feet are so ugly' I encourage a different view point – Your Feet are a marvel of engineering, they are made of 26 bones intricately jig-sawed together and support hundreds of tendons, ligaments and muscles. They work so hard keeping us upright.

Biomechanically, feet cause us pain when we are out of balance.

In reflexology, feet can reflect issues in the body as a whole.

Consider these guidelines to keep your feet healthy and happy:



Daily

Wash your feet and dry between your toes.

Check your feet for injury or changes, such as abrasions or rubs – if you have any queries or concerns ask your Podiatrist or Practice Nurse.



Nails

Cut nails straight across, then file the edges for a smooth finish.



Young Feet

Don't let them pick or chew their toenails, as this can lead to ingrown nails or infections.



Fungal Skin Infections

Use anti-fungal skin treatments as soon as you notice fungal skin infections and continue for 14 days after the last sign of the infection has cleared.

Your Podiatrist can advise you about which anti-fungal to use.

Treat your socks and shoes using sprays or powders for better results.



Older Feet

To check your feet you can place a mirror on the floor and sitting down on chair, you can check the soles and sides of your feet, or you can ask a friend or relative to do this for you.

Older skin can become very dry, use a moisturiser daily but don't use it between the toes.



Diabetes

Prevention is better than cure, check your feet daily and discuss a long term care plan with your Podiatrist.

If you have **any** concern at all, seek treatment as soon as possible and tell your Podiatrist or health professional that you are Diabetic.

By: Rebecca Finchett – Knox Podiatry Ph:478 1030

White noise as a defence against our psychosis

I had a wonderful weekend in Peel forest at what is called an Eco Lodge. The facilities were very rudimentary to say the least. At first it appeared romantic until you had to go to the toilet and do what we do into a biodegradable packet.

Water was heated by a coal range, the same coal range that was used to cook our food and a log fire heated the room. Chopping wood and carrying water took on a very significant meaning.

The silence was at first a little unnerving but by day two noise became intrusive. The bird song was welcomed and heard and the night sky displayed a mass of stars we never see in city environments. This gave someone like me time to reflect on us as a species. It made me consider our everyday actions and their significance or lack thereof.

Knowing that we will do the most extraordinary things to avoid discomfort (psychosis) I started to see all our actions in that light. The question then percolated to the surface; is our so called technological and civilised society merely white noise (distraction) from feeling our inner being? An avoidance?

We are so busy fooling ourselves that what we are doing is of significance. We spend hours involved in technology from computers to cell phones. Going from meeting to meeting. Producing products that do nothing other than distract us. Our jobs by and large constitute fulfilling someone else's criteria, check lists of control. Rules, laws and regulations help us miss the meaning of life. Education distracts us from the facts, we get to believe that we need to know the "periodic" table to survive. All white noise.

You see the who we are is within us, within the silence. We are so frightened to go there just in case we meet the madness that we fear rules our emotional being that we will do anything to distract ourselves. We convince ourselves that watching Shortland Street constitutes entertainment, texting our friends is human interaction, and doing our accounts and taxes is socially responsible. It is all white noise.

To be human is to connect with our madness and to see it as nothing more than a concept. That distraction and the way we live our lives is the madness. That white noise is a reflection of our psychosis.

It is in chopping wood and carrying water that we find sanity, our humanness and the meaning of being human.

By: John Mills

YOGA4LIFE

Beginners Course

4 weeks - \$50

Saturday Nov 7,14,21,28

10.30-12 noon

Small group - maximum 12

Mosgiel Holistic Centre

Yoga4Life classes are suitable for all levels including beginners, but for many, it feels more beneficial to be in a class specifically for absolute beginners.

These classes will introduce you to the foundations of a safe and effective yoga practice, including postures, breathing, meditation and deep relaxation.

Yoga4Life offers yoga practices to support you in your everyday life no matter what stage you're at.

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.

Suitable for beginners or anyone who'd like to revisit the basics

Book early to avoid disappointment:

Lisa Morrison

0274370779 or 4894009

lisa.jan@extra.co.nz



Gift Vouchers

The Perfect Present
Available this Christmas





Counselling & Psychotherapy

There are times when we need to be able to explore 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.

MEDITATION: I teach/run a weekly meditation hour. The open group meets on a Monday night from 6pm to 7pm. 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 for 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.



Yoga4Life Spring Special

Friday Morning Express Classes
8 weeks of early morning bliss
Vinyasa flow style

7-8am
16 Oct-4 Dec

\$80

*unsuitable for absolute beginners

*no drop ins

Book your spot early!

Lisa Morrison

0274370779

lisajan@xtra.co.nz

or PM me on FACEBOOK

REIKI SHARING

On Saturday 26th September 2pm – 4pm

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



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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