

**HAPPY CHRISTMAS
& NEW YEAR
FROM THE MOSGIEL HOLISTIC CENTRE**

Contact Details:

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

www.mosgielholisticcentre.co.nz



Mosgiel Holistic Centre

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



DECEMBER 2015 NEWSLETTER

Christmas & New Year Dates

Closed on Statutory Days

(Christmas Day, Boxing Day, New Year's Day, 2nd January)

Open 10am – 4pm between Christmas and New Year.

Changes to Events and Class times over Holiday period

Healing Nights	Last of the year is on Monday 14 th December Restarts in New Year on Monday 8 nd February
Tai Chi	Last of the year is on Thursday 17 th December Restarts in New Year on Thursday 21 st January
Yoga	Last of the year is on Thursday 8 th December Restarts in New Year on Tuesday 19 th January
Meditation	Last of the year is on Monday 14 th December Restarts in New Year on Monday 8 th February



Gift Vouchers

The Perfect Present
Available this Christmas





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



*The Team at The Mosgiel
Holistic Centre would like to
thank everyone for sharing 2015
with us and for supporting us
in our philosophy of holistic
health and wellbeing. Above all
we would like to extend our
respect and love to all who
travel on this planet with us.*

*Happy Holidays to you
all.*



REIKI SHARING

Held once a month on a Saturday
Phone for details
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

**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



Obion – December 2015

Greetings my Dear Friends

My dear friends I would like to wish you all a Merry Christmas. This is the time for you to celebrate your own birthday.

Happy Christmas and all blessings be upon you.

Obion



Merry
Christmas



Merry Christmas from: 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.

PSYCHOTHERAPY OR COUNSELLING

I am a registered psychotherapist and counsellor. I have many years experience in the mental health field having worked at Ashburn Clinic, the public sector and private practice.
Self-referrals accepted.



JOHN MILLS
Registered
Psychotherapist
And
Counsellor

MEDITATION CLASSES

MONDAY EVENINGS @ 6-7pm

Join me to learn about meditation and be guided through a meditation or two.

Cost \$5 Koha.

PERSONAL FREEDOM COURSE

This ten-week course explores our physical presence in the world in relation to the character that we are and our connection to the metaphysical as to who we actually are.

The course is an hour a week for ten weeks. Cost is \$30 per session.

Meditation Classes

There is no greater journey than the one within.

There is no greater journey than the one.

There is no greater journey

There is no greater

There is no

There is

There

Welcome to meditation.

There is no greater than the One that is You

Come join me and my fellow journey takers on a Monday night 6pm to 7pm. The less you know about meditation the better.

It is the not knowing that counts.

Where:

Mosgiel Holistic Centre

12 Church Street

Mosgiel

Koha:

\$5

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

Thermal Hot Stone Massage

Special Price \$110.00

GIFT VOUCHERS AVAILABLE

(03) 4893677

12 Church Street, Mosgiel, 9024

THOUGHTS FROM THE BACK ROOM: BY JOHN MILLS

My thoughts this year turn to a number of difficulties faced by us as a global family. We have seen people wanting to destroy the way of life of others to have their own needs and life view met through violence and intimidation. This is very primitive, old energy fighting back as the collective move towards a more peaceful understanding that we are all brothers and sisters on this planet.

Sadly we have governments (and I include ours) that feel that violence needs to be met with violence. As Mahatma Gandhi once said – “an eye for an eye only leaves us blind.” Ultimately it is about power and control. Under the new energy of love it could be all stopped by stopping the funding. Money is globally controlled and without funding the old energy of violence would shrivel up and cease. Sadly the very countries that fight against the threat fund the threat. Very simple if you make armaments you need a war and someone to kill to support that industry. The so called super powers have no desire to stop the carnage it is big business.

So where does that leave us. Simple; we need to send love and light to not only the victims of this atrocity but also those on both sides that support it. I believe that everyone no matter whether you murder or fly the flag of so called peace there is deep inside us the light of spirit, the universal energy.

Darkness cannot remain where light is shone. So we need to shine the light of love. I believe if we do then in time those who through their character perform unspeakable acts will slowly come to understand and see the love and ‘brotherhood’ inside all of us and that they by killing us are killing themselves.

So my call to everyone this year is to love yourself first for without loving yourself it is hard to love others. Then love your neighbour and your neighbours neighbour. And so like the ripples on a pond the birth date we call Christmas can see change made across our small planet we call home.

*May the joy of love
Your inherent right
Be spread far and wide
For peace at home*

ANGELA CORONA
Wishes you all a Merry Christmas



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. 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 Consultation	1 Hour	\$30.00
ACC Follow on Treatment		\$30.00



osteopaths
NEW ZEALAND

