

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



March 2016 NEWSLETTER

INSIDE THIS MONTH'S NEWSLETTER

**Clairvoyant Evening
Lomi Lomi Workshop
Myofascial Release Workshop
Yoga4Life
TRE
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The Healing Group
Aromatherapy
Massage
And more**

YOGA4LIFE

Beginners Course

4 weeks - \$50

Tuesday April 5, 12, 19, 26

7.30-8.50pm

Small group - maximum 12

Mosgiel Holistic Centre - 12 Church St

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

lisajan@extra.co.nz



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



myofascial
release
workshops

with

Beth Beauchamp
www.mfrworkshops.com



Myofascial Release Therapy Training

See Fascia as the Creator of Form and Structure in our Bodies

Learn How Fascia Determines the Functioning of our Muscles

Learn What Causes Fascial Dysfunction

Learn How Myofascial Release Therapy Can Restore Fascial Integrity

Workshop Overview

Set 1: The Fundamentals - provides a solid base for understanding fascia and learning to work with it on key areas of the body where most clients have issues. You will see the body from a different perspective, understanding that everything is interconnected through the fascial web.

Set 2: Advanced Upper Body - covers advanced techniques for the head, neck, shoulders, arms and hands. Common medical conditions in the upper body will be reviewed including headaches, migraines, TMJ disorders, tennis elbow, Carpal Tunnel Syndrome and RSI and more

Set 3: Advanced Lower Body - covers advanced techniques for the trunk, hips, legs and feet. Common conditions of the lower body will be reviewed and students will learn techniques to address Sciatica, breathing problems, lower back pain, plantar fasciitis, knee pain and more.

"I had the privilege of attending the Myofascial Release Course recently given by Beth Beauchamp. Her warm enthusiasm, ability to lead with clear explanations and guided demonstrations, inspired myself and others during this highly professional and well-presented course. I found Beth's teaching technique very beneficial and instantly applicable in my current practice. I highly recommend any professional Bodyworker to attend this course."

Dunedin Workshops - \$400 per Set

Set 1: The Fundamentals

8th / 9th April

Set 3: Advanced Lower Body

10th / 11th April

Set 1: The Fundamentals

9th / 10th September

Set 2: Advanced Upper Body

11th / 12th September

Mosegiel
Holistic Centre
Dunedin

Register
Now!

Beth Beauchamp was trained in the United States and holds a degree in Medical Massage Therapy. She has been working with Myofascial Release Therapy since 2000 and training since 2008. Beth is also a Certified BodyTalk Practitioner.

Lomí Lomí Intensive Massage Course

Instructor: Carrie Rowell of 'Hamoea Healing Arts' Hawaií



10-13 March 2016 (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: \$795 for 4 full days of training save \$50 each when you register with a friend.

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.hamoea.com or contact her by email hamoeahealingarts@gmail.com



Obion – March 2016

Greetings my dear friends,

Where is your most peaceful place, is it a location you enjoy to visit and sit in quiet solitude to gather yourself in mind and body or are you at peace within yourself and life. To be at peace with oneself there is a certain contentment knowing that whatever flows into your life from situations created by outside influences nothing and I mean nothing will or can disturb that inner peace.

It is the silent room of the mind where one sits watching, observing life around you physically and at times participating and interacting with your fellow human beings, knowing you are an actor in the play of life.

To be at peace with oneself one would be free of the mind constraints that you have placed on yourself through emotional fears.

How would it be for you to have that quiet room where you can go and be, at anytime to gather your thoughts and be still. Be aware however not to use your quiet room as a place to hide in as you then would be creating the room for your ego to emotionally escape to.

The quiet room – is the moment. You are the moment as I have mentioned before. Be the moment and you are in the quiet room of peace, the silent mind.

To be the moment one removes all the emotional attachments that your ego has created.

I will talk more of this matter later. My love and peace be with you.

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.

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. \$80.00 per session.



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 \$50 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

Yoga4Life

Friday Morning Express

*Last block of early morning classes before Winter!

6 weeks of early morning bliss

Vinyasa flow style

6.45-7.45am

April 1st-May 13th

NB, none on May 6th

at the Mosgiel Holistic Centre

\$60

*unsuitable for absolute beginners

*Booking essential

Book your spot early!

Lisa Morrison

0274370779

lisajan@xtra.co.nz

or PM me on FACEBOOK

CLAIRVOYANT NIGHT

**Sunday March 13th 2016
at 7pm**

**Venue: Mosgiel Holistic Centre
12 Church Street
Mosgiel**

Fee: \$20.00 per person

**Mediums: Sheila Wall, Wendy McLaren,
Louise Cullen and trainees.**

**Aim: To give everyone attending a
clairvoyant reading.**

REIKI SHARING

**Saturday 26th
March
2-4pm**

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**

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

From The Back Desk: By John Mills

As noted in last month's writings I intend exploring what gives us meaning. This month having been inspired by a group I was privileged to be part of I have decided to think about family.

I can hear a collective sigh as I am sure like me family has brought you (and continues to) the entire spectrum of emotions from great joys to great sorrow. Family reminds us what it means to be human. Family reflects us for better or worse. There is no greater teacher (in all senses of the word) than family. Hanging from a rope while thousands of feet above the ground gives you no more a sense of fear and fate than watching your daughter go off on her OE when she has never been away from home for more than a few nights at a time.

So what is family? I have been reviewing the literature on what constitutes a family and the theorists continually re-think the meaning of family as time goes by. Early thinking saw family as an intergenerational group of people organized in a system through birth, adoption, or marriage. In the 1980's Terkelson brought it more into line as an emotionally constructed system where "Affection, loyalty, and durability of membership characterize all families and further distinguish them from other social systems."

I feel that Terkelson hit the nail on the head. Affection, loyalty and durability! As an adult male now part of a family that is not biologically mine my sense of family has not been constructed through birth, adoption or marriage but through affection, loyalty and as time will tell I hope - durability. I have had the distinct pleasure of having originally been married and in relationship for ten years, then some twenty years as a single person and once again part of a family. So I have experienced the highs and lows of self-created family and of course my family of origin. Neither situation is less a family. Some may argue that as I am now married my present constructed family is through marriage. I can (given the space) argue quite the opposite as my wife's children are adults with their own children. It has been a very active individual choice as to whether we share our affection, loyalty or durability.

While on my own I had dogs and yes they were my family through affection given and received, loyalty sometimes received more than given as I placed them in kennels while I travelled and both I nurtured and loved as they died. So can I classify animals as family? Certainly I can and do as they certainly fulfil the criteria set out to define a family. So when someone is grieving over the loss of a pet for many it is as meaningful and as painful as the passing of a human member of the family.

It all comes down to the emotional attachment we choose to place on another. The 'who' we choose to call family for whatever reason. It is the affection both given and received no matter the circumstance, it is the loyalty shown not only in times of joy but in those times of great need, sorrow and challenge. And it is certainly these elements over time that comes to define 'family'.

So if you feel you are without family, it is never a reality. Open your heart to what or who is around you, show affection be loyal and over time you will find you have always been a part of the largest most exquisite family there is - the human race. Yes the 'family' will bring you sorrow but it will also grant you the most intense joy.

Be kind to each member of the family; till next month.

Terkelson, K. G. (1980) Towards a theory of the family life cycle.

HOW AROMATHERAPY WORKS

Whether inhaled or applied topically, essential oils can help bring about fundamental changes in physical, mental and emotional wellbeing by triggering, and strengthening, our bodies' own natural responses. Each essential oil has its own character and aroma, exhibiting a varying number of properties and benefits which are unique to itself - no two essential oils are quite the same.

Inhalation

When essential oils are inhaled through the nose, aromatic molecules are carried through the lining of the nasal cavity via tiny olfactory nerves, located in the roof of the inner nose, to the olfactory bulb and then from there to the part of the brain called the limbic system (often commonly referred to as the "emotional brain"). The limbic system in turn influences the endocrine system and the autonomic nervous system.

The endocrine system is a major regulatory force in the body. It consists of glands that secrete hormones into the bloodstream; these hormones act as chemical mediators to regulate many bodily functions including mood, metabolism, growth and development.

The autonomic nervous system operates, for the most part, below the level of our awareness. It connects the brain and spinal cord to the limbs and organs and directs, via electrical impulse, basic instinctive bodily functions such as heart rate, digestion, respiration rate, salivation, perspiration, and sexual response.

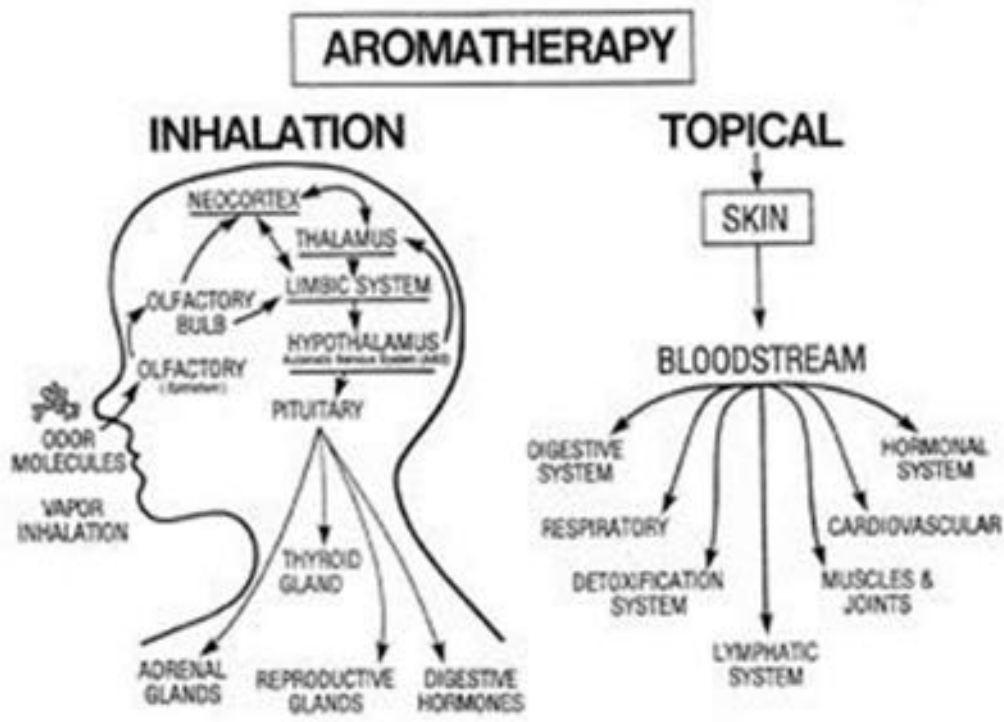
Molecules inhaled through the nose or mouth are also carried to the lungs and interact with the respiratory system.

Inhalation can be the most direct method of delivery for the healing components in oils. Through the nasal cavity, the chemical messengers have direct access to the brain and can go straight to work on the systems that moderate the body. This is why essential oils have such a rapid and powerful effect on our moods and general state of mind.

Topical Application

Our skin is somewhat permeable. The active chemicals in essential oils are absorbed just like the ingredients in common pharmaceuticals such as hormone replacement therapy cream and nicotine patches.

When essential oils are applied to the skin, their healing components are absorbed into the bloodstream. From there they disperse to the specific organs and systems on which they work. They disperse into the body fluids, where they not only help to kill bacteria and viruses but also stimulate the body's immune system, thereby strengthening resistance to further attack. Some essential oils increase the circulation and help with the efficient elimination of toxins, others promote new cell growth and encourage the body's natural ability to heal itself.



Magical combination

Massage is one of the best ways to enjoy aromatherapy because you not only receive the therapeutic properties of the essential oils, but you also get the wonderful benefits of the massage itself. The therapeutic action of the essential oils when brought together with the revitalising effects of massage stimulate all of the organs in the body, plus the skin, muscles, nerves and glands. The increased circulation of the blood and lymph flow also assists with the clearing away of body toxins.

Because essential oils can influence our emotions, aromatherapy can help to lift depression, soothe irritable nerves and generally encourage a better state of mind. It has been discovered that relaxing oils such as Lavender, Sweet Marjoram, Clary Sage, Sandalwood, Frankincense and Ylang Ylang work by stimulating a neuro-chemical called serotonin that is naturally produced by the body to help relaxation and induce sleep. It is this action that makes these oils so invaluable in helping long-term conditions such as insomnia, stress and tension.

References:

http://www.quinessence.com/how_ aromatherapy_works.htm

<http://www.takingcharge.csh.umn.edu/explore-healing-practices/aromatherapy/how-do-essential-oils-work>

<http://www.21drops.com/about-aromatherapy/>