

Contact Details:

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

www.mosgielholisticcentre.co.nz



Mosgiel Holistic Centre

Home to health practitioners who hold a holistic view to health and wellbeing
12 Church Street, Mosgiel
Ph: (03) 489 3677



May 2016 NEWSLETTER

This month we welcome
Robert James Haywood
Music Medicine Man
totem animal wisdom sensitive, author and
international speaker
To The Mosgiel Holistic Centre
Wednesday 11th May
At 6.30 – 8.30pm.
Where he will present
“from deep within Gaia/Papatuanuku to the stars – a
bridge across forever”

ALL WELCOME
Door Sales Only \$25.00



Gift Vouchers

The Perfect Present

For Mother's Day
8th May





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





MOSGIEL HOLISTIC CENTRE

12 Church Street Mosgiel

is pleased to present...

Robert James Haywood

music medicine man,
totem animal wisdom sensitive, author,
international speaker/presenter



Wednesday May 11th, 6.30pm to 8.30pm (doors open 6pm)

"from deep within Gaia/Papatuanuku to the Stars - a bridge across forever..."

only \$25 at the door please

Please join us for an evening of deep relaxed nurturing healing and wisdom as Robert offers a sacred musical journey and the opportunity to understand and connect with our totem animal energies...and the all that we are..

Please book so we know you are coming :) prepayments appreciated...

As part of his "Sound Healing and Totem Animal Wisdom Tour - Autumn 2016" which, from 22nd April, sees him presenting in Hastings, Wellington, Dunedin, Oamaru, Christchurch, Nelson and other regional Centres - Robert is currently based in Tokoroa

**** ALSO AVAILABLE AT MOSGIEL HOLISTIC CENTRE DURING ROBERT'S VISIT... ****

SOUL DEEP NURTURING PERSONAL SESSIONS

These unique personal support sessions combine the sacred use of music with indigenous totem animal wisdom in a gentle, deep relaxation session of healing support at a very deep spiritual or soul level, and reflect Robert's near forty year journey in metaphysical healing and philosophy for the client's highest good at that moment.

Energy exchange for this deeply beautiful healing energy session is \$85 please - and must be prebooked at the Clinic and prepaid where possible.



During the last five years I have had the privilege of speaking and presenting across Canada and also shared wisdoms with First Nation people and sacred sites. To my joy, the work I bring to the table is grounded, deeply nurturing and wise and offers deep support for the highest good of all concerned - please consider. rjh tokoroa





Reiki I Workshop

Saturday 28 May 11am-5pm & Sunday 29 May 10am – 4pm

Presented by Lynette Mills at The Mosgiel Holistic Centre

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

REIKI SHARING

Sunday 29th May 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

Yoga4Life

Friday Morning Express

8 weeks of early morning bliss

Vinyasa flow style

6.45-7.45am

May 20th - July 8th

at the Mosgiel Holistic Centre

\$80

*unsuitable for absolute beginners

*Booking essential

Book your spot early!

Regular Yoga Classes:

Tuesday 6 – 7.15pm

Thursday 10 – 11.30am

(Beginners' classes held in blocks throughout the year)

Lisa Morrison

0274370779

lisajan@xtra.co.nz

or PM me on FACEBOOK

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

Pregnancy 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

Our reality is based on what we choose to see not what actually is. I had confirmation of this a few days ago when Dr Lance O'Sullivan, New Zealnder of the year recipient, appeared on Q&A.

I thought he presented well and made appropriate observations regarding drugs, the law and decriminilization. The presenter asked him if he experienced a lot of patients with drug issues in his practice. He confirmed that a number of people presented with drug issues citing poverty, life experience etc. On the surface of it this appears correct.

However Dr O'Sullivan and the presenter were talking about illegal drugs although neither of them actually used those words. The only reference was cannabis especially in reference to what is a hot topic - medical cannabis.

So what was so blatantly not seen?

Drugs are drugs, legal or illegal. A drug is only legal because we have agreed to its use. In recent studies it has been shown that "prescription" drugs kill more Americans (A USA Study) than any other means.

What Dr O'Sullivan (not intentionally I hope) is blind to is that he sees and prescribes drugs every day in his practice as do all other medical practitioners.

More people are addicted to prescribed drugs than what we call illegal drugs.

Just because a doctor prescribes and a government backs a drug does not make it safe to use.

Now I am not anti drugs per se, but we need to be made aware that when we are prescribed a drug and there is a warning about side effects, it is exactly that. If it says it may affect kidneys - it does, if it warns agains increased blood pressure - it does increase blood pressure. You are not just taking a pain relieving drug, you are taking a drug that affects a number of organs in your system and hence your whole system. Pain killers are addictive.

The NCADD states "an estimated 48 million people have abused prescription drugs, representing 20% of the U.S. population." They also cite a warning that the elderly "take too much medication or medications that are not necessary." As the NCADD points out "addiction to any drug (illicit or prescribed) is a disease."

Globally the pharmaceutical companies and the medical practitioners have made us all 'drug addicted'. If you have a headache what do you do, if you have a cold, what do you do?

Drugs have a role to play in our caring for ourselves but we need to start thinking "outside" the pharmaceutical box. We need to look towards first medicine where for centuries more natural products were used (and still are) and can still play a healthier and more significant role today.

Don't just swallow what a doctor says, choose for yourself. Its not the doctor's fault they have been so acculturated in the world of pharmacology they no longer see the dangers of all drugs.

Make informed choices, ask for other options, explore the world of first medicine - you will be amazed.

Ref: ncadd.org/about-addiction/drugs/prescription-drugs

Qigong and Taichi Classes

At Mosgiel Holistic Centre

The New Qigong class offers you beautiful, elegant and slow movements. It makes you feel peaceful, strong, healthier and energized. You learn not only physical exercises but the knowledge of acupuncture points as well as breathing. You'll learn **Daoyin Yangshang Gong**, one of various Qigong techniques.

Taichi and Qigong practices are used in traditional Chinese medicine treatments to maintain health and help prevent and cure diseases. Taichi demands more physical force.

Thursdays 5.30-6.30pm Taichi Class

Suitable for beginners to advanced.

Maximum 6 people

Donation of \$10 for each class

Thursdays 6.35-7.35pm Qigong Course

Suitable for beginners to advanced.

Maximum 8 people

1 course \$100 for 10 weeks

Please wear loose comfortable clothing and arrive 5 to 10 minutes prior to class.

Please contact Keiko for any further information and to sign up:

Phone: 021 032 8544 or 453 0624

Email: threedragon17@gmail.com

SOUND HEALING THERAPY

CHILEAN THERAPIST

RODRIGO

Wednesday 25th May

At 7.30pm

Venue: Mosgiel Holistic Centre

Donation \$10