

**Contact Details:**

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

[www.mosgielholisticcentre.co.nz](http://www.mosgielholisticcentre.co.nz)



# *Mosgiel Holistic Centre*

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



## **July 2016 NEWSLETTER**

**INTERNATIONAL PSYCHIC MEDIUM  
SHEILA WALL**

**NOW RESIDENT AT THE  
MOSGIEL HOLISTIC CENTRE FOR  
PRIVATE CONSULTATIONS PHONE 4893677**

**RODRIGO WILL BE DOING A SOUND/VIBRATION  
SESSION ON SUNDAY 31<sup>st</sup> JULY AT 6.30pm \$15.  
DO NOT MISS OUT AS HE IS ONLY IN NZ  
FOR A LIMITED TIME.**

**COME PAMPER YOURSELF SEE INSIDE FOR  
OUR WINTER HOT STONE MASSAGE SPECIAL.**



## **Clairvoyant Readings**

With Sheila Wall

I will be available for personal Clairvoyant Readings  
Between 2.00p.m.to 6.00 p.m. on every third Wednesday of the month  
At the Mosgiel Holistic Centre.

Fees are: ½ hour \$60.00 1 hour \$80.00

All sessions are recorded onto a CD. this is included in the fee

Please phone the Mosgiel Holistic Centre  
on (03) 4893677

Where your appointment will be confirmed.





### **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](http://www.mosgielholisticcentre.co.nz)***



**SOUND/VIBRATION SESSION**  
**Release the toxins from your body**  
**Orchestrated by**  
**Chilean Sound Therapist**  
**Rodrigo**  
**Sunday 31st July at 6.30pm**  
**At**  
**Mosgiel Holistic Centre**  
**12 Church Street, Mosgiel**  
**No booking necessary**  
**Cost: \$15.00**

Wear loose clothing. Bring blanket & Pillow. Yoga mat if you have one, if not there are some available at The Centre.



**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



## Obion – July 2016

Greetings my dear friends,

Do you ever stop and listen to yourself? Do you give yourself the same amount of time that you gladly give to your family and friends, are you not also important? Of course you are, so why feel guilty of those, maybe rare, times to allow yourself to give to you. This applies to both male and female.

You are like a candle, if the candle burns out there is no light. You too get burnt out, yet unlike a candle with no wick you are able to rekindle your light to shine out your light to others. When you do not care for yourself, one can be like a sour lemon full of bitterness, or dried out like the desert sand being blown by the wind of time there, here and everywhere.

You are like a pod full of seeds, seeds of potential. Scatter the seeds you each hold inside for fear of failure. Let them grow into your potential and Live! Live! Live!

Your kind friend, 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.

#### **MEDITATION CLASSES**



**JOHN MILLS**

Registered

Psychotherapist

And

Counsellor

*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 \***

½ Hour Treatment .....	\$40.00
¾ Hour Treatment .....	\$60.00
1 Hour Treatment .....	\$75.00
1 Hour Aromatherapy .....	\$80.00
1 Hour Facial .....	\$80.00
1 ¼ Hour Treatment .....	\$90.00
1 ½ Hour Treatment .....	\$105.00
1 ½ Hour Aromatherapy .....	\$115.00
1 ½ Hour Facial .....	\$115.00
1 ½ 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 month are focused on world events. You may find this unsurprising however as always my thoughts stage their own coup d'tat – read that as a sudden overthrow or forced seizure.*

*Now under normal circumstances I, like others around me, may be worried about the potential American nuclear arsenal being in the hands of a Trump, or the demise of the once glorious British Empire. But no I am excited.*

*What got me so excited was an interview on television where British voters were stunned that their vote had counted. We in the democracies of the world have been so conditioned by the powerful elite (read susedo-democracy) that we do not believe that we as individuals matter.*

*Our own government has referendum after referendum where the majority say does not count. Parliament is structured so that the majority of the population do not govern. MMP was a step towards rectifying the imbalance, but as they say; no cigar. Guess what; YOU matter. Finally as we become a global family the individual has a vote - you have power. I matter. My vote does count and I along with you can change the course of our destiny.*

*We may have to learn this by making some rather strange choices like the British or the Americans but after all these centuries if that is what it takes to awaken the masses to their power then I am excited.*

*I feel that as you and I get to realise that we have power to create change we will get better at exercising that power and who knows maybe one day democracy will finally mature into a way of being where we all feel a part of our own destiny. Not disenfranchised and powerless.*

*I hope that those in power today are having sleepless nights. Not about loosing their positions but in trying to work out a fair and democratic way to govern by and for the people.*

*That's you and me.*

*Thank you for joining me.*

## **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 **Ba Duan Jin: Eight Aspects of Health Exercises.** "Jin" in Chinese means something brilliant and beautiful, like a brocade.

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.

**Starting from 16<sup>th</sup> June 2016**

**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. Also bring your own water.

Teacher: **Keiko Imagi**

Long time experienced Taichi and Qigong practitioner. Studied many styles of Taichi and Qigong; also studied at Beijing Sport University and Daoyin Yangshang Qigong Institute in China for 3 and half years and won 3 titles at the International Taichi Competition in Hong Kong. Studied from 4 Taichi and Qigong Masters one-on-one.

Please contact Keiko for any further information and to sign up:  
Phone: 021 032 8544 or 453  
0624 Email: threedragon17@gmail.com

**Qi** vital energy as a whole by regulating the breathing and concentrating the mind for physical training and health protection.

**Gong:** Exercise daily

**Daoyin** : physical and breathing exercises combined with auto massage as a kind of practice for health care in ancient times in China. It advocates voluntary circulation of body energy through exercise.

**Yangsheng** : Health preserving practice, with the effect of maintaining and promoting health in general as well as preventing and curing diseases.

# CLAIRVOYANT NIGHT

WITH

International Psychic Medium

SHEILA WALL

&

WENDY McLAREN, LOUISE

CULLEN

CHAR MUNDY

&

Trainees

**SUNDAY 17<sup>th</sup> JULY 2016**

**7.00pm – 9.00pm**

**\$20**

**at**

**Mosgiel Holistic Centre**

# 12 Church Street, Mosgiel

Tina Zion Medical Intuitive 3 Day Workshop

Become a Medical Intuitive

At The Mosgiel Holistic Centre

6,7,8<sup>th</sup> August 2016



I focus on living life consciously aware of my intuitive inner wisdom and allowing that energy to guide my thoughts, my words and my actions. My 30-year career has spanned many aspects of holistic healing, including working as a registered psychiatric nurse, Gestalt-trained counselor, clinical hypnotherapist, and energy practitioner. As a 4th generation psychic and medical intuitive, I blend all of these disciplines and teach a truly holistic understanding of well being physically, mentally, emotionally and spiritually. If you are seeking your intuitive wisdom, focusing on your daily personal goals or enhancing your energy healing abilities, I believe you will discover new paths to awaken your personal power.

To learn more about this workshop and to register contact:

Mary Hambly

Mobile: 021 071 3308

[reikihealing@vodafone.co.nz](mailto:reikihealing@vodafone.co.nz)

For more, visit Tina's website: [www.livingawareinc.com](http://www.livingawareinc.com)

# *Beautiful Winter Massage Special*

## *Thermal Hot Stone Massage*

*1½ 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*

**Janet    Arthur            Psychic    Medium    Visiting    Mosgiel**



I am looking forward to travelling down from Christchurch to the Mosgiel Holistic Centre in July.

I will be doing readings at The Centre on Thursday 8<sup>th</sup> of July and Friday the 9<sup>th</sup> of July .

On Friday Evening from 7pm until 9.30 I would like to invite you for an evening of Mediumship to connect with loved ones who have passed over. \$25 per person.

Phone: 027 415 3775

Website: [http://: www. Angelspeak.billboardme.co.nz](http://www.Angelspeak.billboardme.co.nz)



# YOGA4LIFE

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

**Lisa Morrison  
(RYT: Yoga Aotearoa)IYTA (NZ)**

**Ph: 03-4894009 or 0274370779**

**lisajan@xtra.co.nz**

**[www.yogatrail.com](http://www.yogatrail.com) - Lisa Morrison**



**TUESDAYS 6.00 – 7.15pm**

**THURSDAYS 10.00 – 11.30am**

(Beginners' classes held in blocks throughout the year)

**Yoga4Life** is a breath-led practice aimed to bring body, mind, breath and being into balance; creating a smoother energy, a strong core, and a stable, fluid more easeful you.



Bring your body in any condition: tired, fatigued, sore, young, injured, battered, mature, stressed, healthy, strong... these classes offer safe progressions for beginners through to experienced yogis.

**Yoga4Life** will:

- ❖ Bring body, mind, breath and being into balance
- ❖ Create a smoother energy, a stronger core, and a stable, fluid, more easeful you
- ❖ Leave you more peaceful, centred and grounded ❖ Improve sleep
- ❖ Re-energise, relax and nourish you at any stage of your life ❖ Strengthen and improve all of the body's systems.