

Contact Details:

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

www.mosgielholisticcentre.co.nz



Mosgiel Holistic Centre



August 2016 NEWSLETTER

Tina Zion: Medical Intuitive 3 Day Workshop
6,7,8th August. See inside for details.

EFT: Emotional Freedom Technique
Easy, Fast, Effective Relief from Stress and Anxiety
Sunday 28th August. 9.30 – 4.30pm
Taught by: HAZEL EATWELL EFT THERAPIST

Reiki Sharing: Lynette Mills Invites those who have done
Reiki to come together on Saturday 27th August.
2-4pm. Ph Lynette on 489 3677

Sound Healing: Sunday 28th August at 6.30pm with Chilean
Sound Therapist Rodrigo.

Qigong and Taichi Classes: Every Thursday evening. Led by
Title Holder Keiko Imagi.

Yoga4Life: With Lisa Morrison IYTA(NZ). Tuesdays 6-7.15pm
And Thursdays 10-11.30am



Clairvoyant Readings

With Sheila Wall

I will be available for personal Clairvoyant Readings
between 2.00 p.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 for appointments.

Please phone the Mosgiel Holistic Centre

on (03) 489 3677

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



SOUND/VIBRATION SESSION
Release the toxins from your body
Orchestrated by
Chilean Sound Therapist
Rodrigo
Sunday 28th August 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
On Saturday 27th August
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



Obion – AUGUST 2016

Greetings my Dear Friends

There will still be some of you reading this who may not quite believe that it is actually me Obion writing these words. Only your heart will feel the truth of this. There appears to be so much hatred in the world at this moment. So much revenge and anger so much that it is like a pot of water boiling over and spreading it all over the place finding tiny cracks where none has been before.

If it was only the pot boiling over you could turn the heat off or take it away from the fire. Unfortunately you cannot do that with violence. Violence is the end result of venomous words and thoughts indoctrinated into pliable minds. For some it will have resulted from years of ill treatment but they have to express their hurt onto other people. All are characters in a play. This for many will be hard to accept. It is not for us to intercede. Man has and is creating this, man has to stop it. There is so much corruption so many lies many leadership of people their hearts are no longer pure. Their hearts have become polluted.

There is a leader coming who will turn the tide of corruption. She is the Lamb standing in front of a pack of tigers. Do not disappear, change your life and discover your strength. Let your heart be a clear river flowing through life which will prepare the Lamb when she comes to fill all the clear river flowing through her.

In love and joy.

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.



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 ***

| | |
|-----------------------------------|-----------------|
| 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

What is a hero? Who should get celebrated? In our society I have often found myself doing a double take at the people who are rewarded for their contribution to society. I know what I am about to say will be controversial but when have I shied away from thin ice.

Now please do not misunderstand me, the people who are celebrated deserve recognition, but in my opinion the emphasis has shifted away from people who dedicate their lives voluntarily for the good of others to well celebrated sports people who are doing what they are paid to do. Kick a rugby ball well as your vocation, receive massive media coverage and you are almost guaranteed a knighthood.

Dedicate your time and resources to help those less fortunate than yourself and the chances are you will go unnoticed. Fortunately most of the people who do live from their heart do not do it for the recognition.

So where did this thinking come from? It is Olympics time again. I was erroneously under the impression that the olympics was the opportunity for amateur sports people to test their skill and dedication against their peers.

Sadly no.

All the professional sports people who spend every waking moment dedicated to their sport and get well paid can now celebrate their prowess and victory over the farm hand who musters sheep all day and spends as many hours as they can stay awake trying to participate in their chosen sport.

What this shows is that we as a people have lost our humility. We have bought the hype. Our worth is now measured by fame, money and your capacity to pull in the TV watchers, no wonder people are trying to get their five minutes on public media sites.

I will not be watching the Olympics as I do not want to see the worlds number one tennis player beat everyone else, I can do that any day of the week. I do not want to see the worlds top golfer beat everyone else, we know

they can that's why they are professional. This does not
bring me emotional satisfaction.

So what does?

Well I am moved by the competitor who against the odds
gets to compete against their peers. The person who
facilitates reading to dogs. The caregiver who holds the
hand of the dying. The person who spends day after day
assisting someone less fortunate cope with their day.

I want to celebrate all those who look beyond themselves
and do for others. Those are the people who need to be
knighted. Those are the people that need recognition.
Let us acknowledge the great entertainers and sports
people for distracting us from lives dedicated to
others. They allow us to vicariously live through them,
but let's not call them heroes.

Start to see the perspective in the characters we play.
Celebrate yourself for what you have done today.

Celebrate the family who has raised their children
without violence. Celebrate all those who refuse to be
bought by their ego's.

Those are my hero's and I celebrate each and everyone of
you. I would gladly give each and everyone of you a
knighthood, but I know that is not why you do what you
do.

You do it for your love of others.

You do it knowing that we are all one people.

You do it knowing as you help others you help the world.

That I celebrate.

You are the hero's.

Thank you.

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 16th 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.

Tina Zion Medical Intuitive 3 Day Workshop

Become a Medical Intuitive

At The Mosgiel Holistic Centre

6,7,8th 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

For more, visit Tina's website: www.livingawareinc.com



**Trouble, Go Away!
Too much Stress?**

Anxiety got you down?

**Learn EFT,
The Emotional Freedom Technique
EASY, FAST, EFFECTIVE RELIEF!**

Sunday, August 28th 2016

9.30 for 10am start – 4.30 pm

**Mosgiel Holistic Centre
12 Church Street Mosgiel**

**facilitated by:
Hazel Eatwell, EFT, Bodytalk, Reiki Master, Cranio Sacral
and Massage Therapist.**

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 - 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.

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*