

Mosgiel Holistic Centre

(03) 489 3677 www.mosgielholisticcentre.co.nz

HEALING SOUND



Rodrigo

**Come and join us on
Sunday 27th**

November 6.30pm

**This is the last session for 2016.
An experience not to be missed**

\$15.00



ENERGY HEALING



THE HEALING GROUP

Will be holding their last evening of healing for 2016 on Monday 5th December. So book in soon. Healing evenings start next year on Monday February 6th 2017.

November & December Newsletter 2016

With the year entering the festive season I thought I would combine the newsletter.

So from Lynette, John and staff at The Mosgiel Holistic Centre we would like to thank everyone for an amazing 2016, a happy and safe festive season and a wonderful start to 2017.

Wendy McLaren
Resident
Clairvoyant



CLAIRVOYANCE

Wendy McLaren will be available on a Monday and Thursday evening at The Mosgiel Holistic Centre.
To Book Ph: 489 3677

GIFT VOUCHERS

Show your love and gratitude and give the perfect gift.

½ Hr Gift Voucher \$40.00

¾ Hr Gift Voucher \$60.00

1 Hr Gift Voucher \$75.00

1 ½ Hr Hot Stones Massage \$115.00 Special usually \$125.00

1 ½ Hr Gift Voucher \$105.00

YOGA4LIFE FOR 2017

LISA MORRISON

027 4370779 or 489 4009

lisajan@xtra.co.nz

Yoga4Life classes are suitable for everyone.

Yoga4Life aims to bring the body, mind, breath and being into balance, creating a smoother energy, a strong core, and a stable, fluid, more easeful you.

Lisa provides classes for all levels of experience.

Throughout the year, she runs a Beginners Course over a four-week period. These classes will introduce you to the foundations of a safe and effective yoga practice, including postures, breathing, meditation and deep relaxation.

Regular classes are held on a Tuesday at 6pm to 7.30pm and on a Thursday morning 10.00 to 11.30 am.

For the advanced and regular practitioner of yoga Lisa holds early Friday morning sessions 6.45 to 7.45 and during the summer months there is an extra Monday morning class at 6.45 to 7.45. Should you wish to join any of these classes please contact Lisa on the phone numbers above.



MEDITATION CLASSES

MONDAY EVENINGS @ 6-7pm

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

Cost \$5 Koha.

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

REIKI WORKSHOPS

2017 is the year for Reiki

If you have ever wanted to learn to do Reiki or do levels II and III.

Now is the time. Check for dates on our webpage.

Please contact Lynette – Reiki Master and practitioner to book for 2017.

Phone Lynette 489 3677 or 027 722 3118

Qigong and Taichi Classes **With Keiko Imagi**

Taichi Class – Thursday 5.30 - 6.30 (\$10.00)
Qigong Class – Thursday 6.35 – 7.35 (\$10.00)

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

JOHN MILLS B.Couns. MNZAC

Psychodynamic therapist

And

Counsellor

Ph: (03) 489 3677 or 0274811599



From The Back Room

By: John Mills

I have once again been pondering life the universe and everything. I am also getting closer to sixty than I would like to admit and time seems to move faster and faster. LIFE IS SHORT!

So why are we all so hell bent on making it all so difficult. Do you really think that that car park was so important to fight over. Let's not mess about - shortly you and I will pass over! Will you be taking your last breath worried about the dynamics that plague your current thinking, or will you miss one more hour with a loved one, or one more dip in the ocean?

Life is choice folks.

We all choose how we respond to every given moment. No really; stop and consider that statement for just a moment: YOU CHOOSE HOW YOU RESPOND TO ANY GIVEN SITUATION.

Respond knowing it may be your last response in this lifetime. Respond with love and patience.

Now you are living the moment, now you are living in love. Is it not wonderful?
johnmills@xtra.co.nz

Massage & More

@

Mosgiel Holistic Centre

Therapeutic/Relaxation Massage

Remedial Massage

Sports Massage

Specific Pain Relief

Deep Tissue Massage

Thermal Hot Stone Massage

Facials

Lymphatic Drainage

Reflexology

Reiki

Bodytalk / Kinesiology

EFT – Emotional Freedom Technique

Cranio Sacral Therapy

Bach Flowers

Pregnancy Massage

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

Obion – November 2016

When one thinks of harmony one automatically thinks of music. Whatever type of music it is there is always harmony, even if it is clanging with the ears. I know some of the Indian music is clashing of the drums and cymbals and to the untrained ear it sounds like disharmony.

But if you listen to an orchestra made up of many different types of instruments the conductor of the orchestra gives instruction to all the instruments creating a wave of energy, melody and harmony.

When you are listening to all of your emotions that are running wild and in disharmony then this creates discord, not only to yourself but others and this creates many gnashing of teeth and takes many tongues wagging in all the wrong directions. The harmony of this discord, the energy, reaches out across a very wide area, which eventually moves around the whole planet earth.

But primarily it first affects not only the person who is in disharmony but all the family members around this person that is in disharmony.

So who is the conductor of the discord of disharmony then? Is it not the individual who has created the discord within them? So if the conductor then is the Spirit then let the conductor of Spirit bring the body back into harmony. Thus it will bring the mind to peace.

But many of you of course would say ‘how can the Spirit be the conductor’? It is when you are living your life as the flow of the river, which represents the Spirit. The river does not hold onto the discord only the ego does.

So when you are walking through nature or along a beach, then one says that you are in harmony with nature, in fact it is the other way because nature and walking on the beach helps you the individual to be in harmony with nature and yourself.

So when you hear a bird with a beautiful song, it sings its note with purity, the song of the bird is freedom. Find the song of the bird in your heart and then you will be in harmony with yourself.