

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



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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 also the knowledge of acupuncture meridians, energy balancing as well as breathing.

You'll learn: **Shibashi 18, Toning, Etc.**

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.

Yang Style 24 Steps

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 Class

Suitable for beginners to advanced. Maximum 6 People

Donation of \$10 for each class

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 a half years and won 3 titles at the International Taichi Competition in Hong Kong. Also 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 4530624**

Email: threedragon17@gmail.com



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





OBION - March 2017

Greetings dear friends,
I am trusting that you are all feeling very well today, which everyday
you are reading this.

Shelia and I have been chatting to people on the word and various
concepts
around the word constitution.

First you have the constitution of the law which all people are expected to
live by and honour, of course there are many who do not abide by the
constitution of the law.

Second all religions and religious organisations have their own
constitutions written by the governing bodies.

Thirdly you have the various organisations that many people belong to,
again written by the governing bodies.

Now do you feel that there is a constitution written by spirit, some would
say perhaps for them, that the Ten Commandments should be a form of
a constitution. You all make up your own constitution, a set of principles
that you live by even if others would categorise them as good or bad.

When you live, as the 'I AM' infinite being there is no constitution, you
are free from all constraints, 'attachments' if you see someone is hungry
feed them, then walk on.

You have taken action when required. Does this action form a
constitution? I leave you to think on this my dear friends.

Obion

Attitude – by Tae Yun Kim

Your will power is like an engine that drives you along your path, and ...motivation is like the fuel feeding the engine; think of attitude as that which determines the quality of the fuel.

Positive attitudes are like high-energy fuel, such as high-octane gas. Negative attitudes are like impure gasoline.

When you put impure gasoline into your car, you will undoubtedly see trouble in the engine before long. Just so, negative attitudes create obstruction and conflict in your life.

... Positive attitudes ensure that your will and motivation remain pure and powerful so that you create constructive forms in your life, forms that promote progress and acceleration and reflect the love, peace, and harmony of your true self.

From: The Silent Master By Tae Yun Kim.

MASSAGE & MORE

- Relaxation Massage
- Therapeutic Massage
- Remedial Massage*
- Sports Massage
- Specific Pain Relief*
- Deep Tissue
- Thermal Hot Stone Massage*
- Lymphatic Drainage*
- Reflexology
- Reiki*
- Cranio Sacral Therapy
- Body Talk / Kinesiology*
- EFT – Emotional Freedom Technique
- Indian Head Massage*
- 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

HOT STONE SPECIAL \$115 1 1/2 hour

GIFT VOUCHERS AVAILABLE

(03) 4893677
12 Church Street, Mosgiel, 9024

Reiki II Workshop



靈氣

Saturday 29th & Sunday 30th April

10.00am till 4.00pm

Presented by Lynette Mills

At Mosgiel Holistic Centre, 12 Church Street, Mosgiel

Your Reiki II attunement gives an even stronger level of energy vibration and connection to the Universal Life Force Energy.

You learn 2 more Reiki symbols: The Mental Emotional Symbol and The Distance Symbol.

You will have practice at sending and receiving Reiki distantly and giving and receiving hands on Reiki Healing.

You will also learn more meditations to help deepen your awareness.

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: \$290

Reiki I Workshop

27th & 28th May 2017

If you would like to book a place for Reiki 1 or Reiki 2 please

contact Lynette on 03 489 3677 Or 027 722 3118

(If these dates do not suit please still contact Lynette and we will arrange time to suit)

SOUND HEALING THERAPY

Chilean therapist

RODRIGO

Sunday 26th March at 6.30pm

Venue: Mosgiel Holistic Centre

Donation: \$15

Phone: 4893677



REIKI SHARING

8th April 2017

2-4pm

At Mosgiel Holistic Centre

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

0277223118

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 and join me, 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

Koha: \$5

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 it-self on both physical and emotional levels.

Our bodies, on a micro level, are made up of molecules that vibrate at a range of frequencies. When that vibration is out of kilter we are open to dis-ease. 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 their 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.

Yoga4Life

@ Mosgiel Holistic Centre

With Lisa Morrison

RYT: Yoga Aotearoa (IYTA NZ Inc.)

Monday 6.45 - 7.45am (book only)

Tuesday 6.00 - 7.30pm

Thursday 10.00 -11.30am

Friday 6.45 - 7.45am (book only)

(Beginners classes held in blocks throughout the year)

Class numbers limited to 16 - on a 1st come basis

Practising & sharing yoga for over 15 years, I have developed a deep understanding of the energy bodies: how to activate and balance them, bringing a sense of strength, ease & confidence to one's whole being. A strong emphasis is placed on the refinement of natural and universal movement principles that underlie safe and sustainable yoga, using the breath to create pathways of alignment from the inside out, while also sharing the therapeutic, anatomical & physiological benefits, ensuring that students become their 'own best teacher' through listening & responding to their innate body's wisdom. *Yoga4Life* grew from a desire to share yoga that ALL could access & benefit from, at every stage of their life. I am continually challenged & inspired to meet my students' unique & ever-changing needs, whether they are 18 or 88 years young!

Drop in price: \$15

10-class concessions: \$120

(to be used within 3 months)

lisajan@xtra.co.nz

Ph.: 0274370779

EAR HEALTH

Professional ear care

Ear Health South

Clinic at Mosgiel Holistic Centre

Wednesday and Thursday's

For appointment please phone (03) 4550801

Dunedin.south@earhealth.co.nz

Changing Tides

Wendy McLaren

Clairvoyant

0273303059

Monday and Thursday evenings

Weekends by arrangement

What has frequency got to do with it?

If you have been feeling a little out of sorts lately, or maybe short tempered then you are not alone. I have noticed that in my work clients are a little more “rattled” than usual. It may also appear that the world seems out of kilter, just look at world politics.

I may have an answer for that, well part answer as nothing is, as it seems. Physicist Winfried Otto Schumann in 1952 mathematically calculated the Schumann resonance (SR) which is the global electromagnetic resonances, generated and excited by lightning discharges in the cavity formed by the Earth's surface and the ionosphere.

A few years ago the SR frequency was 7.8 hertz now it is measured at 16.5 hertz. As we as humans have a resonant frequency we were used to 7.8 hertz and now we have to cope with 16.5 hertz. This may start to explain our unsettled nature, however I am sure that in time we will recalibrate and adjust to the new frequency.

Interestingly the new frequency of the SR is the same harmonic as the Solfeggio 528, which is the exact same frequency used by genetic biochemists to repair broken DNA – the genetic blueprint upon which life is based.

Is it just possible that the new frequency affords us the capacity to self heal at a greater rate! Makes you think.

From the back room by John Mills