

Contact Details:

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

www.mosgielholisticcentre.co.nz

Email; info@mosgielholisticcentre.co.nz



Mosgiel Holistic Centre

*Home to practitioners who hold a holistic view to health and wellbeing
12 Church Street Mosgiel*



JUNE 2017

INSIDE THIS MONTH'S NEWSLETTER

OBION

TRE

MASSAGE & MORE

YOGA4LIFE

TAICHI/ QIGONG

HEALING

INTRODUCTION TO REFLEXOLOGY

FROM THE BACK ROOM

& MUCH MORE



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



MASSAGE & MORE

Therapeutic/Relaxation

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

1/2 Hour Treatment \$40.00

1 1/4 Hour Treatment \$90.00

3/4 Hour Treatment \$60.00

1 1/2 Hour Treatment \$105.00

1 Hour Treatment \$75.00

1 1/2 Hour Aromatherapy \$115.00

1 Hour Aromatherapy \$80.00

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

Email: info@mosgielholisticcentre.co.nz

Your Attitude for Gratitude

Choosing an attitude of gratitude each day is not
an easy feat for some.

It takes practice and patience.

Our lives are full of challenges which can cause stress, depression and
anger issues.

We lose sight of what we have to be grateful for
when the bills pile up,
the kids are misbehaving or you simply don't feel that there is enough
hours in your day.

We become what we think about most of the time,
and attract to ourselves those exact thoughts.

If we are constantly thinking negatively then of course negative things
happen.

Having an attitude of gratitude everyday,
is a daily reminder that we have more than what we think.

Why not harness the power of a attitude for gratitude
by focusing only on positive thoughts?

Positive thinking has been proven to improve your health,
help stressful situations and prevent disease.

A lot of diseases are being linked back to negativity and stress.

So why not write down what you are grateful for every day?

It will only take 5 minutes a day,
you'll begin to see how you have a great life.



Jaimexxoo

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 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 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.

NEW PRODUCT!!!!!!!



ViroGone

Immune support on-the-go.

We understand that you need immune support outside of the home. So, we've extended our ViroGone family to include a convenient oral spray. ViroGone Concentrate is traditional plant medicine to support and boost your immune system.

When you start to feel unwell, take a healthy dose for immediate action. For ultimate protection, take every day as a proactive defense. It's perfect for air travel and a staple for every health-conscious handbag.

\$22.90

Back in stock at the Mosgiel Holistic Centre, Artemis herbal teas Kidney Cleanse, Liver Cleanse, PMT Ease, Rest & Relax, Cool & Calm, Immuno Boost and many more. Come in and check out all the fantastic Artemis products for yourself.

Loves Prayer

Beloved one
You cannot judge yourself and know who you are.
The truth cannot be judged.
Put aside your judgements then,
for one sweet holy moment
and let me show you something wonderful.

See what it is like to be you
when you stop judging yourself.
What you judge is an image.
After the last judgement you will know yourself again.

Love will appear in your own mirror
to greet you as your friend,
for you are loveable
and you are made of love

Robert Holden

Yoga4Life

Presents:

Women's Winter Wellness Yoga:

Restorative & Rejuvenating:

Fully supported restorative yoga with bolsters, blankets, blocks & chairs;

finishing with 30-minute Yoga Nidra (deep guided relaxation)

Suitable for women at ANY stage of life, but especially for those who lead multi-tasking & fast-paced lives, mothers, perimenopausal, menopausal or post-menopausal women, those who are living with chronic illness or conditions, or for those just wanting to complement their more active yoga or sports practices with a beautiful, fully led restorative practice. Learn how to add restorative yoga into your home practices to induce relaxation, peace, harmony, serenity & tranquility, while also increasing energy & vitality.

MAXIMUM OF 10 IN CLASS

These sessions will help to:

- *let go of muscular tension in the physical body
- *counter the effects of insomnia or poor sleep
- *recover from illness/support during illness
- *release deeply held mental & emotional stresses
- *re-balance energy levels
- *bring mind, body, spirit towards equanimity in a safe & fully supported way
- *support healthy endocrine & nervous system function to balance hormones & stimulate a more peaceful & joyful way of being
- *re-establish connection to Self

Where: Mosgiel Holistic Centre

When: Every 2nd Friday – 6 weeks

Time: 4.00-5.30pm

OR

5.50-7.20pm

Dates: June 16 & 30

July 14 & 28

Aug 11, 25

Cost: \$120

TO SECURE YOUR PLACE: Contact Lisa Morrison

lisa@ocw.co.nz

0274370779

Yoga4Life

WINTER TIMETABLE

@ Mosgiel Holistic Centre

With Lisa Morrison

RYT: Yoga Aotearoa (IYTA NZ Inc.)

Monday 6.45-7.45am (book only)

Tuesday 10.00-11.30am *trial for 6 weeks from 23 May

6.00-7.30pm

Thursday 10.00-11.30am

Friday (fortnightly) 4.00-5.30 or 5.50-7.20 Women's Winter Wellness

(book only)

Beginners classes held in blocks throughout the year.

Please contact Lisa to add your name to waitlist or if you are new to Yoga4Life classes

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!

Casual price: \$15

10-class concessions: \$120

(To be used within 3 months)

My life & teachings are based on Patanjali's 8-limbed system of yoga

Enquiries to: Lisa

lisa@ocw.co.nz or 0274370779

Introduction to Reflexology
Two-Day Workshop
Presented by Lynette Mills
At Mosgiel Holistic Centre, 12 Church Street



Sunday 9th & 16th July

9.30am till 4.30 pm

Cost \$250

(Morning tea, afternoon tea & lunch included)

Spend two days learning relaxation reflexology techniques incorporating beautiful essential oils. Whether you are new to body-work or an experienced therapist you will enjoy the techniques and by the end of the workshop you will take home the basic skills of reflexology to confidently give your family and friends a treatment which is guaranteed to relax and revitalise.

You will also take home a manual, a Reflexology book and a bottle of beautiful essential oils to use in your treatments.

To take advantage of this fantastic learning opportunity please contact Lynette at the Mosgiel Holistic centre, 03 4893677.

Email: info@mosgielholisticcentre.co.nz

(If you are interested but the date does not suit please contact, Lynette as this workshop will be repeated at dates to suit.)

WORKSHOPS

REIKI 1 WORKSHOP

**Lynette is looking at running another Reiki 1 workshop
22nd & 23rd July**

**If you are interested or would like to know more about the workshop
please call the centre.**

THERMAL HOT STONE WORKSHOP

**Learn how to use this beautiful method of massage to increase your
skill base and learning.**

**You will learn to give a beautiful deep relaxing therapeutic massage
treatment as well as receive one.**

Suitable for experienced massage therapists.

Date to be Confirmed - Late July/ August

AROMATHERAPY MASSAGE WORKSHOP

**Spend a day learning a very simple and easy relaxation massage technique
using the beautiful Essential oils.**

**Whether you are new to massage or an experienced therapist you will enjoy
the technique and by the end of the day you will be able to confidently give
your family, friends or clients a treatment, which is guaranteed to relax.**

**Workshops are held throughout the year to take advantage of these
fantastic learning opportunities please contact Lynette at Mosgiel
Holistic Centre, 03 4893677 or 0277223118**

Email: info@mosgielholisticcentre.co.nz

Qigong and Taichi Classes

At Mosgiel Holistic Centre

The New Qigong class . We are Qi energy force (=Life force energy, vital energy). Qi exists everywhere, acting in harmony and mingling together: Our bodies, which are made of Qi, are flowing and changing. We learn it step by step, from breathing and the goal of **Wakidou** is to enhance your energy to the universe.

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 8th June 2017

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 453 0624

Email: threedragon17@gmail.com

do Terra

Product of the Month
On Guard

This blend contains pure essential oils of wild orange, clove bud, cinnamon bark, Eucalyptus radiata and rosemary. Many of the oils in this blend have been studied for their strong abilities to kill harmful bacteria, mould and viruses. This blend can be diffused into the air or be used to clean and purify household surfaces

On Guard is also available in Bead-lets
Essential Oil \$60
Bead-lets \$32

Wheat Bags

**In stock at the holistic centre
we have some fantastic neck
and shoulder wheat bags.**

\$35.00

Reiki Sharing

10th June

2pm - 4pm

\$10 Donation

Open to anyone who has
done Reiki.

Come and share a beautiful afternoon
of sharing and receiving Reiki.

Ear Health South

Professional Ear Care

Clinic at Mosgiel Holistic Centre

Wednesday and Thursday's

For an appointment please phone (03) 4550801

Clairvoyant Evening

We would just like to thank everyone who came along to our wonderful evening on Sunday 21st May. It was a beautiful evening of sharing lots of love, laughs and tears.

We would also like to thank Lynette and John for having such a beautiful place for us to hold the evening for you.

If you would like a one on one reading from any of the ladies, please contact the Mosgiel Holistic centre on (03) 489-3677

Jaime, Shelia, Wendy and Char

OBION June 2017

Greeting my dear friends.

Life is a miracle and you are witness to this every day.

Just open your awareness to what is all around you.

Can you see the miracles of life? You only have to look into a mirror and see one of the truly amazing miracles that ever happened on earth.

Yes you.

All life starts from a tiny seed, each seed holds the potential of life.

Human, animal or nature.

Look where you have come from, a tiny seed from each of your parents to be activated and grow into a baby.

Now look at you!

What a miracle you are.

You were also given many gifts and attributes to be used and developed.

Have you accessed these?

Do you even know what they are?

Or do you live a life of if only?

So many people find the need to place blame onto others for the way their life has gone.

How can you truly do that, you are all your own persons

Responsibilities for this miracle of life to live in peace in your heart with yourself and others

Not to be continuously sad about how life is or has been for you.

Your ego selves are the most wonderful of magicians, always creating illusions from your emotional state.

So dear ones spread your arms wide and throw away the emotional and mental chains you have placed so beautifully around you.

And say no more.

Let the miracle of you be let free.

Your true and dear friend Obion xx

FACTS ABOUT THE HUMAN BE-ING

FACTOID 1: We are 99.9999999 percent empty space. The smallest particle that makes up our body is the atom. The space between the nucleus and the atom's amorphous outer shell would be the size of a baseball stadium if the nuclei was the size of a peanut. If we lost all the 'dead' space inside our atoms we would each be able to fit into a particle of dust, and the entire human species would fit into the volume of a sugar cube. ([www.businessinsider](http://www.businessinsider.com))

FACTOID 2: We are an illusion (a false belief as to its nature – Concise Oxford Dictionary) what we see and perceive as solid – is now proven not to be solid.

FACTOID 3: We have never really touched anything in our life! Consider what happens when I hit the wall with my fist? What quantum physics tells us is that no two atoms ever touch each other. So my fist and the wall never actually touch. It is only the energy fields of the atoms of the wall and my fist that impact. An example of that would be the same as holding repelling poles of a magnet together and feeling the field between the two.

FACTOID 4: All our experiences are influenced by those that witness our experience including ourselves. Science now proves that even the observation of an experiment effects the experiment itself by being observed and that even non-physical forces such as intention, have been physically recorded in a variety of repeatable scientific experiments to create change.

FACTOID 5: Water responds to emotion. Dr Masaru Emoto's experiments with water (The Hidden Messages in Water) discovered that crystals formed in frozen water reveal changes when specific concentrated thoughts are directed towards them. As the adult human body is made up of 60% water what happens to our cellular structure in an emotive situation? Interestingly according to H.H. Mitchell, Journal of Biological Chemistry 158, the brain and heart are composed of 73% water, and the lungs are about 83% water. (Dec 2, 2016)

FACTOID 6: Science now uses a Superconducting Quantum Interference Device to measure the human bodies electrical field. Proving scientifically that the human body is an ethereal energetic entity.

So what has this to do with holistic health? Holistic health deals with the entire person and their environment. Our health is not only determined by the 1% we see, although that 1% is vital; all 100 percentiles make up the human experience. Alongside western medical science we explore and provide alternative pathways to health utilizing the electrical energy fields, the properties of water and the physical structure including the metaphysical and psychological. Thus providing an environment conducive to healing.

We work with the physical body as well as the energy fields that make up the human experience. Health resides in all that is, not only in all that's seen.

From The Backroom by John Mills

Choose your words with care

Sir Laurence Olivier from Time

Stand before me on the sign of infinity all you who are here.
With the granting of the law of probation comes the abdication of change. I
will give you the key. And with this knowledge please realise comes the
responsibility of sharing it. I will show you the way - it's very simple.

Throughout the universe there is order: in the movements of the planets, in
nature and in the functioning of the human mind. A mind that in its natural state
of order is in harmony with the universe and such a mind is timeless. Your life is
an expression of your mind. You are the creator of your own universe, for as a
human being you are free to will whatever state of being you desire through
your thoughts and your words.

There is great power there. It can be a blessing or a curse; it is entirely up to you,
for the quality of your life is brought about by the quality of your thinking.

Think about that.

Thoughts produce action. Look at what you are thinking. See the pettiness and
the envy and the greed and the fear and all the other attitudes that cause you
pain and discomfort.

Realise that the one thing that you have absolute control over is your attitude.
See the effect that it has on those around you for each life is linked to all life and
your words carry with them chain reactions like a stone that is thrown into a
pond. If your thinking is in order your words will flow directly from the heart
creating ripples of love.

If you truly want to change your world my friends you must change your
thinking. Reason is your greatest tool; it creates an atmosphere of
understanding which leads to caring which is love.

Choose your words with care.

Go forth with Love.

