

Contact Details:

**12 Church Street, Mosgiel, 9024
(03) 489-3677**

Email: info@mosgielholisticcentre.co.nz

www.mosgielholisticcentre.co.nz



Mosgiel Holistic Centre

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



MAY 2017

INSIDE THIS MONTH'S NEWSLETTER

What is TRE?

Massage & More

From the back room- John Mills

Clairvoyant Night

What is TRE?

Healing Hands

Artemis Products

Counselling Explored

Ear Health

& Much more....

Phone: (03) 489-3677

Abdominal Breathing Exercise.

1. Note the level of tension you're feeling. Then place one hand on your abdomen right beneath your rib cage.
2. Inhale slowly and deeply through your nose into the "bottom" of your lungs – in other words, send the air as low as you can. If you're breathing from your abdomen, your hand should actually rise. Your chest should move only slightly whilst your abdomen expands (in abdominal breathing, the diaphragm – the muscle that separates the lung cavity from the abdominal cavity – moves downward. In so doing it causes the muscles surrounding the abdominal cavity to push outwards).
3. When you've taken in a full breath, pause for a moment and then exhale slowly through your nose or mouth, depending on your preference. Be sure to exhale fully. As you exhale, allow your whole body to just let go (you might visualise your arms and legs going loose and limp like a rag doll).
4. Do ten slow, full abdominal breaths. Try to keep your breathing smooth and regular without gulping in a big breath or letting your breath out all at once. It will help to slow down your breathing if you slowly count to four on the inhale (1-2-3-4) and then slowly count to four on the exhale. Remember to pause briefly at the end of each inhalation. Count from ten down to one counting backwards one number with each exhalation. The process should go like this:

Slow inhale Pause Slow exhale (count "ten")
Slow inhale Pause Slow exhale (count "nine")
Slow inhale Pause Slow exhale (count "eight"), and so on down to one. If you start to feel light headed while practising abdominal breathing stop for 15-20 seconds and then start again.
5. Extend the exercise if you wish by doing two or three "sets" of abdominal breaths, remembering to count backwards from ten to one for each set (each exhalation counts as one number). Five full minutes of abdominal breathing will have a pronounced effect in reducing anxiety or early symptoms of panic. Some people prefer to count from one to ten instead. Feel free to do this if it suits you.

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

* 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 1/4 Hour Treatment	\$90.00
1 1/2 Hour Treatment	\$105.00
1 1/2 Hour Aromatherapy	\$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

Why is marriage hard work? – From the back room by John Mills

Many years of facilitating couples therapy has left me wondering why we think it 's going to be easy getting married.

We meet, we fall in love, and we marry.

Sounds simple enough, and I speak from the experience of two marriages, but in reality how do we expect two different people from different walks of life and completely different life experiences to come together in harmony?

That is the illusion, living together in harmony.

Don't get me wrong I believe in marriage, or the union of two people, I am not so caught up in the ring process but I do believe in a union of mutual consent, respect and honesty.

So what should the celebrant say at the public display when we get together?

I think it should go something like this:

Do you (fill in the blank) take (fill in the blank) to love and to hold as long as both of you agree to re-think what your values are, learn empathy and sharing, discover that other people have a directly apposed opinion to you and that your partners life experience has been completely different to your own and you are going to have to navigate, successfully and sometimes un-successfully each others expression of that experience.

That you will not always get your own way and that expressing your frustration by violence, alcohol, drugs, pouting or the silent treatment does not help either of you, nor will an extra marital affair solve the problem.

You are choosing to be together to learn, a learning that will accelerate exponentially should you be blessed with children.

You are not the child in this relationship although you may feel all your childhood emotions.

That is why you are in this relationship to grow out of your egocentric ways.

Marriage is a gift of learning; use it wisely. If you choose to leave the relationship do so with grace and dignity knowing that what you did not complete this time you will have to learn in the next relationship.

I am all for relationships but it would be nice if the reality was overt. Love does conquer all, just not the type of love we go into marriage expecting.

Play nicely together.

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.



In stock at the Mosgiel Holistic Centre

Chest Relief

Helps you manage a tight and congested chest.

This calming chest elixir supports your respiratory system when you're unwell. It helps clear the chest and airways of mucus and support relaxed breathing. Made with traditional plant medicine, Chest Relief's complex formula supports the thinning of mucus. This helps clear the breathing passage. Chest Relief is suitable for people susceptible to allergies that cause chest tightness. We recommend Kids Chest Relief for young children, 0-6 years.

A must during winter, take Chest Relief to help clear mucus and relax the chest.

\$35.00

ViroGone

Supports a healthy immune response.

ViroGone was originally developed during the Black Plague. And for those that took it, it worked. Fast forward to the present day, this improved formula continues to deliver. ViroGone is traditional plant medicine to support and boost your immune system. When you start to feel unwell, take a healthy dose of ViroGone for immediate action. For ultimate protection, take every day as a proactive defense. Take ViroGone for powerful support against ills and chills.

\$40.00

A beautiful range of teas (Deep sleep tea, Detox pack, Digestive tea, Healthy heart tea, Immuno Boost tea) creams and Oral liquids are also available. Come in and talk to Lynette or Jaime if we don't have what you are looking for in stock we will do our best to get it in for you.

Ph.: 03 489-3677

Ear Health South

Professional Ear Care
Clinic at Mosgiel Holistic
Centre
Wednesday and Thursday's
For an appointment please
phone (03) 4550801

Reiki Sharing

Saturday 13th May 2017
2pm – 4pm
\$10 Donation
Open to anyone who has
done Reiki.
Come and share a beautiful
afternoon of sharing and
receiving Reiki.

doTERRA Product of the Month Slim and Sassy Trim Shake

doTERRA Slim & Sassy TrimShake is a convenient and delicious weight management shake mix that provides essential nutrients and only 70 calories per serving. It provides a convenient low-fat, low-sodium, low-calorie, sugar-free, lean alternative that is a good source of fiber. Helps manage the release of the stress hormone cortisol. Looking for some extra energy? This is fabulous to add to your morning shake. Vanilla in stock, is also available in Chocolate.

\$75.00

Ph: 489-3677 or come in and have a chat.

WORKSHOPS

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.

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

Changing Tides

Wendy McLaren
Clairvoyant

0273303059

*Monday and Thursday evenings
Weekends by arrangement*

Reiki I Workshop



靈氣

*Saturday 27th & Sunday 28th May 2017
9:30am till 4.00pm*

Presented by Lynette Mills

At Mosgiel Holistic Centre, 12 Church Street, Mosgiel

Come and learn the beautiful art of Reiki Healing. Your Reiki workshop is a wonderful time of sharing and healing for all involved. You receive an “attunement” and the technique of using Reiki for yourself and others.

You will also learn meditation techniques to help you still your mind and find peace and calmness in your every day life.

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 II Workshop

Dates to be confirmed

Please contact Lynette on 4893677 or 0277223118

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

Counselling explored – Inspired by Martin Burber written by John Mills

“All actual life is encounter” – Martin Burber

‘All actual life is encounter’ - a beautiful rendering, bringing understanding of the one we call 'I' in relation to others and the relationship between the two. What he so famously referred to as 'I and Thou'.

What does it mean to encounter? In the singular the Oxford dictionary defines encounter in terms of adversity or combat usually associated with an element of surprise. However when encounter is used in-group terms (I and Thou) it defines encounter as “seeking psychological benefit through close contact with one another”.

When we encounter life within ourselves we are often at odds with our understanding and feelings. There is often a battle around self-doubt, negative self-talk, the moral and immoral. A 'merry-go-round' with no end. So we seek help through encounter – counselling.

When we allow ourselves to truly encounter another, experience 'actual life' in relationship, we are more able to find a path to self-understanding. We experience a psychological benefit through the close contact with another.

To see a world in a grain of sand
And a heaven in a wild flower
Hold infinity in the palm of your hand
And Eternity in an hour.

William Blake

PSYCHODYNAMIC THERAPY OR COUNSELLING

I am a psychodynamic therapist 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. \$80.00 per session.



**JOHN MILLS
MNZAC
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 \$50 per session.

CLAIRVOYANT NIGHT

WITH

International Psychic Medium

SHEILA WALL

&

WENDY McLAREN, LOUISE CULLEN

CHAR MUNDY

&

Trainee Jaime Handisides

SUNDAY 21st MAY 2017

7.00pm – 9.00pm

\$25 per person

At

Mosgiel Holistic Centre

12 Church Street

Door's open at 6pm for ticket sales.

For more information please call 489-3677

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)

Email: lisa@ocw.co.nz

Ph.: 0274370779

Happy Mothers Day!

Give the gift

Of Relaxation

This Mother's Day!

Gift vouchers available at the Mosgiel Holistic Centre

12 church Street Ph: (03) 489-3677

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



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 sand revitalize.

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.

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



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



What is TRE®?

TRE ® stands for Tension Releasing Exercises. These exercises evoke a Self-Induced Unclassified Therapeutic Tremor (SUTT) in the body which discharges stress or tension accumulated from difficult situations, immediate or prolonged stressful situations, and/or traumatic life experiences (i.e., natural disasters, social or domestic violence) or every day circumstances (i.e., school exams, job stress, financial concerns, etc.), TRE ® is being used by thousands of people around the world as an effective tool for releasing everyday stress and anxiety, physical/muscular tension, and the reduction of psycho-emotional stress.

Stress, Anxiety & Tension

Stress, anxiety and its subsequent tension patterns exist on a continuum from mild anxiety to severe trauma. However, prolonged stress or anxiety can create muscular tension patterns in our bodies that have become so usual we don't even realize they are affecting our posture and health. This unconscious tension becomes "chronic tension." Eventually, these chronic tension patterns can create physical aches and pains, gastrointestinal problems as well as severe illnesses. Experiences of prolonged psychological or emotional abuse, domestic or social violence, stressful jobs, financial problems or traumatic events can all be causes of chronic muscular tension.

Trauma

Because traumatic experiences can often be emotionally and physiologically overwhelming, the body stores the memories, thoughts and emotions of the trauma in order to process them at a later date. The high chemical charge left in the body after stress, anxiety or trauma continually seeks a discharge from this over-stimulation. The brain and bodywork together to try to release this over-excited state so that it can return itself back to a calm and relaxed state. Post Traumatic Stress (PTS) is the term used to explain the continuation of disturbing thoughts, emotions and feelings that persist even after the tension is over. Chronic stress, anxiety or PTS is caused by the lack of release of the high excitement or anxiety that was generated at the time of the difficult event(s).

The Body

Stressful experiences often cause very deep muscle contractions designed to provide protection to the body to help it survive the stressful or traumatic event. It is essential to release this chronic tension pattern after the stressful event has ended to help prevent the development of physical pain and muscular constrictions.

Once the stressful event is over, the body's nervous system is designed to literally shake out deep muscular tension patterns and help the body return to its normal relaxed state. However, due to our overemphasis on the mind, we have deadened this shaking mechanism so that it no longer has the opportunity to naturally reduce muscular tension and return our bodies to a healthy, relaxed state.

Through TRE®, we can self-induce this almost effortless, sustained, neuro-muscular vibration or shaking mechanism.

The Exercises

TRE® is a set of easy to follow exercises, activated in an intentional and controlled manner, which help release deep muscular tension from the body. The exercises help the body to naturally shake away stress and release and unwind its own muscle tension.

The uniqueness of this technique is that this shaking originates deep in the core of the body of the psoas muscles. These gentle tremors reverberate upwards along the spine releasing tension from the sacrum (pelvis) to the cranium (head).

The exercises are designed to either stretch or mildly stress the muscles to activate this reflex response and to sustain it comfortably... This simple and easy process gently induces what we call “therapeutic tremors”.

Lynette Mills - Accredited Practitioner

As a long established Reiki Master and Teacher, my passion for health promotion, be it mental, physical, emotional or spiritual, has led me to work and teach internationally. Ever mindful of the need for treatments that are effective, respectful, holistic and proven, I went in search of a process that could access not only daily stressors but also severe trauma in a non-invasive way.

Having heard about TRE I decided to experience it for myself.

I was, and still am, astounded by its efficacy and simple elegance- **IT WORKS!** TRE is a proven method for everyone, no matter age or level of trauma, where the trauma does not have to be relived to be healed.

I trained under the founder of TRE, Dr David Berceci and Stephanie Combe the Director of TRE NZ, and started practicing TRE in 2012. Now, as a Level II Accredited TRE Practitioner, I have had the privilege of using TRE to assist many people from all walks of life to get their lives back from the ravages of trauma and stress, be it through one-on-one work or groups, both private and corporate. Many of my clients are referred by medical practitioners and mental health practitioners. Although the majority are referred by word of mouth, an endorsement like no other.