

Contact Details:

12 Church Street, Mosgiel, 9024
(03) 4893677

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 (03) 489-3677*



AUGUST NEWSLETTER 2017

INSIDE THIS MONTH'S NEWSLETTER

TRE

ENERGY BALANCING AND HEALING

YOGA4LIFE

TAICHI

OBION

MASSAGE

JOURNEY OF THE SOUL- GWYNN

NATURE'S FORCES- WILL DONNELLY

AND 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



ENERGY BALANCING & HEALING

The Energy Balancing group was formed to bring together facilitators with a wealth of experience to assist your own body's capacity to balance and heal it-self 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 facilitators sit around the table with their hands gently resting either on or alongside you. The facilitators are then led through a guided healing meditation, while all you are required to do is relax and receive the energy you require.

The facilitators are non-sectarian and have come together having experienced the power of their own energies and capacity to heal.

The energy is not only for those with a physical ailment, it is for everyone. The possibilities are endless.

The facilitators volunteer their time to be of service to you all.

Should you wish to experience this amazing gift please phone The Mosgiel Holistic Centre on 489 3677 to book.

Booking is essential. \$10 Koha per person to cover costs.

Happy August Everyone

We are into the second half of the year already.

*Lynette and John are heading off on their overseas adventure to
Africa for nearly two months.*

*We all hope that you have a fantastic relaxing trip and get plenty
of sight seeing done. (Plenty of photos please)*

We have two new faces at the Mosgiel Holistic Centre

Gwynn from Journey of the soul,

Will from Nature's Forces.

We would love to welcome you both to our wonderful family

You can read about Gwynn and Will in the newsletter.

I hope you all have a wonderful month of August.

Jaimexxoo

Cranio-Sacral Therapy



Cranio-Sacral Therapy is a gentle non-manipulative way of evaluating and balancing the Craino System.

An imbalance of the Craino system can lead to dysfunctions of sensory motor and neurological disabilities, such as chronic pain, eye difficulties, coordination impairments and learning difficulties.

It is particularly beneficial for babies and mothers.

To book an appointment or for more information please contact the Mosgiel Holistic centre on (03) 489-3677

Email: info@mosgielholisticcentre.co.nz

William Donnelly

Nature's Forces

Miri Miri

Deep Tissue Massage

Karakia

Prayer Healing

Honohono

Energy healing

Romiromi

Mind, Body, Spirit

Structural Intergration

Bowen Therapy

Structural Alignment

Quantum Touch

To make an appointment with Will or to find out more information please call the Mosgiel Holistic centre on (03) 489-3677 or email us at

info@mosgielholisticcentre.co.nz



Meditation at the Mosgiel Holistic Centre

Come and join us 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



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

Father's day

3rd September

We have awesome gift Vouchers available to relax and revive our hard working Father's, Grandfathers and special men in our lives.

A perfect way to say thankyou for everything you do!

\$75.00 - 1 Hour

\$105.00 - 1.5 Hour

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

OBION- AUGUST 2017

Good morning my dear friends and fellow travellers.

My letter today is built around the words rhythm of life.

In your world there is a natural rhythm of the four seasons, spring, summer, autumn and winter.

In your personal life and world there are also the four seasons experienced through the diverse emotions that you express and feel in one day.

You may be experiencing the joy of spring and suddenly you are plunged into winter through an unexpected situation.

What has landed in your life?

So very easy and very, very quick ones emotions can fly through the four seasons. Where are you now?

What season are you in?

When you dance your body is in rhythm with the music this is how you're day to day would and can be in perfect rhythm with the life force, spirit of self.

When are you not in rhythm, is there a happening in your thought pattern that changes your rhythm,

Or does a situation burst into your day that erupts like a volcano?

Every season passes if you go with the natural rhythm of life!

The flow of just being!

Ponder on the word rhythm.

What does it say to you about you?

I personally live in the state of spring, everything always opening to new awareness of everything!

Live well, be well, and just be.

Your friend

Obion xxoo

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 *

½ Hour Treatment	\$40.00
¾ Hour Treatment	\$60.00
1 Hour Treatment	\$75.00
1 Hour Aromatherapy	\$80.00
1 ¼ Hour Treatment	\$90.00
1 ½ Hour Treatment	\$105.00
1 ½ Hour Aromatherapy	\$115.00
1 ½ Hour Hot Stone.....	\$125.00

HOT STONE SPECIAL \$115 1 ½ hour

GIFT VOUCHERS AVAILABLE

(03) 4893677

12 Church Street, Mosgiel, 9024

info@mosgielholisticcentre.co.nz

PSYCHODYNAMIC THERAPY & COUNSELLING



**John Mills
MNZAC
COUNSELLOR**

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.

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.

\$50.00 per session.

Changing Tides

Wendy McLaren

Clairvoyant

0273303059

Monday and Thursday evenings

Weekends by arrangement

Reiki II Workshop



靈氣

Saturday 26th & Sunday 27th August

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 1 Workshop

Saturday 11th & Sunday 12th November 2017

If you would like more information or 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)

WE NEED TO WAKE UP!

From the back room by John Mills

It is time my fellow humans for you to wake up. I am not by nature an alarmist nor do I intend to be but we need to literally wake up and smell the roses, because the 'roses' we are being sold are toxic.

We can no longer bury our heads in the sand and give "the government" responsibility for our lives. Our lives are our responsibility. We need to grow up and stand up for our and our children's rights to water we can drink and food that does not kill us.

An advert appeared on TV1 about the harmful effects of fluoride. It showed the people who work with fluoride having to wear full protective suits like those worn by people working with radioactive materials. I have never seen it again! Who removed it from the television and why? I will tell you why.

"In 1936 issue of the journal of the American Dental Association stated that fluoride at the 1ppm (part per million) concentration is as toxic as arsenic and lead. In September 18 1943 Issue of the American Medical Association stated that fluorides are general protoplasmic poisons that change the permeability of the cell membrane by certain enzymes".

"When "fluoride" is added to your drinking water, it's NOT the natural mineral, nor a pharmaceutical grade fluoride. Instead, the fluoride in question is another chemical fluoride compound – the toxic waste product from phosphate fertilizer plants. There are three basic compound commonly used for fluoridating water supplies: 1. Sodiumfluoride (NaF) 2. Sodumsilicofluoride 3. Hydrofluorosilicic acid."

"The first one of these, sodium fluoride, is pharmaceutical grade. It's the most well known, as this is the compound used in toxicology studies. The other two, sodium silicofluoride and hydrofluorosilicic acid, are the compounds used for water. The hydrofluorosilicic acids are from the waste products from the wet scrubbing systems of the fertilizer industry, and are classified as hazardous wastes. These are contaminated with various impurities such as arsenic. An editorial published in the journal of the American Dental association , October 1, 1944, stated,"Drinking water containing as little as 1.2 ppm fluoride will cause developmental disturbances. We cannot run the risk of producing such serious systemic disturbances. The potentialities for harm outweigh those for good."

Wake up folks we need to take back the right to clean water, forget swimming in our rivers we need to be able to drink from our rivers. Do you see the deception in the propaganda – Swimming. We need water we can drink. Swimming does not keep us alive clean drinking water does.

Info: Toxic waters.

The Truth About Water Fluoridation. By Dr Mercola

Journey of the Soul

Gwynn

**Physical * Mental * Emotional * Spiritual
Holistic Energy Healing**

Hello my name is Gwynn.

I work by looking at you as a whole.

This means that you are the sum of your physical, mental, emotional and spiritual bodies.

All of these bodies are intricately communicating and functioning together.

When there are blockages or imbalances in any on of these bodies this can change how you are experiencing wellness.

Gwynn can look at any issue you have presenting and identify which pathway you can take to move through and learn your experience.

Gwynn guides you to create balance by many techniques. These may include:

- *Looking at the subconscious mind where you store your 'memories'.*

- *Using the Life Force energy to align the physical organs and systems, skeletal system, aspects of your autonomic nervous system, clear and balance the emotional and mental self, and connect you with your higher self.*
- *Using Energy Work to integrate aspects of your inner child, shamanic soul retrieval, past life integration, Remove stagnant energy or energy blocks, balance chakras and major energy centres of the bodies.*
- *Using spirit to gather information about your-self including your life lessons, self-contracts and other soul contracts (relationships).*
- *Giving dietary plans so that you may become aware of the foods that specifically serve you and do not serve you.*
- *Teaching how to use the Heart Centre as your guidance so that you may live the life of least resistance.*

*For more information or to arrange an appointment please
Contact the Mosgiel holistic centre on (03) 4890-3677
Email: info@mosgielholisticcentre.co.nz*