

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

Ph: 489-3677



OCTOBER NEWSLETTER 2017

INSIDE THIS MONTH'S NEWSLETTER

**T.R.E
FROM THE BACK ROOM- JOHN MILLS
MASSAGE & MORE
ENERGY BALANCING HEALING
OBION
OBION- 2018 CALENDARS
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



Time To Wake Up!
From The Back Room by John Mills

The greatest fear we have is death and yet we are hell bent on killing ourselves. We only require three things to sustain our lives: food, water and oxygen. And yet we are so busy trying to earn money to buy a house, a car, a new television that we are willing to pollute all three of our life giving properties just to manufacture a television, or a new pair of jeans etc.

We are not very bright are we? Time to wake up. I include myself. I am on the brink of sixty and feel shame at how I have spent the last sixty years in pursuit of materialism. I have spent more time worried about having enough money than I have worrying about enough air to breath, clean water to drink and healthy food to eat.

I look at the grandchildren and I don't know how to say sorry. Sorry that the world I took for granted will provide you with food that will give you cancer, medication designed to suppress your bodies natural capacity to heal, water that needs to be bought if you wish to stay alive and air that will give you breathing problems.

I fear for my grandchildren who will have their DNA played with and their bodies genetically interfered with through vaccines. They will not know the joy of days next to the river we used to swim in and drink from. They will not know houses that did not need air purifiers to help them breath or the joy of walking in the forest because we want hardwood floors.

I can remain in pain and self-indulgent sorrow at my naivety but that will not help, it will only add to suffering. I need to walk and talk my truth to make a difference.

Change is no longer fearing the inevitable. Pretending that I can bury my head in the sand through materialism. I need to become informed, not by the PR machine that controls what we believe but truly look deeper into what we eat, what we do on a daily basis that has little or no integrity for tomorrow.

The truth is out there we need to be aware of the broader implications. As they say a lie is more believable if it starts with a grain of truth. We need to see and follow that grain of truth rather than swallowing the continual lies because it makes us feel good.

Feeling good is no longer an option it needs to be backed by integrity, honesty and above all compassion. If something is good for me now it needs to be good for my children, their children and theirs.

Lets all be seekers of the truth, lets stop just accepting what we are fed. Lets all wake up.

John Mills

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

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

**Doctor with Special Interest
Persistent Pain**

Available at the Mosgiel Holistic Centre

Dr Thomas Moeser

Dr Thomas Moeser will be available to see patients with persistent pain at the Mosgiel Holistic centre from October.

Treatments

Acupuncture

CBT

Hypnotherapy

Pain Assessment

For further information please contact the Mosgiel Holistic Centre

Phone: (03) 489-3677

Email: info@mosgielholisticcentre.co.nz

Yoga4Life

SPRING TIMETABLE

@ Mosgiel Holistic Centre

With Lisa Morrison

RYT: Yoga Aotearoa (IYTA NZ Inc.)

Monday 6.45-7.45am (* book only)

Tuesday 6.00-7.30pm

Wednesday 6.45-7.45am *

Thursday 10.00-11.30am

Friday 6.45-7.45am *

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

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 one 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'.*
- *Looking at the metaphysical patterns of dis-ease. Identifying what aspect of the Self the physical manifestation of dis-ease comes from, physical, mental, emotional, spiritual aspects.*
- *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

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 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 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.

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

PSYCHODYNAMIC THERAPY & 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**

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.

MEDITATION CLASSES

MONDAY EVENINGS @ 6-7pm

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

Cost \$5 Koha.

OBIONS Inspirations **2018** Calender Beautiful Photographs

By: Ian Marechal

Will be available for sale at the end of October

Cost \$20.00

Includes envelope for postage

To order please call 03 489-3677

Pick up from the Mosgiel Holistic Centre

For more information call Shelia on 03 481-1105

OBION

October 2017

Greetings my dear friends.

What a tangled web we weave in our human mind.
Mine was so tangled not even the wind could penetrate it.
So complex are your minds that for many it is so hard to know
where to begin to undo the tangles.

Know that you are key to your own freedom.
Here in your land of New Zealand the dawn of spring is
awakened.

How magnificent is the beauty it brings.
The joy to the heart and visual eyes behold.
The landscape around you changing yet again,
so we too are changing.

Sometimes you would find it hard to see or feel the change.

Rest assured it is happening all the time.

Especially the aging of the body.

Unfortunately ego mind has a tendency to recreate the old
emotions over and over again.

Time to flush them down the toilet.

When I finally did this, of course I did not have the luxury of
your modern toilet. My cave was of course very primitive.

I am talking metaphorically of course.

My mind flew like a bird free of all the constraints of fear, how
delightful it was too feel completely at peace in mind and
body.

Yes dear ones, I to have suffered in my heart and in the
loneliness in my mind and body.

I understand your emotional pains.

Fly free like a bird.

Cast aside all doubts and fears that bind you as if you
were bound by strong rope.

You are infinite.

You are beautiful souls.

Your friend Obion

Namaste

