

Contact Details:

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

www.mosgielholisticcentre.co.nz



Mosgief Holistic Centre

Home to practitioners who hold a holistic view to health and wellbeing
Phone: 489-3677



NOVEMBER NEWSLETTER **2017**

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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



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

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

Someone challenged me about my 'banging' on over the pollution in our food, water and air. "You keep on talking about the poisons and bad things in our environment but you do not tell us what to do about it."

So my response is – would you feed your baby a teaspoon of Roundup or a teaspoon of fluoride or place your child near the exhaust of a car to breath in the fumes? I would hope not.

LIVE FROM YOUR HEART.

What I call finding the God within. I am not talking about some religious deity. The God within is that part of us that makes us compassionate, loving, kind, respectful and above all is our connection to the 'who' we truly are.

When we start to feed our family and ourselves foods that meet the 'heart' centre criteria.

When we drink water that is free of toxins and added chemicals rather than selling it overseas. When we can fill our lungs with clean oxygen. Then our and our families health will improve. Doctors would be seen rarely. Tooth decay would be rare and we would have energy to care for others.

Slow down, life is short enough. Grow your own food if you can at least you will know where it came from. Buy organic, the more we buy organic the more they will have to grow the lower the prices will be.

Speak out against corporate greed, government cover-ups and deceit. Your and your family's health is at stake. Sign that petition when you agree with it's intent. You have the power to make a difference. Each time you say no to being used as a lab rat, you make a difference.

I have always kept quiet about how I felt so as not to offend anyone else. Now I run a holistic health centre and I witness the pain and suffering on a daily basis. We keep ourselves ignorant and allow ourselves to be manipulated. When people like Dr Lance O'Sullivan who works from the heart and does amazing good can be hoodwinked into backing immunisation and drinking fluoride infested water then I know we all need to wake up and soon.

Do the research people do not blindly believe me. Instead of wasting time on twenty fails at a wedding on you tube click on The Truth About Cancer. Be amazed and educated, it can save your life.

Research what the labels on your food mean, the truth is in front of us. The food companies are actually willing to label the poisons on the food knowing that we are so asleep that they can get away with it and feel justified because they informed us.

Love life, live life but most importantly love yourself enough to care.

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

Changing Tides

Wendy McLaren

Clairvoyant

0273303059

Monday and Thursday evenings

Weekends by arrangement

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.

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 join me and 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

Mosgiel

Koha:

\$5

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

Treatments

Acupuncture

CBT

Hypnotherapy

Pain Assessment

For further information please contact the Mosgiel Holistic Centre

Phone: (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

OBIONS

Inspirations

2018

Calendar

Beautiful Photographs

By: Ian Marechal

Now available for sale


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 Sheila on 03 481-1105



OBION'S LETTER

November 2017

Greetings Dear friends,

Friend's why do you think that we can be great friends with someone and then like a puff of smoke and like a leaf being blown away from a tree the friendship goes, no explanation, just ends.

Has the purpose of the friendship served its purpose?

Does the ending of that friendship bring you challenges within yourself?

Whatever the reason you will have questions the answer you may never discover.

So why do we seek friendships? Is it to fill an empty space in our day, someone you may talk to and unburden your inner fears or is it simply because two halves come together with love, the filling between two people like cheese between two pieces of bread.

Shelia gives me great joy, no boundary's, no expectations, just pure love, but then you see I do not need one tiny thing from Sheila, she welcomes me with love and joy also, we are open and honest with each other.

Sheila does not have to trust me for that would be pure ego.

I will never leave her for we are one heartbeat.

Is this how it is with you and your friend?

Should there be emotional demands in a friendship?

This may have the potential for a shipwreck and you would find yourself floundering on the rocks of life, or the leaf on the tree that the gale has blown off. Friends bring richness to ones life, let there be freedom between you, Invest in each other's way of being endless openings and opportunities. No demands or expectations, door of the heart always open with love the passageway to the door.

Your dear friend

Obion

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.

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) 489-3677

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

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



Sunday 26th November & 3rd December
9.30am till 4.30 pm
Cost \$290
(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 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.)

Reiki I Workshop



靈氣

*Saturday 11th & Sunday 12th November 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 489-3677 or 0277223118

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

EAR HEALTH SOUTH

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



Gift Vouchers

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