

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



DECEMBER NEWSLETTER 2017

INSIDE THIS MONTH'S NEWSLETTER

T.R.E

FROM THE BACK ROOM- JOHN MILLS

MASSAGE & MORE

ENERGY BALANCING HEALING

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



Yoga4Life

@ Mosgiel Holistic Centre

With Lisa Morrison

RYT: Yoga Aotearoa (IYTA NZ Inc.)

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

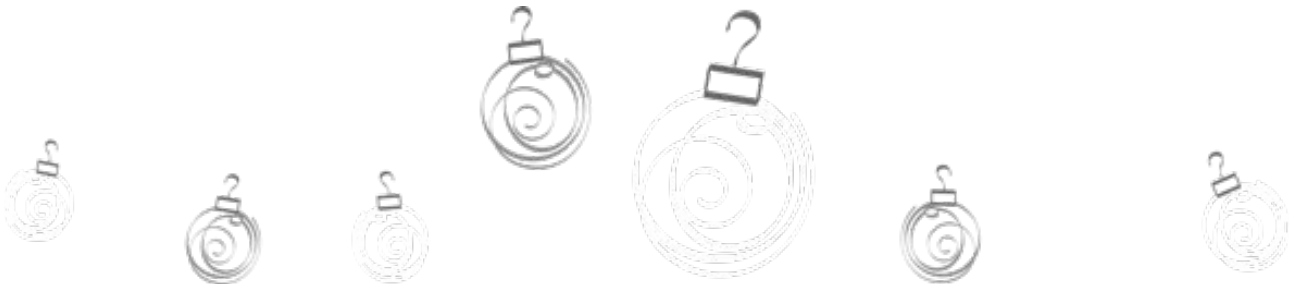
10-class concessions: \$120

(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



Merry Christmas

*We would love to wish you all a very Merry
Christmas
and a Happy New Year from all the team
at the Mosgiel Holistic Centre.*

Christmas and New Year Opening Hours

25 th	December	-	Closed
26 th	December	-	Closed
27 th	December	-	By Appointment
28 th	December	-	By Appointment
29 th	December	-	By Appointment
30 th	December	-	Closed
31 st	December	-	Closed
1 st	January	-	Closed
2 nd	January	-	Closed
3 rd	January	-	By Appointment

Please call to arrange an appointment

Ph: 489-3677

Lynette 027-7223118



Gary McLaren Nat.Dip.Th.Mass

Welcome Back Gary

We would love to welcome back Gary McLaren from his amazing two month adventure in South Africa. Gary has been working late afternoon and evenings with us other the last few years but now is available all day and evenings on a Monday, Thursday and Friday.

Gary specialises in:

Sports Massage

Remedial Massage

Hot stone Massage

Reiki

Indian Head Massage

Therapeutic / Relaxation Massage

If you would like to book an appointment with Gary please call the Mosgiel Holistic Centre on (03)489-3677

Journey of the Soul

Gwynn

Physical* Mental *
Emotional * Spiritual

Holistic Energy Healing
To make an appointment
please call 489-3677

Or Email us at
info@mosgielholisticcentre.co.nz

William Donnelly

Nature's Forces

Miri Miri

Deep Tissue Massage

Karakia

Prayer Healing

Honohono

Energy healing

Romiromi

Mind, Body, Spirit

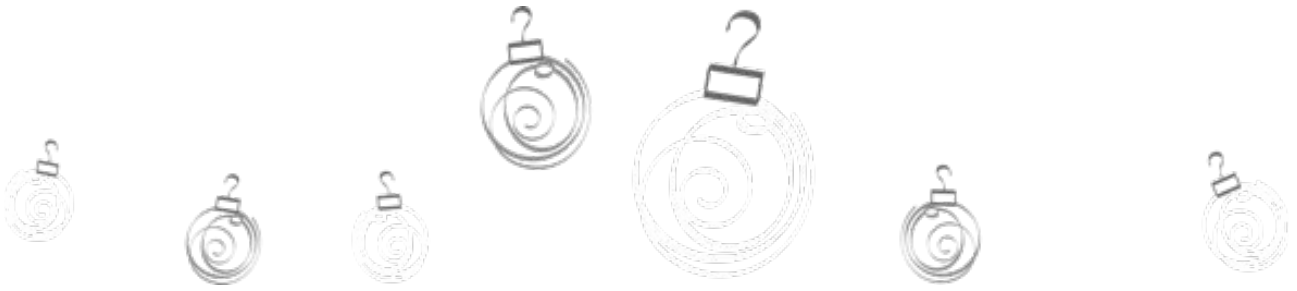
Structural Intergration

Bowen Therapy

Structural Alignment

Quantum Touch

To make an appointment with Will
be call 489-3677



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

GIFT VOUCHERS AVAILABLE

(03) 4893677
12 Church Street, Mosgiel, 9024

The Truth about the Christmas Gift

From the backroom by John Mills

Once again the bells will ring out for Christmas, the holly will adorn the doorways and the magic of Santa Clause will excite all the boys and girls.

Or so we hope!

The truth of the matter is that no matter what anyone else says I do not believe that giving a tangible item at Christmas time (or any other time for that matter) is truly a gift.

If we look at the dictionary definition a gift is meant to be something given **without reward in mind.**

Call me the “Gringe” but I do not believe that we give gifts without expecting a reward.

Why do we try and buy what little Johnny or Susie desperately want – because we want to be liked, loved, appreciated, seen as better than the other grandparents etc.

Even in its simplest form we want to see the smile on their faces. I would call that reward. If there is a look of disappointment on the child’s face we feel mortified, because we had an expectation.

You can try and buy love from others but that will only last as long as the item bought holds the attention of the person it’s given to.

We cannot buy love, acceptance, respect and family togetherness. Those are all emotional connections made by being in the lives of others not from what we spent.

So what gift can we give our loved ones this Christmas?

We can give of ourselves.

What does that mean?

Christmas can be a very stressful time when money is borrowed, expectations are high and relationships become strained.

The gift we can give is not getting caught up in the hype, spending what we can afford, taking time out when things become over whelming and hugging your loved ones.

Just for Christmas lets not get angry by the spilled cool drink, the broken window, or the fifteenth pair of socks you dislike.

Love those around you, smile at strangers, as they are friends you have yet to meet.

Have no expectations just be in the moment.

So my gift to you this Christmas is the gift of peace, love, and compassion.

Merry Christmas to one and all.



Merry Christmas!

Looking for that perfect gift to spoil that special person?

Why not surprise them with a gift voucher for a relaxing Massage.

Gift Vouchers

½ Hour Treatment \$40.00

¾ Hour Treatment \$60.00

1 Hour Treatment \$75.00

1 ½ Hour Treatment \$105.00

1 ½ Hot Stone Massage \$125.00

1 Hour Aromatherapy Massage \$80.00

Vouchers are also available to a value of your choice.

Vouchers can also be used for all products and treatments available at the centre.

Merry Christmas and a Happy new year to all

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** Calendar 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 Sheila on 03 481-1105

