

## **Contact Details:**

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

[www.mosgielholisticcentre.co.nz](http://www.mosgielholisticcentre.co.nz)



# Mosgiel Holistic Centre

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



## **FEBRUARY NEWSLETTER 2018**

### **INSIDE THIS MONTH'S NEWSLETTER**

**T.R.E**  
**FROM THE BACK ROOM- JOHN MILLS**  
**MASSAGE & MORE**  
**ENERGY BALANCING HEALING**  
**REFLEXOLOGY WORKSHOP**  
**YOGA4LIFE**  
**LOMI LOMI WORKSHOP**  
**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](http://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 \*

Wednesday 10-11.30am @ Port Chalmers Town Hall – Chalmers Room

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 1<sup>st</sup> 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](mailto:lisa@ocw.co.nz) or 0274370779

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



**Sunday 4<sup>th</sup> & 11<sup>th</sup> March**  
**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.)

## **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 \***

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

**GIFT VOUCHERS AVAILABLE**

**(03) 4893677**

**12 Church Street, Mosgiel, 9024**

## **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.

### **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.



**JOHN MILLS  
MNZAC  
COUNSELLOR**

**KARMA**  
**From the Back Room by John Mills**

I believe that we need to stand in our truth. Truth of course is subjective and my truth may not be your truth, neither is right nor wrong.

My truth is based in *my* Spirituality, it has great significance to me and may or may not resonate with anyone else, and that is absolutely okay.

So my commentary on Karma is a personal one sparked by a recent conversation where someone dismissed a responsibility handing it over to Karma.

The Karma being spoken about is the general belief that what goes around comes around and that we pay a debt in some way for our actions.

Bad news folk's karma was part of the old energy on planet earth. In 1989 on a spiritual level this planet of free choice chose to move away from the energy we called Karma.

We now choose whether we repeat an experience, or follow in the footsteps of previous actions. We no longer have Karmic debt we have free choice. You are no longer at the mercy of some "other" force. We now need to wake up and accept responsibility for our actions. What goes around may or may not come around we need to be proactive rather than passive in our creation on earth.

If you want proof look at what has happened on our planet politically; Brexit the USA elections etc. Your vote counts, your actions count in the here and now. There is no handing our lives over to fate awaiting karmas intervention. Our actions now take place in the here and now.

Equally we now choose when we cross over or what most people call death. I do not believe in death only transition. Your death/transition is no longer pre planned; it is a choice, which means your length of life is your choice. If you believe you will not make old bones; guess what – you wont.

The secret to eternal youth lies in your belief on a planet of free choice. You are now completely responsible for your destiny. You now create your experience on a minute-to-minute basis. This can be frightening for some but if we embrace the process we can create joy, we can give up drama that invades our lives.

We are now active and completely in charge.

Enjoy the creation.

## 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 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 8<sup>th</sup> 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](mailto:threedragon17@gmail.com)**

## **WORKSHOPS**



### **REIKI WORKSHOP**

*Reiki is a gentle but powerful “hands on” healing technique. Reiki restores the natural balance in the body. Your Reiki workshop is a beautiful time of sharing and healing for all involved. Reiki is pure energy and is non-invasive. You will also learn meditation techniques to help you still your mind and find peace and calmness in your every day life.*

### **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.*

### **REFLEXOLOGY WORKSHOP**

*Learn basic relaxation reflexology techniques incorporating beautiful essential oils. Whether you are new to bodywork 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.*

### **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 027 7223118**

**Email [info@mosgielholisticcentre.co.nz](mailto:info@mosgielholisticcentre.co.nz)**

# Hawaiian Lomi Lomi Massage Workshops



**South Island Basic Lomi Lomi courses**

**Kimi Ora Eco Resort,**

**Motueka February 10-12 2018**

**Mosgiel Holistic Centre Dunedin**

**Mosgiel, February 17-20 2018**

## **North Island**

**Kawai Purapura Retreat Center, Auckland**

**Basic Lomi Lomi**

**Feb. 26-March 1 2018**

**Advanced Lomi Lomi**

**March 3-4 2018**

For centuries the ancient art of Hawaiian Lomi Lomi massage has been used as a powerful tool for maintaining a healthy way of life. The strokes are long and flowing, using forearms and elbows, and giving the feeling of many hands on the body at once.

Each day you will learn new exercises and massage techniques designed to harness the power of the elements earth, air, water and fire. This massage is profoundly relaxing, creating a deep trance state to allow the receiver to identify and dissolve limiting beliefs and release cherished wounds that cause illness in the body.

**In the 24 hour basic class you will learn:**

-The history and philosophy surrounding this work including the practice of ho'oponopono, and its role in healing.- Hawaiian chants,

breath and movement exercises to activate your energy potential.-  
Basic and advanced Lomi Lomi massage techniques including a full  
body routine.- Self-Lomi for honoring and maintaining your own  
body.

**Basic Lomi Lomi courses \$695, basic and advanced \$995. Save  
\$100 each when you book with a friend by Jan 15, larger group  
discounts available.**

**Introduction to Hawaiian Massage only \$180 no experience  
required.**

The first day of each basic course is open to anyone who wants to  
learn about Hawaiian Massage. We cover the history, philosophy  
and a basic full body fully clothed massage routine as well as mana  
(energy) building exercises and the first part of the oily massage  
work on the back. If you decide to join the rest of the training it will  
be based on space available at the time.

**Intro to Hawaiian Massage for Pregnancy February 13 Kimi Ora  
Eco Retreat**

**No experience required.** This class is open to all who want to  
acquire the skills to help provide comfort to pregnant women. \$150  
for the day before January 15 or \$175 after 10:00-17:00 6 hours. If  
you register for the basic Lomi course at Kimi Ora Feb 10-12 before  
January 5th you can attend this class for FREE!!!

**Advanced Lomi Lomi Weekend course**

Deepen your practice and increase your skills with advanced  
techniques including bone washing, above and below, tandem  
work and more in this weekend intensive. Open to my prior  
students and graduates of any of my 2018 basic courses. Carrie  
Rowell is a licensed massage therapist and internationally certified  
instructor who has been practicing bodywork for over 20 years.  
Living in Hawaii she has traveled all over the world teaching  
massage, sacred dance and women's empowerment workshops  
since 1998.

**To register or for more information see  
[www.Hamoea.com](http://www.Hamoea.com).**

