

Contact Details:

**12 Church Street, Mosgiel, 9024
(03) 489-3677**

Email: 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*



MAY 2018

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Massage & More

From the back room- John Mills

Healing Hands

Ear Health

& Much more....

HAPPY MOTHER'S DAY

Phone: (03) 489-3677

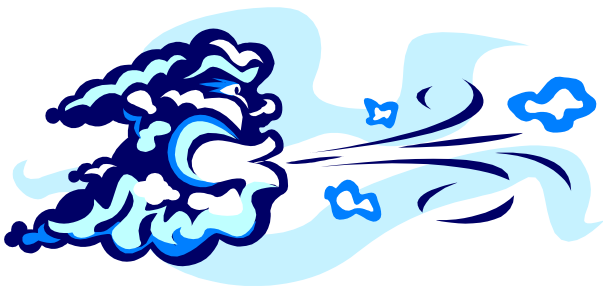
Abdominal Breathing Exercise.



1. Note the level of tension you're feeling. Then place one hand on your abdomen right beneath your rib cage.
2. Inhale slowly and deeply through your nose into the "bottom" of your lungs – in other words, send the air as low as you can. If you're breathing from your abdomen, your hand should actually rise. Your chest should move only slightly whilst your abdomen expands (in abdominal breathing, the diaphragm – the muscle that separates the lung cavity from the abdominal cavity – moves downward. In so doing it causes the muscles surrounding the abdominal cavity to push outwards).
3. When you've taken in a full breath, pause for a moment and then exhale slowly through your nose or mouth, depending on your preference. Be sure to exhale fully. As you exhale, allow your whole body to just let go (you might visualise your arms and legs going loose and limp like a rag doll).
4. Do ten slow, full abdominal breaths. Try to keep your breathing smooth and regular without gulping in a big breath or letting your breath out all at once. It will help to slow down your breathing if you slowly count to four on the inhale (1-2-3-4) and then slowly count to four on the exhale. Remember to pause briefly at the end of each inhalation. Count from ten down to one counting backwards one number with each exhalation. The process should go like this:

Slow inhale Pause Slow exhale (count "ten")
Slow inhale Pause Slow exhale (count "nine")
Slow inhale Pause Slow exhale (count "eight"), and so on down to one. If you start to feel light headed while practising abdominal breathing stop for 15-20 seconds and then start again.

5. Extend the exercise if you wish by doing two or three "sets" of abdominal breaths, remembering to count backwards from ten to one for each set (each exhalation counts as one number). Five full minutes of abdominal breathing will have a pronounced effect in reducing anxiety or early symptoms of panic. Some people prefer to count from one to ten instead. Feel free to do this if it suits you.



NEW PRICES

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 ***

1/2 Hour Treatment	\$45.00
3/4 Hour Treatment	\$65.00
1 Hour Treatment	\$80.00
1 Hour Aromatherapy	\$85.00
1 1/4 Hour Treatment	\$95.00
1 1/2 Hour Treatment	\$110.00
1 1/2 Hour Aromatherapy	\$120.00
1 1/2 Hour Hot Stone.....	\$125.00

GIFT VOUCHERS AVAILABLE

(03) 4893677
12 Church Street, Mosgiel, 9024

Consciousness the home of spirituality?

From the back room by John Mills

Rene' Descartes (1596 1650) dared to put the cat amongst the pigeons so to speak by creating a theory of consciousness. He argued that consciousness is axiomatic (self-evident or unquestionable) because you cannot logically deny your minds existence at the same time as using your mind to do the denying. The debate as to consciousness still to this day rages on. Professor D.C. Dennett says (tongue in cheek) the study of one cell is neuroscience the study of two cells is psychology and three philosophy.

In fact consciousness is seen as such a feature of the mind that a branch of philosophy has been named to think about consciousness – The Philosophy of Mind.

Dennett observes, “The most important feature of mind, the ‘phenomenon’ that seems more than any other to be quintessentially ‘mental’ and non-physical, is consciousness”.

One can argue given consciousness is a sector that deals with the non-physical that that is where our spiritual mind resides.

Robert A. Emmons (2009) defined a spiritual intelligence involves five characteristics:

1. The capacity for transcendence.
2. The ability to enter into heightened spiritual states of consciousness.
3. The ability to invest everyday activities, events and relationships with a sense of the sacred.
4. The ability to utilize spiritual resources to solve problems in living.
5. The capacity to engage in virtuous behaviour or to be virtuous (to show forgiveness, to express gratitude, to be humble, to display compassion).

Consciousness as the seat of our spirituality, the connection to the Devine, the universal energy, to life itself, provides the direction we all seek in life.

If this is so then should we not spend our time in aware consciousness where all creativity springs from where our very essence gains nourishment?

Should we not spend our time accessing our consciousness through meditation and contemplation?

We lost our way; we went in search of fulfilment through materialism and relationships with others when the answer always lay in our own consciousness.

Meditation on Monday nights 6-7pm at the Mosgiel Holistic Centre
\$5 Koha

myofascial
release
workshops

with

Beth Beauchamp
www.mfirworkshops.com



See Fascia as the Creator of Form and Structure in our Bodies

Learn How Fascia Determines the Functioning of our Muscles

Learn What Causes Fascial Dysfunction

Learn How Myofascial Release Therapy Can Restore Fascial Integrity

Workshop Overview

25th & 26th May, 2018 - Cost \$400

The Fundamentals - provides a solid base for understanding fascia and learning to work with it on key areas of the body where most clients have issues. You will see the body from a different perspective, understanding that everything is interconnected through the fascial web.

27th & 28th May, 2018 - Cost \$400

Advanced Lower Body - covers advanced techniques for the trunk, hips, legs and feet. Common conditions of the lower body will be reviewed and students will learn techniques to address Sciatica, breathing problems, lower back pain, plantar fasciitis, knee pain and more.

Location: Mosgiel Holistic Centre

"I had the privilege of attending the Myofascial Release Course recently given by Beth Beauchamp. Her warm enthusiasm, ability to lead with clear explanations and guided demonstrations, inspired myself and others during this highly professional and well-presented course. I found Beth's teaching technique very beneficial and instantly applicable in my current practice. I highly recommend any professional Bodyworker to attend this course."

Myofascial Release Therapy Training

THE HEALING GROUP

The Healing Group was formed to bring together healers with a wealth of experience to facilitate your own body's capacity to 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 Group sit around the table with their hands gently resting either on or alongside you. The Group is then led through a guided healing meditation, while all you are required to do is relax and enjoy.

The Healing Group is non-sectarian and have come together having experienced the power of our own energies and capacity to heal.



Some of the 44 Healers about to participate in the Monday night healing

The healing energy is not only for those with a physical ailment, it is for everyone; for example: If your body or mind is stressed just by relaxing on the table and receiving the healing energy it allows you and your body to experience how you can feel all the time, thus perhaps motivating you to participate in one of the many courses available to help you to de-stress.

The healing energy will also help you if you are experiencing grief. The possibilities are endless.

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

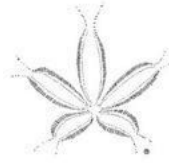
Should you wish to experience this amazing gift please phone Lynette or John at The Mosgiel Holistic Centre on 489 3677 to book. Booking is essential. Donation/Koha \$10

Ortho-Bionomy® Classes – Dunedin June 2018

Ortho-Bionomy: Fundamentals

Sat 9th and Sun 10th June

Learn the gentle and powerful basic positional release techniques for each major joint in the body. Movements and positions of comfort are taught for facilitating the release of tension and stress.



Exploration of Movement Patterns

Mon 11th and Tues 12th June

Learn to recognize and palpate patterns of joint and muscle movement to facilitate increased range of motion, and to promote a general sense of well-being in the body.

ENJOY REJUVENATING BODYWORK and PRACTICAL LEARNING that is GENTLE ON THE BODY.

Beneficial for massage therapists, physiotherapists, yoga teachers, bodyworkers & beginners.

Ortho-Bionomy approaches the body with gentle techniques that activate self-corrective reflexes to help manage pain, facilitate structural balance and improve range of movement.

Ortho-Bionomy addresses underlying patterns (that may be restricting the body's structural function) by working with the nervous system to release muscle tension, realign bones without force, and create more stability in the joints.

Developed in the 1970's by Osteopath Arthur Pauls, Ortho-Bionomy is now taught and practised worldwide. Dr Pauls found that by working in the direction of ease, and away from pain and resistance, honoured the body's inherent wisdom and consistently restored a more natural state of balance, alignment and well being.

Friday 8th June 6:00pm - 7:30pm Free talk – demonstration - info evening about Ortho-Bionomy

All events at this venue: - Totara Hall, Mosgiel Holistic Centre, 12 Church Street, Mosgiel, Dunedin

Class fee \$350 or 'Early Bird Special' \$320 if enrolled & deposit paid by 21st of May.

Call or Email to register, for queries, or to receive discount for enrolling in both classes.

No pre-requisites, 16 units of study for each class; Wear loose comfortable clothing.

Private 1-hour appointments are available June 7th, 8th, 13th, 14th. Bookings essential.

Queries welcome. I will respond by calling, texting or emailing you back by phone or Email as requested.

To register Email: fjheslin6@gmail.com Mobile +61 420462598

www.frankheslin.com  <https://www.facebook.com/gentlebodywork/>

Frank Heslin is an internationally registered instructor & advanced practitioner.

He has a 30-year background in primary and tertiary education.

Originally from Dunedin, Frank has been in practice for 22 years and lives near Sydney in Australia.

Frank Heslin, member of 'Ortho-Bionomy Australia' and 'Society of Ortho-Bionomy International' USA, is in New Zealand teaching curriculum classes with the permission of Ortho-Bionomy NZ Inc. www.ortho-bionomy.co.nz



Ear Health South

Professional Ear Care
Clinic at Mosgiel Holistic
Centre
Wednesday and Thursday's
For an appointment please
phone (03) 4550801

Reiki Sharing

Sunday 12th May 2018
2pm - 4:30pm
\$15 Donation
Open to anyone who has
Done Reiki.
Come and share a beautiful
afternoon of sharing and
receiving Reiki.

WORKSHOPS

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.

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 0277223118**

Email:

info@mosgielholisticcentre.co.nz

Changing Tides

Wendy McLaren
Clairvoyant

0273303059

*Monday and Thursday evenings
Weekends by arrangement*

Reiki II Workshop



靈氣

Sunday 24th June & Sunday 1st July 2018

10.00 am 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

Please contact Lynette on 4893677 or 0277223118

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

Reiki I dates to be confirmed.

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 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

PSYCHODYNAMIC THERAPY AND 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.



*Give the gift
Of Relaxation
This Mother's Day!*

*Gift vouchers available at the Mosgiel Holistic Centre
12 Church Street Ph: (03) 489-3677*

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



Sunday 13th & 20th May 2018

9.30am till 5.30 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.)



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



What is TRE®?

TRE ® stands for Tension Releasing Exercises. These exercises evoke a Self-Induced Unclassified Therapeutic Tremor (SUTT) in the body which discharges stress or tension accumulated from difficult situations, immediate or prolonged stressful situations, and/or traumatic life experiences (i.e., natural disasters, social or domestic violence) or every day circumstances (i.e., school exams, job stress, financial concerns, etc.), TRE ® is being used by thousands of people around the world as an effective tool for releasing everyday stress and anxiety, physical/muscular tension, and the reduction of psycho-emotional stress.

Stress, Anxiety & Tension

Stress, anxiety and its subsequent tension patterns exist on a continuum from mild anxiety to severe trauma. However, prolonged stress or anxiety can create muscular tension patterns in our bodies that have become so usual we don't even realize they are affecting our posture and health. This unconscious tension becomes "chronic tension." Eventually, these chronic tension patterns can create physical aches and pains, gastrointestinal problems as well as severe illnesses. Experiences of prolonged psychological or emotional abuse, domestic or social violence, stressful jobs, financial problems or traumatic events can all be causes of chronic muscular tension.

Trauma

Because traumatic experiences can often be emotionally and physiologically overwhelming, the body stores the memories, thoughts and emotions of the trauma in order to process them at a later date. The high chemical charge left in the body after stress, anxiety or trauma continually seeks a discharge from this over-stimulation. The brain and bodywork together to try to release this over-excited state so that it can return itself back to a calm and relaxed state. Post Traumatic Stress (PTS) is the term used to explain the continuation of disturbing thoughts, emotions and feelings that persist even after the tension is over. Chronic stress, anxiety or PTS is caused by the lack of release of the high excitement or anxiety that was generated at the time of the difficult event(s).

The Body

Stressful experiences often cause very deep muscle contractions designed to provide protection to the body to help it survive the stressful or traumatic event. It is essential to release this chronic tension pattern after the stressful event has ended to help prevent the development of physical pain and muscular constrictions.

Once the stressful event is over, the body's nervous system is designed to literally shake out deep muscular tension patterns and help the body return to its normal relaxed state. However, due to our overemphasis on the mind, we have deadened this shaking mechanism so that it no longer has the opportunity to naturally reduce muscular tension and return our bodies to a healthy, relaxed state.

Through TRE®, we can self-induce this almost effortless, sustained, neuro-muscular vibration or shaking mechanism.

The Exercises

TRE® is a set of easy to follow exercises, activated in an intentional and controlled manner, which help release deep muscular tension from the body. The exercises help the body to naturally shake away stress and release and unwind its own muscle tension.

The uniqueness of this technique is that this shaking originates deep in the core of the body of the psoas muscles. These gentle tremors reverberate upwards along the spine releasing tension from the sacrum (pelvis) to the cranium (head).

The exercises are designed to either stretch or mildly stress the muscles to activate this reflex response and to sustain it comfortably... This simple and easy process gently induces what we call “therapeutic tremors”.

Lynette Mills - Accredited Practitioner

As a long established Reiki Master and Teacher, my passion for health promotion, be it mental, physical, emotional or spiritual, has led me to work and teach internationally. Ever mindful of the need for treatments that are effective, respectful, holistic and proven, I went in search of a process that could access not only daily stressors but also severe trauma in a non-invasive way.

Having heard about TRE I decided to experience it for myself.

I was, and still am, astounded by its efficacy and simple elegance- **IT WORKS!** TRE is a proven method for everyone, no matter age or level of trauma, where the trauma does not have to be relived to be healed.

I trained under the founder of TRE, Dr David Berceci and Stephanie Combe the Director of TRE NZ, and started practicing TRE in 2012. Now, as a Level II Accredited TRE Practitioner, I have had the privilege of using TRE to assist many people from all walks of life to get their lives back from the ravages of trauma and stress, be it through one-on-one work or groups, both private and corporate. Many of my clients are referred by medical practitioners and mental health practitioners. Although the majority are referred by word of mouth, an endorsement like no other.