

## Contact Details:

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

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

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



# Mosgiel Holistic Centre

*Home to practitioners who hold a holistic view to health and wellbeing  
12 Church Street Mosgiel*



## JUNE 2018

**INSIDE THIS MONTH'S NEWSLETTER**

**TRE**

**MASSAGE & MORE**

**YOGA4LIFE**

**HEALING**

**INTRODUCTION TO REFLEXOLOGY**

**FROM THE BACK ROOM**

**& 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)***



# 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*

1/2 Hour Treatment \$45.00

1 1/4 Hour Treatment \$95.00

3/4 Hour Treatment \$65.00

1 1/2 Hour Treatment \$110.00

1 Hour Treatment \$80.00

1 1/2 Hour Aromatherapy \$120.00

1 Hour Aromatherapy \$85.00

1 1/2 Hour Hot Stone \$125.00

*GIFT VOUCHERS AVAILABLE*

(03) 4893677

12 Church Street, Mosgiel, 9024

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

## 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.

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 as we only take 15 people per Monday night. Charge is by way of a \$10 Koha / donation per person to cover costs.**

# **Thermal Hot Stone Workshop**



**Presented by: Lynette Mills  
@ Mosgiel Holistic Centre**

**Saturday 30<sup>th</sup> June & Sunday 1<sup>st</sup> July 2018  
10.00am till 4.30pm**

**Morning & Afternoon Tea and Lunch included**

**\$300**

**You will learn the placement of the stones on the body, how to monitor the heat of the stones for the comfort and safety of your client and yourself and how to handle the stones while massaging**

**to give a deeply relaxing, healing, therapeutic treatment for the best outcome for your client.**

**This is a beautiful weekend of learning, giving, sharing and receiving.**

**Limited spaces available so please call to book your place.**

**(03) 489 3677**



**IZUMI ARITA**

**I am a new therapist at the Mosgiel Holistic Centre.**

**I am qualified in massage and related health therapies.**

**Just recently I completed my training in Acupressure and have been enjoying on going training with Lynette.**

**Born and Raised in Japan I was always interested in health and well-being.**

**My journey started with Reflexology many years ago, my first love and passion, as well as Aromatherapy and Therapeutic massage.**

**I work on a Tuesday, Wednesday and Friday**

**\*\*\*\*\* *JUNE PROMOTION* \*\*\*\*\***

***Pay for ½ Hour get ¾ Hours treatment***

***Pay for ¾ Hour get 1 Hour treatment***

***Pay for 1 Hour get 1 ¼ Hour treatment.***

# Yoga4Life

Presents:

## Women's Winter Wellness Yoga: 7 weeks of

Restorative & Rejuvenating:

Fully supported restorative yoga with bolsters, blankets, blocks & chairs;

Gentle guided breathing practices;

finishing with 30-minute Yoga Nidra (deep guided relaxation)

Suitable for women at ANY stage of life, but especially for those who lead multi-tasking & fast-paced lives, mothers, perimenopausal, menopausal or post-menopausal women, those who are living with chronic illness or conditions, or for those just wanting to complement their more active yoga or sports practices with a beautiful, fully led restorative practice. Learn how to add restorative yoga into your home practices to induce relaxation, peace, harmony, serenity & tranquility, while also increasing energy & vitality.

**MAXIMUM OF 10 IN CLASS**

These sessions will help to:

- \*let go of muscular tension in the physical body
- \*counter the effects of insomnia or poor sleep
- \*recover from illness/support during illness
- \*release deeply held mental & emotional stresses
- \*re-balance energy levels
- \*bring mind, body, spirit towards equanimity in a safe & fully supported way
- \*support healthy endocrine & nervous system function to balance hormones & stimulate a more peaceful & joyful way of being
- \*re-establish connection to Self

**Where: Mosgiel Holistic Centre**

**When: Fridays – 20<sup>th</sup> July till 31<sup>st</sup> August**

**Time: 4.00-5.30pm**

**OR**

**5.45-7.15pm**

**Cost: \$140**

**TO SECURE YOUR PLACE: Contact Lisa Morrison**

**[lisa@ocw.co.nz](mailto:lisa@ocw.co.nz)**

**0274370779**



## **WORKSHOPS**

### **REIKI 1 WORKSHOP** **15<sup>th</sup> and 22<sup>nd</sup> July 2018**

Lynette is looking at running another Reiki 1 workshop

If you are interested or would like to know more about the workshop  
please call Lynette at the centre.  
(03) 489 3677 or check our facebook page.

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

### **Reiki Sharing**

**Saturday 23rd June 2018**

**At**

**2.00 - 4.30pm**

**\$15.00 Donation**

**Open to anyone who has done Reiki.**

**Come and share a beautiful afternoon of sharing and  
receiving Reiki.**

## Reflecting on the science of death.

As humans death is always sad, heart breaking, life changing, celebratory, thought provoking, rationalising, reflective and eternal. When we pass over the 'who we were' will never be again. The circumstances and consciousness of the life we lived will leave an imprint behind. I read that any act we do immediately affects 20 000 people. If that is so I would imagine our passing is felt around the world. The imprint on the hearts of those closest will be felt the strongest. An imprint of love, relationship and memory.

Equally we do not cease to exist. The consciousness /essence/energy is eternal. Religion may call it life after death, other beliefs may call it reincarnation but for science it is energy.

So how is that science? Well what are we made up of – water, matter and space (just to keep it simple). What is water, matter and space made up of? – molecules, and molecules are made up of atoms with all things atomic. An atom itself is made up of three tiny kinds of particles called subatomic particles: protons, neutrons, and electrons. The protons and the neutrons make up the center of the atom called the nucleus and the electrons fly around above the nucleus in a small cloud. As it is all in motion it is energy. We are energy. The universe is made up of the same 'stuff' therefore the universe is energy. And that is what we are universal energy.

The First Law of Thermodynamics states that energy cannot be created or destroyed. It can only change form or be transferred from one object to another (like boiling a jug, water becomes steam which becomes water). So no matter what your beliefs science tells us that our loved ones who have passed over have not left us they have passed over from one "form to another". Equally when we pass over we join them in that new form.

So why do we touch others hearts so profoundly no matter how short an association? Well we are all the same universal energy, so your heart energy touches mine and when yours hurts mine hurts. Sometimes we are able to help ease the pain a little with our portion of the energy and sometimes all we can do is bear witness to your experience. If we do that with the energy we call love, no matter the outcome, we honour the energy that is you.

Your experience is my experience and mine yours, all seven billion of you.

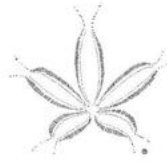
From The Backroom by John Mills

## 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 8<sup>th</sup> 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 21<sup>st</sup> 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 7<sup>th</sup>, 8<sup>th</sup>, 13<sup>th</sup>, 14<sup>th</sup>. 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](mailto:fjheslin6@gmail.com) Mobile +61 420462598

[www.frankheslin.com](http://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](http://www.ortho-bionomy.co.nz)





## CONSCIOUS KAITIAKITANGA

*Dunedin, Mosgiel Holistic Centre, Saturday June 23<sup>rd</sup> 2018,  
6-8pm. Entrance: \$10 adults, under 16 free.*

**Join Ecologist and molecular biologist Dr Gwen Grelet for an  
uplifting evening of optimism.**

Explore how reconnecting with nature/kaitiakitanga can regenerate our communities, our land, rivers and marine ecosystems. Marvel at some of the most wondrous scientific insights in the interconnectedness of all living creatures: how they function, communicate, and evolved with each other. Listen to stories of transformation, where challenging the paradigms of our realities empowers wellbeing.



Dr GWEN GRELET, PhD, BSc, BPh, CMBW.  
Christchurch  
Tel: 0220984970  
Email: gwen.grelet@gmail.com

## ACCESS<sup>®</sup> BARS

— LEARN ACCESS BARS WITH —

### DR GWEN GRELET

— Sunday, June 24<sup>th</sup> 2018 —  
In Dunedin

### EVERYONE IS WELCOME

Cost \$390, Global Pricing applies.  
Repeat, couples and youth pricing apply.  
Children under 16 FREE.



Dr Gwen Grelet, PhD, BSc, BPh, CMBW.  
Tel: 022 098 4970  
Email: gwen.grelet@gmail.com



What can Bars change?

- Depression
- Phobias
- Body pain
- Dissipate stress
- Dissipate anxiety
- More Energy
- Relaxation
- Better sleep
- Find clarity & calm
- Melt emotional overwhelm
- Reverse aging
- Money flows
- Relationship
- Unlock creativity
- More possibilities