

Mosgiel Holistic Centre



OCTOBER 2018

“There is no season when such pleasant and sunny spots may be lighted on, and produce so pleasant effect on the feelings, as now in October.”

Nathaniel Hawthorne

This month:

- ❖ **Our Services – What is Aromatherapy?**
- ❖ **doTERRA Essential Oils**
- ❖ **New Therapy – Astrological Counselling**
- ❖ **Workshops at the Holistic Centre:**
 - **The Birth Chart Demystified with Cheska**
 - **Ortho-Bionomy with Frank Heslin**
 - **Reiki Sharing and Reiki I with Lynette Mills**
- ❖ **TRE – Trauma & Tension Releasing Exercises**
- ❖ ***Time to give up the B....S....* by John Mills**
- ❖ **October – fun facts, numerology & history**
- ❖ **Meditation; The Healing Group; Our Rooms**
- ❖ **Yoga, Tai Chi and Qigong Classes**

Our Services

We offer numerous therapeutic services to our clients, including:

Specialist Massage: Sports, Remedial, Deep Tissue, Lymphatic Drainage, Indian Head Massage, Thermal Hot Stone Therapy, Reflexology and Deep Therapeutic/Relaxation Massage.

Other Therapies: Specific Pain Relief, Ortho-Bionomy, Reiki, Aromatherapy, Cranio Sacral Therapy and Body Talk/Kinesiology.

Emotional Balance: EFT - Emotional Freedom Technique

Trauma Therapy: TRE - Trauma/Stress Release Exercise

Some of these therapies may be familiar to you, but some may make you wonder, "What on earth is that?"; So.....

What is Aromatherapy?

Aromatherapy is a holistic healing treatment that uses natural plant extracts to promote health and well-being. Aromatherapy is sometimes called essential oil therapy, and at the Mosgiel Holistic Centre we use doTERRA essential oils.

Aromatherapy uses aromatic essential oils to improve the health of the body, mind and spirit. It enhances both physical and emotional health.



GIFT VOUCHERS
are available to
purchase for all
of our therapies

How much do our therapies cost?

½ Hour Treatment	\$ 45.00
¾ Hour Treatment	\$ 65.00
1 Hour Treatment	\$ 80.00
1 ¼ Hour Treatment	\$ 95.00
1 ½ Hour Treatment	\$110.00
1 Hour Ortho-Bionomy	\$ 80.00
1 Hour Aromatherapy	\$ 85.00
1 ½ Hour Aromatherapy	\$120.00
1 Hour Hot Stone	\$ 95.00
1 ½ Hour Hot Stone	\$125.00
2 Hour Hot Stone	\$155.00

(03) 4893677

12 Church Street, Mosgiel, 9024

Email: info@mosgielholisticcentre.co.nz

doTERRA®

therapeutic-grade essential oils

What are essential oils?

If you have ever enjoyed the scent of a rose, you've experienced the aromatic qualities of essential oils. These naturally occurring, volatile aromatic compounds are found in the seeds, bark, stems, roots, flowers, and other parts of plants. They can be both beautifully and powerfully fragrant. Essential oils give plants their distinctive smells, essential oils protect plants and play a role in plant pollination. In addition to their intrinsic benefits to plants and their beautiful fragrance, essential oils have long been used for food preparation, beauty treatment, and health-care practices. Essential oils can be used for a wide range of emotional and physical wellness applications. They can be used as single essential oils or in complex essential oil blends depending on user experience and desired benefit.

Why doTERRA?

When you choose doTERRA, you are choosing essential oils gently and carefully distilled from plants that have been patiently harvested at the perfect moment by experienced growers from around the world for ideal extract composition and efficacy.

Each doTERRA essential oil is also carefully and thoroughly tested using the strict CPTG Certified Pure Therapeutic Grade® quality protocol. Experienced essential oil users will immediately recognize the superior quality standard for naturally safe, purely effective therapeutic-grade doTERRA essential oils.

doTERRA and the Mosgiel Holistic Centre...

Recognising the need to provide our clients with the best possible experience, the Mosgiel Holistic Centre uses doTERRA Essential Oils for all of our therapies.

The quality of doTERRA can truly be experienced when you receive an Aromatherapy Treatment with one of our skilled therapists. Holistic is not just a word, it is a way of life, and at the Mosgiel Holistic Centre we believe that every choice affects your wellbeing, including the essential oils you breathe in and use on your skin.





Psychological Astrology

Traditional Astrology viewed the birth chart as a set of fixed character traits and as a tool for predicting the future. Psychological Astrology looks at the birth chart as a map of our inner self and our life journey. It can help us get a clearer picture of who we really are and what makes us tick. It offers incredibly helpful insight into such areas as:

Career choices, Recurring patterns and challenges in life, relationship issues, low self- confidence and depression, health and well-being and much more.

Astrological Consultation

A consultation with a Psychological Astrologer is useful at any time to gain a clearer picture of who we really are. It is helpful when you feel at a crossroads in life or have a specific issue you are needing insight into.

1 and half hours - \$140 – includes preparation time

Astrological Counselling/ Coaching

The application of psychological astrology makes a powerful tool for counselling and life management. Regular sessions enable an in-depth approach and are the best way to use astrology to help individual development.

Sessions are 1 hour - \$75

Psychological Astrology Classes

Cheska's workshops and classes have a strong experiential component. She uses stories, myth, image, the natural world, artistic expression and guided imagery to enhance learning and discovery. This offers a more direct and personal experience of the planetary energies. Suitable for complete beginners.

For more information or to make an appointment

Please phone Cheska – 0212535445

cheska.w@gmail.com

www.temenosastrology.co.nz



The Birth Chart Demystified

This introductory workshop provides the grounding and overview for a series of classes exploring the core components of the Astrological birth chart in a personal meaningful way.

You will receive a complimentary copy of your own birth chart and a handout to help make sense of it.

We will decipher the symbols and glyphs contained in the birth chart and understand how they work together.

You will learn the essential meaning of these symbols in understandable everyday language.

This 3 - hour workshop is run regularly, if you would like to be informed of the next date please register your interest by contacting Cheska on cheska.w@gmail.com or 0212535445



27/28 October

**Ortho-Bionomy
Fundamentals**

Phase 4

9:00 am – 6:00pm



**Frank Heslin Ortho-Bionomy®
Dunedin. October 2018**

29/30 October

**Ortho-Bionomy
Postural
Re-Education
& Post Techniques**

9:00 am – 6:00pm

Ortho-Bionomy Fundamentals (Phase 4)

This foundational class covers the history and principles of Ortho-Bionomy and **specific positioning techniques to stimulate natural self-correcting neuro-muscular reflexes for all parts of the body**. These techniques facilitate the **release of pain and tension patterns, promote expanded range of motion, and offer a greater sense of well-being**. This work is easy to learn, easy on your body, highly effective, and combines well with any system of health care. The following non-invasive, indirect, gentle releases are taught: - Psoas and Quadratus Lumborum Muscles; Cervical, Thoracic, and Lumbar Spine; Ribs, Shoulders, Elbows and Wrists; Knees, Ankles and Feet (This course is the foundation to all Ortho-Bionomy courses.)

Postural Re-Education and Post Techniques Empowering our Capacity to Work with Clients:

*In this class participants learn to **evaluate and address inefficient postural habits through observation and simple exercises**. **Postural Re-education** techniques give the practitioner tools to help clients to change the structural patterns which lead to their pain and discomfort. We will also focus on incorporating **techniques for working with imbalance of the spinal column including scoliosis, kyphosis and lordosis**. **Post Techniques** give the practitioner tools for assessing and releasing areas of tension as well as integrating the work done in a session. In addition, **Self-Care** exercises are taught to facilitate the client's ability to maintain balance through the neuro-muscular re-education of postural habits. These techniques complement Phase 4 releases.*



Originally from Dunedin N.Z., **Frank Heslin** has a background in primary and tertiary education. He has been practising Ortho-Bionomy since attending his first class in Japan in 1995. Frank completed the practitioner training in 2000 and instructor training in 2008 under 'The Society of Ortho-Bionomy International®'. He is passionate about sharing Ortho-Bionomy's gentle effectiveness, holistic approach and wide scope. Frank attracts a wide range of experienced health care practitioners, and new learners, to his Ortho-Bionomy classes. He creates an engaging class environment that allows participants to optimally experience and grow in their understanding and application of Ortho-Bionomy principles and techniques. Frank lives with his family on the NSW Central Coast near Sydney.

**For class queries contact coordinator Karen Jacquard: Mobile 0212 671123 Dunedin.
To enrol request a registration form from Karen, Email: kazjacq@hotmail.com**

Fundamentals, Phase 4: Fee \$350	Early bird fee \$320 if registered and paid by Friday 12th October
Postural Re-Education: Fee \$350	Early bird fee \$320 if registered and paid by Friday 12th October
Free Public Demo Thursday 25 th of October 6:00 – 7:30pm. <i>Dunedin Venue to be announced.</i>	
Private one-hour appointment times available on 25 th , 26 th , 31 st October and 1 st and 2 nd of November.	
Any other queries contact Frank directly fjheslin6@gmail.com or +61420462598	

www.frankheslin.com



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

Message to join Dunedin group page.

Frank Heslin is a registered instructor and advanced practitioner of Ortho-Bionomy and member of NZOB Inc. Ortho-Bionomy® is the registered trademark of Ortho-Bionomy New Zealand Inc.® and are used with permission.

Free Demonstration of Ortho-Bionomy®



ORTHO-BIONOMY: PRACTICED AND TAUGHT WORLDWIDE

Presented by Frank Heslin, internationally registered instructor and advanced practitioner of Ortho-Bionomy

Where? Dunedin When? 6:00 - 7:30pm Thursday 25th October

Ortho-Bionomy is a gentle principle-based bodywork modality that originated in the 1970's through the work and teaching of osteopath Dr Arthur Lincoln Pauls. This free presentation will demonstrate Ortho-Bionomy as a bodywork modality. The aim is to offer information and show how Ortho-Bionomists work with clients. A brief introduction will outline the history, philosophy and principles of Ortho-Bionomy. This will be followed by an opportunity to experience, observe and discuss Ortho-Bionomy in practice.

How was Ortho-Bionomy developed?

What conditions or issues Ortho-Bionomy and can it work with?

What is an Ortho-Bionomy (treatment) session like?

The body's natural ability to remain balanced may be short circuited by stress, injury, improper posture, emotional experiences or by overtaxing the body's limits. When the body is out of balance, it adapts as well as it can, but in the process, it may create patterns of even greater stress. Ortho-Bionomy works with these patterns and addresses a whole range of health issues by working gently with the body structure. Techniques are used that help to unlock tension, relieve pain, promote recovery from injury, improve posture and restore comfort and a fuller range of movement.

"Change can only come about when the self-corrective instincts of the body are summoned in such a way that the body does not resist change. Anything beyond this is force, which when applied too much, leads only to the rebellion of the self instead of a re-unification of the harmonic whole."

— Dr. Arthur Lincoln Pauls, D.O.

Also available in October 2018 at Mosgiel Holistic Health Centre:

Classes: - Ortho-Bionomy® Fundamentals/Phase 4 Sat & Sun 27/28 October 2018

Postural re-Education and Post Techniques Mon & Tues 29/30 October 2018

For class information or private appointments with Frank contact:

coordinator Karen Jacquard 0212 671 123 Dunedin kazjacq@hotmail.com

Private appointments available in Mosgiel 25/26 Oct, 31 Oct and 1 Nov

Ortho-Bionomy® is the registered trademark of Ortho-Bionomy New Zealand® Inc. and is used with permission.

Frank has been in practice for 23 years and is a member of Ortho-Bionomy New Zealand®.

Mobile +61420462598 www.frankheslin.com fjheslin6@gmail.com



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

***@ The Mosgiel Holistic Centre
12 Church Street, Mosgiel***

***Lynette Mills
Accredited TRE Practitioner***

Telephone: 03-4893677 or 0277223118



www.mosgielholisticcentre.co.nz

Time to give up the B....S....

By John mills

As a counsellor I become acutely aware of what 'trips' us up in life
and one of the major ones is the BS.

Yes you read right – the BS-
Belief Systems.

As we grow up in our families, communities and country each of
those influence us with their BS (Belief Systems)

Our families are steeped in generations of BS and that BS is passed
down from one generation to the next. In my family one of the
biggest BS that influenced us was "What would the neighbours
think", so I grew up believing that the neighbour's opinion was far
more important than what I thought of myself. I handed my moral
compass to strangers who were more concerned with their own BS,
which most probably was what we thought of them.

In my community growing up I was told it was a Judea/Christian
community. That BS created division and completely ignored the fact
that my community consisted of more people of other beliefs than
ours.

In the country I grew up in there were so many BS's that were used
to control the population its entire structure was based on BS.

Labels are brilliant at perpetuating BS.

BS generates fear and with it control. For instance pre 1973
homosexuality was labelled a mental disorder. In the seventies
opinions changed and suddenly all homosexuals no longer had a
mental disorder – were they some how all cured?!

Here's another doozy generated by BS. All terrorists are Muslim. The
word terrorism was used after the French Revolution of 1789 and
means the 'system or rule of terror'; this was in relation to dictatorial
governments using terror against their own citizens. So beware the
Trojan horse BS.

We need to identify the BS that limits us, so that we stop living in
fear.

Stop for a moment and identify the BS that governs the way you are
in the world. What BS causes you to do what you do, what BS locks
you into fear?

It is time to let go of the BS and start to become individual free
thinkers. Don't just ingest the BS, spit it out, examine it and choose
what brings you joy. A BS that brings you joy is the only BS we should
have in our lives.

OCTOBER

The name October is derived from the Latin word "Octo" which means eight. October was the eighth month of the year under the Julian calendar. When the Gregorian calendar was adopted, January and February were added, making October the tenth month of the year.

The October birthstone is the opal, which symbolizes faithfulness and confidence. Gem-quality opals are known for their play of colour, caused by the diffraction of light.

OCTOBER NUMEROLOGY

Destiny is indicated through the 10. It's a starting point and a launching pad for us to tap into our individuality, independence, creativity, and leadership. The number 1 encompasses all these traits – plus self-confidence, innovation, and failing forward. In Numerology, the 0 is the intensifier.

OCTOBER IN NEW ZEALAND

October is historically a very significant month in New Zealand. The good, the bad and the ugly.....

The Good.....

2 October 1986 – 'Slice of Heaven' hits no. 1

Written for the movie *Footrot Flats: the dog's tale*, based on an iconic New Zealand cartoon series, Dave Dobbyn's hit single became synonymous with the film and won Song of the Year at the 1986 New Zealand Music Awards.

4 October 1957 – Morris Yock trademarks the Jandal

Inspired by footwear he had seen in Japan, businessman Morris Yock and his son Anthony began manufacturing this simple rubber footwear in their garage in 1957. The name 'jandal' combined the words 'Japanese' and 'sandal'.

10 October 1975 – Waitangi Tribunal created

The government created the Tribunal to hear Māori claims of breaches of the Treaty of Waitangi. It has evolved ever since, adapting to the demands of claimants, government and public.

26 October 1942 – Women Jurors Act allows women to sit on juries

The Act provided for women aged between 25 and 60 to have their names placed on the jury list on the same basis as men – if they so desired. New Zealand's first female juror was Elaine Kingsford, who sat on a case at the Auckland Supreme Court in 1943.

28 October 1890 - First Labour Day celebrations

The first Labour Day celebrated the struggle for an eight-hour working day. Parades in the main centres were attended by several thousand trade union members and supporters. New Zealand workers were among the first in the world to claim the right to an eight-hour day.

On 29 October 1919, the Women's Parliamentary Rights Act passed into law. Finally, women could stand for election to the House of Representatives. While the Act admitted women to the House of Representatives (the lower house), they were still barred from entering the Legislative Council (the upper house), whose members were appointed by the government.

The Bad.....

1 October 1986 – GST Act imposed

Adding 10 per cent to the cost of most goods and services, GST was a key part of the economic reforms of Labour. The reforms were implemented after Labour won a landslide victory in the snap election of July 1984, inheriting an alarmingly high budget deficit and overseas debt, an over-valued dollar, and rocketing inflation. GST hit the poorest the hardest, because people on low incomes spend a higher proportion of their money on basic goods and services than the better off.

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30 October 1865 - Native Land Court created

The Native Land Court was one of the key products of the 1865 Native Lands Act. It provided for the conversion of traditional communal landholdings into individual titles, making it easier for Pākehā to purchase Māori land. Coming little more than a year after the Waikato War, this legislation achieved acquiring the land necessary to satisfy an insatiable settler appetite. The operations of the Land Court affected Māori more than those of any other colonial institution.

and The Ugly.....

4 October 1957 – Morris Yock trademarks the Jandal

Inspired by footwear he had seen in Japan, businessman Morris Yock and his son Anthony began manufacturing this simple rubber footwear in their garage in 1957. The name 'jandal' combined the words 'Japanese' and 'sandal'.

Beauty is in the eye of the beholder. It's all just a matter of perspective.....



MEDITATION

Monday Evenings 6pm - 7pm

There are many things in life that are beyond our control. However, it is possible to take responsibility for our own states of mind – and to change them for the better. Meditation is a means of transforming the mind. Meditation encourages and develops concentration, clarity, emotional positivity, and a calm seeing of the true nature of things. Such experiences can have a transformative effect and can lead to a new understanding of life.

Join us to learn about meditation and be guided through a meditation or two.

Charge is by way of a \$5 Koha / Donation per person to cover costs

THE HEALING GROUP

Monday Evenings from 7:30pm

The Healing Group brings together healers to facilitate your body's capacity to heal itself – both physically and emotionally.

When you join the Healing Group you will lie comfortably on a massage table whilst the Group gently rest their hands either on you or alongside you. The only thing you need to do is relax! The healing energy helps with physical ailments along with emotional imbalances caused by stress, grief, anxiety – the possibilities are literally endless.

The Healers volunteer their time free of charge out of their desire to use their abilities to continue to help others.

Should you wish to experience this please phone The Mosgiel Holistic Centre on 489 3677 to book.

Booking is essential as numbers are strictly limited.

Charge is by way of a \$10 Koha / Donation per person to cover costs

OUR ROOMS

Did you know that our rooms are available to rent for likeminded therapists?

Our rooms can be rented by the hour, the day or over the weekend.

Totara: Totara is our largest room, and is the room utilised for the Yoga, Tai Chi and Qigong Classes.

Rates: First Hour \$57.50; Consecutive Hours \$28.75;
Per Day \$172.45; Weekend Rate \$345.00

Azalea and Driftwood: Set up as massage / complementary therapy rooms, these rooms are suitable for one-on-one therapies. They are furnished with a massage table and heated for you and your client's comfort

Rates: Hourly Rate \$12.65; Day Rate \$86.25

Rhododendron: Larger than Azalea and Driftwood, Rhododendron is suitable for one-on-one therapies, or small group (4 persons) therapies. Rhododendron is furnished with a massage table (additional tables can be provided for a fee) and heater for you and your client's comfort.

Rates: First Hour \$23.00, Consecutive Hours \$17.25
Per Day \$109.25; Weekend Rate \$218.50

(All Rates quoted above are inclusive of GST)

Please contact The Mosgiel Holistic Centre on (03) 489 3677 to book

October 1919 - Women can stand for Parliament

Yoga4Life

At The Mosgiel Holistic Centre

Spring 2018 Timetable

Monday 6.45-7.45am (12 weeks by booking only)

Tuesday 6.00-7.30pm

Thursday 10.00-11.30am

Class numbers limited to 14

Regulars - please text your absence; Casuals - text to check availability

Casual price: \$15.00 per class

10-class concessions: \$120 (to be used within 3 months)

CONTACT:

Lisa Morrison (Yoga Aotearoa-IYTA NZ, Inc.)
0274370779 or lisa@ocw.co.nz



Qigong and Taichi Classes

At The Mosgiel Holistic Centre

Thursdays 5.15 - 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. Please bring your own water with you

Please Contact Keiko Imagi for any further information and to sign up:

Phone: 021 032 8544 or 453 0624

Email: threedragon17@gmail.com





靈氣

Reiki Sharing

Saturday 6th October 2018

2:00pm - 4:30pm

\$15.00 donation

at

The Mosgiel Holistic Centre, 12 Church Street, Mosgiel

*Open to anyone who has done Reiki.
Come and join us for a beautiful afternoon of sharing
and receiving Reiki*

For more information please contact the Mosgiel
Holistic Centre on (03) 489-3677

Email: info@mosgielholisticcentre.co.nz



靈氣

Reiki I Workshop

*Saturday 10th & Saturday 24th November 2018
10:00am - 4:00pm*

*Presented by Lynette Mills
at Mosgiel Holistic Centre, 12 Church Street, Mosgiel*

Your Reiki workshop is a beautiful 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: \$300

*Please contact Lynette on 4893677 or 0277223118
(If these dates do not suit please still contact Lynette and we will arrange time to suit)*

Contact Details:

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

www.mosgielholisticcentre.co.nz

