

Mosgiel Holistic Centre

Home to practitioners who hold a holistic view to health and wellbeing



MARCH 2019

"Autumn is a second spring when every leaf is a flower."
Albert Camus

This month:

- ❖ **Our Services – What is Lymphatic Drainage?**
- ❖ **Myofascial Release Workshops**
- ❖ **Thinking About Suicide by John Mills**
- ❖ **TRE – Trauma & Tension Releasing Exercises**
- ❖ **AnuCroft Products**
- ❖ **Ortho-Bionomy Workshop**
- ❖ **Reiki II Workshop**
- ❖ **Tai Chi Classes**
- ❖ **Meditation; The Healing Group; Our Rooms**

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.

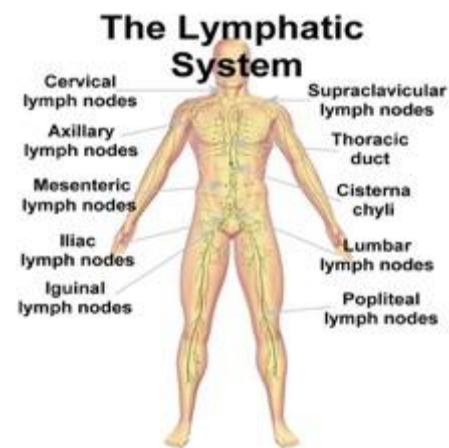
Emotional Balance: EFT - Emotional Freedom Technique

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 Lymphatic Drainage?

Lymphatic drainage is a gentle, rhythmical massage treatment performed by a specially trained lymphatic massage therapist to stimulate the circulation of lymph fluid around the body. This helps to rapidly speed up the removal of waste and toxins from a sluggish lymphatic system. Lymphatic massage can also aid in the prevention of swelling after injury or surgery. It is also thought to provide a major boost to your immune system.



How much do our therapies costs?

- 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

GIFT VOUCHERS are available to purchase for all of our therapies



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Reiki II Workshop

*Saturday 6th & Sunday 7th April 2019
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 everyday 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)*



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.

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 or 0277223119

Lynette Mills
Accredited TRE Practitioner

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.

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.

Thermal Hot Stone Workshop



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

**Saturday 11th & Sunday 12th May 2019
9:30am 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 please call to book.

(03) 489 3677



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Reiki Sharing

Sunday 17th March 2019

2:00pm - 4:30pm

\$15.00

at

The Mosgiel Holistic Centre, 12 Church Street, Mosgiel

*Open to anyone who has done Reiki no matter how
long ago or who with.*

*Come and join us for a beautiful afternoon of crystal
bowl meditation, sharing and receiving Reiki*

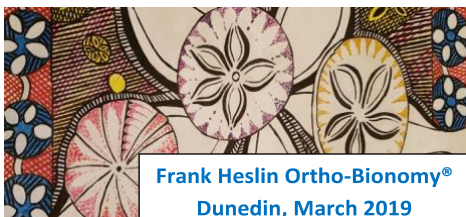
For more information please contact the Mosgiel
Holistic Centre on (03) 489-3677

Email: info@mosgielholisticcentre.co.nz

23/24 March

**Ortho-Bionomy
Fundamentals
Phase 4**

9:00 am – 5:30 pm



25/26 March

**Ortho-Bionomy
Isometric
& Isotonic
Techniques**

9:00 am – 5:30pm

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.)

Ortho-Bionomy Isometric and Isotonic Techniques Helping Clients to actively engage in sessions:

Isometric and isotonic techniques for working with inefficient **muscular tension patterns** as well as **underdeveloped muscle tone** are presented and practiced. **Through the use of restraining movement while the muscle is engaged, self-correcting reflexes are stimulated, and habitual holding patterns can be released.** Participants learn how the conscious and gentle use of 'obstacles' can **help promote change from rigid physical patterns to greater mobility** and allows the client to actively participate in the session. *Preferred Prerequisite: Phase Four (It is best that students have completed a Phase 4 class in order to do Isometric/Isotonic class. Discuss with Frank prior to registering if you will not have completed a Phase 4)*



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 Monday 11th March
Isometrics/Isotonics: Fee \$350 Early bird fee \$320 if registered and paid by Monday 11th March
Special Offer Discount for early bird registration for BOTH classes \$300 per class
Class venue: - Mosgiel Holistic Health Centre, 12 Church St, Mosgiel.
SELF CARE CLASSES 10am to 11.30am or 6pm to 7:30pm on 27 th March \$30 <i>Venues to be announced.</i>
Private one-hour appointment times available on 28 th (Mosgiel) and 29 th March (St Clair)
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.

Dunedin March 2019 Ortho-Bionomy Holistic Health Centre Mosgiel

Ortho-Bionomy Fundamentals (Phase 4) Sat, Sun 23rd / 24th March. 9:00am - 5:30pm



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** (No pre-requisite)



and... further empowering our capacity to work with clients: through...

Ortho-Bionomy Isometric/Isotonic Class Mon, Tues 25th / 26th March. 9:00am - 5:30pm

Isometric and isotonic techniques for working with inefficient muscular tension patterns as well as underdeveloped muscle tone are presented and practiced. Through the use of restraining movement while the muscle is engaged, self-correcting reflexes are stimulated, and habitual holding patterns can be released. Participants learn how the conscious use of obstacles can help promote change from rigid physical patterns to greater mobility and allows the client to actively participate in the session.

Preferred Prerequisite: Phase Four (*It is best that students have completed a Phase 4 class in order to do Isometric/Isotonic class.*) This class also includes Phase 4 positioning, so it includes consolidation and revision of what is taught in Phase 4. These classes are valuable to do back to back.

Contact Frank to discuss if you are interested but will not have completed a Phase 4 Fundamentals.

Early bird registration discount applies if enrolled by 11th March 2019

Further discount for early bird enrolling for both classes. To register contact

Coordinator: Karen Jacquard: Mobile 0212 671123 Email: kazjacq@hotmail.com

For other queries contact Frank Heslin fjheslin6@gmail.com www.frankheslin.com +61420462598

Classes taught by Internationally registered Instructor Frank Heslin. Frank Heslin is a member of NZOB Inc. Ortho-Bionomy® is the registered trademark of Ortho-Bionomy New Zealand Inc.® and is used with permission.

OTAGO ANNIVERSARY DAY

23 MARCH 2019



Otago Anniversary Day commemorates the arrival of the first of two sailing ships (the John Wickliffe and the Philip Laing) of the Lay Association of the Free Church of Scotland that brought with it new settlers in 1848.

Captain William Cargill, a veteran of the Peninsular War, was the secular leader: Otago citizens subsequently elected him to the office of provincial Superintendent after the New Zealand provinces were created in 1853. The Otago Province was the whole of New Zealand from the Waitaki River south, including Stewart Island and the sub-Antarctic islands. It included the territory of the later Southland Province and also the much more extensive lands of the modern Southland Region.

Initial settlement was concentrated on the port and city, and then expanded, notably to the southwest, where the fertile Taieri Plains offered good farmland. The 1860s saw rapid commercial expansion after Gabriel Read discovered gold at Gabriel's Gully near Lawrence, and the Central Otago gold rush ensued. Veterans of goldfields in California and Australia, plus many other fortune-seekers from Europe, North America and China, poured into the then Province of Otago, eroding its Scottish Presbyterian character. Further gold discoveries at Clyde and on the Arrow River around Arrowtown led to a boom, and Otago became for a period the cultural and economic centre of New Zealand. New Zealand's first daily newspaper, the Otago Daily Times, originally edited by Julius Vogel, dates from this period.

New Zealand's first university, the University of Otago, was founded in 1869 as the provincial university in Dunedin.

The Province of Southland separated from Otago Province and set up its own Provincial Council at Invercargill in 1861. After difficulties ensued, Otago re-absorbed it in 1870. Its territory is included in the southern region of the old Otago Province, which is named after it and is now the territory of the Southland region.

The provincial governments were abolished in 1876 when the Abolition of the Provinces Act came into force on 1 November 1876,^[6] and were replaced by other forms of local authority, including counties. Two in Otago were named after the Scottish independence heroes Wallace and Bruce.

Dunedin is the second-largest city in the South Island of New Zealand, and the principal city of the Otago region. Its name comes from Dùn Èideann, the Scottish Gaelic name for Edinburgh, the capital of Scotland.

Archaeological evidence points to lengthy occupation of the area by Māori prior to the arrival of Europeans. The province and region of Otago

takes its name from the Ngai Tahu village of Otakouat the mouth of the harbour, which became a whaling station in the 1830s.

Archaeological evidence shows the first human (Māori) occupation of New Zealand occurred between AD 1250–1300, with population concentrated along the southeast coast. A campsite at Kaikai Beach, near Long Beach, has been dated from about that time. There are numerous archaic (moa hunter) sites in Dunedin, several of them large and permanently occupied, particularly in the 14th century. The population contracted but expanded again with the evolution of the Classic culture, which saw the building of several pā, fortified settlements, notably Pukekura at (Taiaroa Head), about 1650. There was a settlement in what is now central Dunedin (Ōtepoti) occupied as late as about 1785 but abandoned by 1826, prior to the permanent European occupation in 1831, when the Weller brothers founded their whaling station at Otago, modern Otakou, on the Otago Harbour.

Māori tradition tells first of a people called Kahui Tipua living in the area, then Te Rapuwai, semi-legendary but considered to be historical. The next arrivals were Waitaha followed by Kāti Māmoe late in the 16th century and then Kai Tahu (Ngai Tahu in modern standard Māori) who arrived in the mid 17th century. These migration waves have often been represented as 'invasions' in European accounts but modern scholarship has cast doubt on that. They were probably migrations like those of the European, which incidentally resulted in bloodshed.

This year the Otago Anniversary day public holiday falls on Monday 25 March 2018. This long weekend is the perfect time to visit the sites of Dunedin and greater Otago and truly appreciate this beautiful area we live in, along with the deep history of the land.



Thinking About Suicide – By John Mills

Suicide is always a very emotive topic, as it should be. I would like to add to the conversation as it is a reality in both my professional and personal life. Our views on suicide are informed by a myriad beliefs and life experiences so I will touch on my own beliefs first so you can hopefully get a sense of where my thinking comes from and get to consider what I will later add to the conversation with rational thought rather than knee jerk reactions.

I do not have any judgement on the act of committing suicide, I do not see it as right or wrong. This is based on a number of understandings some of which I will explain in no particular order. I have no idea what it must be like to feel so desperate that one cannot see any way out of a life situation, have I considered driving straight in a corner when feeling down; yes, and I think that thinking is common to most of us at some point in our lives. I do not see how the final act in assisted suicide or condoned euthanasia is different. The idea that those who commit suicide have not thought about the idea or consequences is not necessarily true, I think the outcome of their committing suicide has been very much thought about, what might be missing is rational thought.

I don't believe in death of the soul and I do not believe in hell, purgatory or any other day of judgement other than our reviewing our own lives and we ourselves judging the life we have just left in terms of learning. I do believe that there are situations where carrying on in this body, in this life, is untenable. Being saturated in incurable pain be it psychological and/or physical comes to mind but is not exclusive. So what do I want to add to the conversation?

There is a very large movement to accept assisted suicide/euthanasia, why can't we see suicide as an option. I believe we must do everything in our power to help the person struggling with suicidal ideation to see its consequences and bring options and rational help to the situation they face.

It is no good us saying that we should have open discussions about suicide when we judge the act of suicide, what it tells the person contemplating suicide is that their letting us know that they are contemplating suicide will lead to us judging them. Why then would they let us know what they are thinking when it is their very own dark self-judgement that is leading them to contemplate suicide. We are just compounding their need to hide their choice. Surely if suicide was seen as an alternative without judgement then those who are thinking about it would be more willing to talk about the alternative choice they are making, thereby giving us the opportunity to help them see other options out of their predicament.

Over all the years I have learnt only three facts in relation to suicide, one; there is no coming back into the life you have just left, two; the people who take up the departed persons suffering are the ones caught up in the ripple of pain created by the suicide and three; those who have decided that suicide is the only alternative will commit suicide no matter what we do and maybe we need to respect that choice not judge it from our personal beliefs. We have no idea, nor can we, as to what it is like being that person in that moment.

artemis⁺

ANU CROFT



KAWAKAWA BALM

Nature's First Aid in a jar. Kawakawa balm may help with the healing of skin dryness and conditions such as eczema and psoriasis. Can be used as a skin moisturiser and may help soothe irritated and itchy skin. Has been used traditionally for tattoo aftercare. It has been traditionally used to soothe insect bites and stings, for poor circulation, bruises, wounds, burns, aches and pains.

Ingredients

Anu Croft believes in keeping it simple so the Kawakawa balm is made from Coconut Oil infused with Kawakawa leaves and Beeswax from our own hive. No fragrance. No additives. Highlighting the healing properties of what nature has provided for us.

SOOTHE BALM

Designed to soothe aches and pains that run deep. Topical herbal remedy for painful muscle and joint conditions, such as lower back pain, osteoarthritis and sprains. Has also been used for bruises and fractures. It may provide relief from arthritis and gout. Has been known to ease a number of skin rashes.

Ingredients

Once again we have kept it simple using nature at its best. This balm is made up of 3 plants found commonly in the garden. Comfrey (also known as knit bone), Nettles and Calendula infused in coconut oil and beeswax.

Both available at the Mosgiel Holistic Centre

Maintaining your good health during the colder months is essential. Artemis products are all natural, traditional plant medicines,

supplements and immunity support, and are available to purchase at the Mosgiel Holistic Centre.

This winter you may need:

ViroGone – Supports a healthy immune response



ViroGone was originally developed during the Black Plague. And for those that took it, it worked. Fast forward to the present day, this improved formula continues to deliver. ViroGone is traditional plant medicine to support and boost your immune system. When you start to feel unwell, take a healthy dose of ViroGone for immediate action. For ultimate protection, take every day as a proactive defense.

Take ViroGone for powerful support against ills and chills

200ml bottle = \$43.00

50ml oral spray concentrate = \$22.00

Chest Relief - Helps manage a tight, congested chest.



This calming chest elixir supports your respiratory system when you're unwell. It helps clear the chest and airways of mucus and support relaxed breathing. Made with traditional plant medicine, Chest Relief's complex formula supports the thinning of mucus. This helps clear the breathing passage. Chest Relief is suitable for people susceptible to allergies that cause chest tightness. We recommend Kids Chest Relief for young

200ml bottle = \$35.00

Available at the Mosgiel Holistic Centre

Healing Crystals

SELENITE

Selenite is named after the Greek goddess Selene, which is the goddess of the moon. It's also called the Satin Spar, Maria Glass, or Desert Rose. Selenite helps give you clarity of mind allowing a higher Angelic understanding. It is a calming crystal of deep peace. It pinpoints lessons and issues that are still unfinished and helps you work on them and see clearly. It has strong healing powers in assisting the alignment of the spinal column, promoting flexibility. Selenite neutralises the poisoning from dental amalbam and is excellent for breastfeeding.

AMETHYST

Amethyst is a powerful and protective stone. It guards against psychic attack, transmuting the energy into love and protecting the wearer from all types of harm, including geopathic or electromagnetic stress and ill wishes from others. Amethyst is a natural tranquiliser, it relieves stress and strain, soothes irritability, balances mood swings, dispels anger, rage, fear and anxiety. Alleviates sadness and grief, and dissolves negativity. Amethyst activates spiritual awareness, opens intuition and enhances psychic abilities. It has strong healing and cleansing powers. Amethyst encourages sobriety, having a sobering effect on overindulgence of alcohol, drugs or other addictions. It calms and stimulates the mind, helping you become more focused, enhancing memory and improving motivation. Amethyst assists in remembering and understanding dreams. It relieves insomnia. Encourages selflessness and spiritual wisdom.

CLEAR QUARTZ

Clear Quartz is known as the "master healer" and will amplify energy and thought, as well as the effect of other crystals. It absorbs, stores, releases and regulates energy. Clear Quartz draws off negative energy of all kinds, neutralising background radiation, including electromagnetic smog or petrochemical emanations. It balances and revitalises the physical, mental, emotional and spiritual planes. Cleanses and enhances the organs and subtle bodies and acts as a deep soul cleanser, connecting the physical dimension with the mind. Clear Quartz enhances psychic abilities. It aids concentration and unlocks memory. Stimulates the immune system and brings the body into balance. Clear Quartz (Crystal Quartz, Rock Crystal) harmonises all the chakras and aligns the subtle bodies.

Massage to Support Your Immune System

Getting a massage not only helps you relax, it also benefits your immune system.

A new study by researchers from the highly regarded Cedars-Sinai Medical Center in Los Angeles has found that people who received a 45-minute massage had an increased number of lymphocytes, which are white blood cells that play a large role in defending the body from disease.

"This research indicates that massage doesn't only feel good, it also may be good for you," said study researcher Dr. Mark Rapaport, chairman of the department of psychiatry and behavioral neurosciences, at Cedars-Sinai.

The massage brought other physical changes, too. Afterwards, participants had lower levels of cytokines, which are molecules that play a role in inflammation. Chronically high levels of inflammation are known to be associated with conditions such as asthma, cardiovascular disease and depression.

The massages also had an impact on participants' hormone levels. Receiving a massage decreased levels of cortisol, a stress hormone, and vasopressin, a hormone believed to play a role in aggressive behavior, according to the researchers.

Dr. Mark Rapaport further stated "People often seek out massage as part of a healthy lifestyle but there hasn't been much physiological proof of the body's heightened immune response following massage until now."

In the study, 29 participants received 45 minutes of gentle, therapeutic massage, and 24 received 45 minutes of light touching as a control. Massage therapists were trained in how to deliver both the therapeutic massage and light touch using specific and identical protocols.

Participants were fitted with intravenous catheters in order to take blood samples during the study session. They rested quietly for 30 minutes before beginning, and then blood samples were collected from each person five minutes and one minute before the massage began. At the end of the 45-minute massage session, blood samples were collected at one, five, 10, 15, 30 and 60 minutes after the massage.

Michael Ruff, Ph.D., a research associate professor with a specialty in virology and immunology at Georgetown University Medical School stated, "These are the first studies that show an effect of massage therapy on an immune function test, which can support the use of massage therapy to alleviate stress, relax muscles and now possibly serve as an alternative medical practice," said "What we're really looking at is creating a new paradigm for the practice of medicine, where massage therapy could be used in medication treatment versus just for relaxation."

Contact Details:

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

www.mosgielholisticcentre.co.nz

