

## **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*



**APRIL 2019**

*A Month of Reflection*

**This month:**

- ❖ **Our Services – What is Ortho-Bionomy?**
- ❖ **ANZAC Day – New Zealand’s Proud History**
- ❖ **The Origins of Easter**
- ❖ **Talks by Suzanne: Fun Feng Shui & Mindfulness With Colour**
- ❖ **The Fifth Agreement: by John Mills**
- ❖ **TRE – Trauma & Tension Releasing Exercises**
- ❖ **Myofascial Release Workshops**
- ❖ **Reiki II Workshop**
- ❖ **Yoga and 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 Ortho-Bionomy

Ortho-Bionomy is a gentle, non-invasive form of body therapy, which is highly effective in working with acute or chronic pain or stress caused through accidents, injuries or postural and structural imbalances. Ortho-Bionomy uses slow, gentle movements and comfortable positions to unlock tension and relieve pain. There are no rapid adjustments, painful contortions or deep muscle work. Instead, Ortho-Bionomy uses the body's preferred or most comfortable postures and mild exaggeration of any imbalances or distortions to initiate postural balance and integration. The work is safe, since the movements are made slowly and clients are not taken into any positions which could increase their pain.



## 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

(03) 4893677

12 Church Street, Mosgiel, 9024

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



靈氣

## *Reiki II Workshop*

*Saturday 6<sup>th</sup> & Sunday 7<sup>th</sup> 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 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)*



### ***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***

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### **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.

**Phone The Mosgiel Holistic Centre on 489 3677 to book. Charge is by way of a \$10 Koha / Donation per person to cover costs. Booking essential.**

## 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

# Yoga4Life

At The Mosgiel Holistic Centre

## Autumn 2019 Timetable

Monday 6.45-7.45am (10 weeks by booking only)

Tuesday 6.00-7.30pm

Wednesday 6.30-8.00pm

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



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## Taichi Classes

At The Mosgiel Holistic Centre

**Thursdays 5.15 - 6.30pm**

Suitable for beginners to advanced. Maximum 6 people

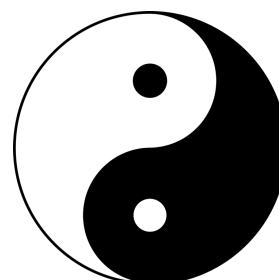
**Donation of \$10 for each Class**

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](mailto:threedragon17@gmail.com)





**SOUND HEALING  
MEDITATION**  
Friday 12<sup>th</sup> April 6-7pm

Sound healing meditation  
using crystal singing bowls which help to  
balance your energy and “drop” you into a  
deeper space of relaxation, meditation and  
healing.

The vibration and pitch resonate with your  
bodies natural vibration creating an  
environment for releasing toxins,  
rejuvenating and bring greater clarity and  
insight.

Friday 12<sup>th</sup> April 6 – 7pm

\$15.00 Donation

Please bring a mat, blanket and pillow.





## SUPPORTING YOUR HEALTH IN PREPARATION FOR WINTER

*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**

# FUN FENG SHUI



## Introduction to Feng Shui Talk

Ever wondered about how to incorporate Feng Shui into your life? How will it impact your life? Or are you already using many of the principles but just not aware that you are?

Come along for a fascinating introductory talk covering:

- the use of intuitive Feng Shui in everyday life
- the five elements & how to use them
- the constructive and destructive cycles of the elements and,
- the bagua.

For more information, contact Suzanne

### Mosgiel Holistic Centre

12 Church Street, Mosgiel

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**April 4, 2019** | 7-8:00pm | \$2 entry fee



#### DRAGONFLIES IN ACTION

E: [suzanne@dragonflies.co.nz](mailto:suzanne@dragonflies.co.nz)

M: 021 396 010

I: @suzannebrereton | F: [facebook.com/dragonfliesinaction](https://www.facebook.com/dragonfliesinaction) | W: [dragonfliesinaction.com](http://dragonfliesinaction.com)

# MINDFULNESS WITH COLOUR



## Introduction to Mindfulness with Colour Talk

Colours are everywhere around us. With this talk I will introduce you to

- ✚ Interpretation of colour
- ✚ Colour and the elements (fire, water, air & earth) and how to connect them to everyday life
- ✚ Over & under compensating of colour & elements
- ✚ Connecting the colours & elements to the chakras

To find out more, come along to this talk and bring your questions & curiosity.

### Mosgiel Holistic Centre

12 Church Street, Mosgiel

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**April 11, 2019** | 7-8:00pm | \$2 entry fee



#### **DRAGONFLIES IN ACTION**

E: [suzanne@dragonflies.co.nz](mailto:suzanne@dragonflies.co.nz)

M: 021 396 010

I: [@suzannebrereton](https://www.instagram.com/suzannebrereton) | F: [facebook.com/dragonfliesinaction](https://www.facebook.com/dragonfliesinaction) | W: [dragonfliesinaction.com](http://dragonfliesinaction.com)



## Myofascial Release Workshops

**Learn** how Fascia is the Creator of Form and Structure  
in our Bodies

**Understand** how Fascia Strongly Influences our  
Anatomy & Physiology

**Learn** How Myofascial Release Effectively Addresses  
Pain & Dysfunction

- **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.

**Dates:** 3rd & 4th May, 2019 and 13th & 14th September, 2019

- **Advanced Lower Body** - covers 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, low back pain, plantar fasciitis, knee pain and more.

**Dates:** 5th & 6th May, 2019

- **Advanced Upper Body** - covers advanced techniques for the head & neck, shoulders, arms & hands. Common conditions of the upper body will be reviewed and students will learn techniques to address headaches, neck pain, shoulder issues, RSI, TMJ disorders and more.

**Dates:** 15th & 16th September, 2019

**Cost:** \$425 per course

**Registration:** [www.mfrworkshops.com](http://www.mfrworkshops.com); 027 3636 880

**Location:** Mosgiel Holistic Centre



# **Thermal Hot Stone Workshop**



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

**Saturday 11<sup>th</sup> May & Sunday 12<sup>th</sup> 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 so please call to book.**

**(03) 489 3677**

## **The Fifth Agreement - prompted by Lynette Mills for John Mills**

I am grumpy today, most probably not the best day to write an article for the newsletter. I am grumpy because it is a very pressured week for me, and my wife Lynette is on the Sunshine Coast basking in the sunshine and swimming. Also I did not sleep well last night.

So what has this got to do with all you good folk? Well in one of my unsupportive texts to Lynette she reminded me of the Four Agreements by Don Miguel Ruiz. So just for spite I started reading The Fifth Agreement, I can't let her be right all the time now can I.

Here are the four agreements:

First Agreement: Be Impeccable with Your Word.

Second Agreement: Don't Take Anything Personally.

Third Agreement: Don't Make Assumptions.

Fourth Agreement: Always Do Your Best.

Yes! She was right; I had not been impeccable with my words, I had taken her good fortune personally, I had made assumptions about her activity, it is actually raining today on the 'Sunshine' coast, and my communication was certainly far from my best.

I am willing to front up when I am not at my best and as I am not at my best let me tell you about the start of The Fifth Agreement. The fifth Agreement is written in conjunction with Miguel's son Jose who carries on the Toltec Wisdom.

It starts "From the moment you are born, you deliver a message to the world. What is the message? The message is *you*, that child. It's the presence of an *angel*, a messenger from the infinite in a human body. The infinite, a total power, creates a program just for you, and everything you need to be what you are is in the program. You are born, you grow up, you mate, you grow old, and in the end you return to the infinite. Every cell in your body is a universe of its own. It's intelligent, it's complete, and it's programmed to be whatever it is."

Miguel and Jose continue to tell us how the program is in our DNA and that we are programmed to create a language, to invent an entire symbology for ourselves. We are told what things are called, we are taught how to behave the "right" way in our society, which means how to be a "good" human. We become domesticated. "In human domestication, all the rules and values of our family and society are imposed on us. We don't have the opportunity to choose our beliefs; we are told what to believe, and what not to believe." We forget the wisdom we were born with.

The next 228 pages takes us on a journey of self-discovery and mastery so we can be reminded of the greatest gift we can give ourselves: the freedom to be who we really are. Don't tell Lynette but she is one of my greatest gifts.

Oh and just to say the Fifth Agreement is Be Skeptical, But Learn To Listen. This little book is a must have if you want to discover who you are.

# ANZAC DAY



## NEW ZEALAND'S PROUD HISTORY

25<sup>th</sup> April marks the anniversary of the landing of New Zealand and Australian soldiers – the Anzacs – on the Gallipoli Peninsula in 1915. The aim was to capture the Dardanelles, the gateway to the Bosphorus and the Black Sea. At the end of the campaign, Gallipoli was still held by its Turkish defenders.

Thousands lost their lives in the Gallipoli campaign: 87,000 Turks, 44,000 men from France and the British Empire, including 8500 Australians. To this day, Australia also marks the events of 25 April. Among the dead were 2779 New Zealanders, about a sixth of those who served on Gallipoli.

It may have led to a military defeat, but for many New Zealanders then and since, the Gallipoli landings meant the beginning of something else – a feeling that New Zealand had a role as a distinct nation, even as it fought on the other side of the world in the name of the British Empire.

Anzac Day was first marked in 1916. The day has gone through many changes since then. The ceremonies that are held at war memorials up and down New Zealand, or in places overseas where New Zealanders gather, remain rich in tradition and ritual befitting a military funeral.

The word Anzac is part of the culture of New Zealanders and Australians. People talk about the 'spirit of Anzac'; there are Anzac biscuits, and rugby or rugby league teams from the two countries play an Anzac Day test. The word conjures up a shared heritage of two nations, but it also has a specific meaning.

Anzac is the acronym for Australian and New Zealand Army Corps. This corps was created early in the Great War of 1914–18. In December 1914 the Australian Imperial Force and New Zealand Expeditionary Force stationed in Egypt were placed under the command of Lieutenant General William Birdwood. Initially the term Australasian Corps was suggested, but Australians and New Zealanders were reluctant to lose their separate identities completely.

No one knows who came up with the term Anzac. It is likely that Sergeant K.M. Little, a clerk at Birdwood's headquarters, thought of it for use on a rubber stamp: 'ANZAC' was convenient shorthand. Later the corps used it as their telegraph code word.

The Anzacs first saw action at Gallipoli on 25 April 1915. The small cove where the Australian and New Zealand troops landed was quickly dubbed Anzac Cove. Soon the word was being used to describe all Australian and New Zealand soldiers who fought on the Gallipoli Peninsula. Eventually, it came to mean any Australian or New Zealand soldier.

The Anzac Day ceremony of 25 April is rich in tradition and ritual. It is a form of military funeral and follows a particular pattern. The day's ceremonies have two major parts: one at dawn and another, more public event, later in the morning.

A typical commemoration begins with a march by returned service personnel before dawn to the local war memorial. Military personnel and returned servicemen and women form up about the memorial, joined by other members of the community. Pride of place goes to war veterans.

A short service follows with a prayer, hymns (including Kipling's 'Recessional' or 'Lest we forget') and a dedication that concludes with the fourth verse of Laurence Binyon's *For the Fallen*

The last post is then played, and this is followed by a minute's silence and the reveille. A brief address follows, after which the hymn 'Recessional' is sung. The service concludes with a prayer and the singing of the national anthem.

This year's Citizens service in Mosgiel will be held at 9.15am in ANZAC Park, Gordon Rd; followed by the Mosgiel Memorial at 10am in the RSA Clubrooms, 6 Church Street. TO BE CONFIRMED

