

# Mosgiel Holistic Centre



**JULY 2019**

***“Welcome, winter. Your late dawns and chilled breath make me lazy, but I love you nonetheless.”***

**Terri Guillemets**

**This month:**

- ❖ **Our Services - What is Body Talk?**
- ❖ **Five of the best: Reasons to love winter**
- ❖ **Cold Hands, Warm Heart ????**
- ❖ **Ortho-Bionomy Workshop**
- ❖ **TRE - Trauma & Tension Releasing Exercises**
- ❖ **Bowls Sound Healing Sessions**
- ❖ **Aromatherapy Massage Workshop**
- ❖ **Meditation; The Healing Group; Our Rooms**

# *Aromatherapy Massage Workshop*

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



*Sunday 28th July 2019*

*9:30am till 4:00pm*

*Cost: \$140(morning tea and lunch included)*

*Spend a day learning a very simple and easy relaxation massage technique using 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 massage which is guaranteed to relax.*

*A simple, step-by-step method of massage to apply therapeutic grade essential oils topically to produce a profound whole-body wellness experience. The many benefits of this Aromatherapy Technique include stress management, immune support and autonomic balance.*

*During the course of the day Lynette will demonstrate and teach you the technique. You will have the opportunity to practice and experience the massage for yourself.*

*To take advantage of this fantastic learning opportunity please contact Lynette at Mosgiel Holistic Centre, 03 4893677 Or 027 7223118*

*(If you are interested but the date does not suit please contact Lynette as this workshop will be repeated at dates and to suit.)*



## SOUND HEALING MEDITATION

@ Mosgiel Holistic Centre  
12 Church Street, Mosgiel

SUNDAY 7<sup>th</sup> JULY & SUNDAY 21<sup>st</sup> JULY

2 sessions per Sunday  
4pm- 5pm & 5:45pm - 6:45pm

Sound healing meditation using crystal singing bowls helps 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 and rejuvenating your Being which brings greater clarity and insight.

\$15 donation

Please bring a mat, blanket and pillow.

**Please book your space by calling 03-4893677 or 0277223118  
or PM on our Facebook site.**

# 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.

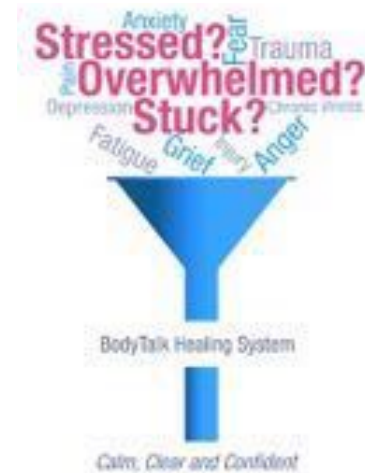
**Emotional Balance:** EFT - Emotional Freedom Technique

**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 Body Talk?

BodyTalk is a non-invasive healing system that is gentle, safe and effective. The BodyTalk System recognises that health is our natural state and our bodies have perpetual healing mechanisms that maintain life. A BodyTalk treatment can stimulate your innate healing ability which then powerfully activates your body to heal at a deep and lasting level. The BodyTalk System gives the practitioner protocols to be able to assess all of the systems of the body for dysfunction. The practitioner can consult your 'innate intelligence' via neurological bio-feedback (muscle testing) to discover where these dysfunctions lie.



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)



### ***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.

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**

# Five of the best: Reasons to love winter

(Courtesy of the NZ Herald)

## 1: Indoor activities

Winter gives you a great excuse to stay indoors all weekend. Don't feel bad for chilling on the couch and binging on back-to-back seasons of *Orange is the New Black*. Maybe sinking into a blissful Sunday session of rom-coms or classic flicks is more your bag. Or how about a board game battle? We have whiled away entire winter weekends bickering over Trivial Pursuit answers and a bottle of red.

## 2: Take comfort

Speaking of red, comfort food and beverages warm our winter hearts. We're popular during the cooler months for brewing a batch of spiced mulled wine. Or how about the delicious aroma that fills the house when you're slow-cooking a pork shoulder? Soups, stews, casseroles - even pots of herbal tea - taste better in winter.

## 3: Winter wardrobe

We're ready to start layering up our winter woolies. Out come the capes, cardis, angora, ugg-boots, beanies, and, our favourite right now, blankets disguised as day-wear (ours is from French Connection). Commuting to work is easier, and a day at the desk more comfortable if you're prepared for the elements - you won't regret investing in a pair of good boots, a waterproof jacket and a durable umbrella (we're in love with our bright red Blunt broly.)

## 4: Cosy getaways

Snow bunnies get set for some fresh powder around the country. If adventure sports aren't for you, a romantic break to a bach or bed'n'breakfast boasting a roaring fireplace might appeal. Or hustle your friends together for a fun group getaway to Ohakune. If the chill factor is just too much to bear there are some pretty thrifty flights to our warmer neighbouring Pacific Islands for a mid-winter escape.

## 5: A chance to reset

The winter months justify hibernation. The silly season has come to a close, social events are drying up and no one wants to stay out too long on a chilly Friday night after work. Winter is here to give us a big warm hug and help us recover and reset.

# 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 – 12th July till 30th August (none 2<sup>nd</sup> Aug)**

**Time: 4.00-5.30pm**

**OR**

**5.45 -7.15pm**

**Investment: \$140**

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

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

**0274370779**

Frank Heslin, Dunedin  
Ortho-Bionomy® Training  
& Appointments  
Schedule: July 2019,  
(Early-Bird Mon 1<sup>st</sup> July)

**ADVANCED PHASE 4 - 13, 14, 15th July**  
This 3-day class will combine a day of Phase 4/Fundamentals learning with 2 days of Advanced Phase 4 techniques (24 units).

**SELF-CARE CLASS - 20<sup>th</sup> July**  
Learn simple Ortho-Bionomy exercises that integrate and build on the work done with a practitioner in a session. (3 units)

### GENTLE, EFFECTIVE TECHNIQUES FOR BOTH PRACTITIONER AND CLIENT

Advanced Phase 4 techniques build on those presented in the Phase Four/Fundamentals beginners course including practise of more extensive variations of the standard Phase Four release positions. **No pre-requisites.**

- Working with the Spine, Pelvis, Sternum, Scapula and Ribs
- Sequences for Pelvic Stabilisation
- Working with the Joints of the Extremities
- Working with Joint Replacements and Vertebral Fusions
- Sequences specifically for Carpal Tunnel and RSI
- Phase Four Cranial techniques.



Originally from Dunedin N.Z., Frank Heslin has a diverse background in teaching. He completed the Ortho-Bionomy practitioner training in 2000 and instructor training in 2008 under 'The Society of Ortho-Bionomy International®'. Frank is passionate about sharing Ortho-Bionomy's gentle effectiveness, holistic approach and wide scope. He attracts a wide range of **experienced health care practitioners, and new learners**, to his Ortho-Bionomy classes. Frank creates an engaging class environment that allows participants to optimally experience and grow in their understanding and application of Ortho-Bionomy principles and techniques. He has been in private practice for 24 years. Frank teaches Ortho-Bionomy in Australia and New Zealand and lives with his family in Maitland NSW, Australia.

**3 Day Fundamentals and Advanced Phase 4 - 13<sup>th</sup>, 14<sup>th</sup> & 15<sup>th</sup> of July 2019 (9 am – 5:30pm)**

**Fee \$530 Early bird fee \$480 if registered and paid by Monday 1<sup>st</sup> of July (24 units)**

**Class venue: - Mosgiel Holistic Health Centre, 12 Church St, Mosgiel.**

**Ortho-Bionomy Self-Care Class Saturday 20<sup>th</sup> July 9:00 – 12.00 (Bring pillow, yoga mat and blanket)**

**Fee \$60 Early bird Fee \$50 if registered and paid by Monday 8<sup>th</sup> of July (3 units)**

**Class venue: - Mosgiel Holistic Health Centre, 12 Church St, Mosgiel.**

**Ortho-Bionomy Study Group Saturday 20<sup>th</sup> July 1:30 - 4:30pm held at St. Clair (3 units)**

**Private one-hour treatment sessions are available in Dunedin and Mosgiel on 12<sup>th</sup> & 16<sup>th</sup> - 19<sup>th</sup> of July**

For queries, class registration or private appointments contact Karen Jacquard:

**Mobile 0212 671123 Email: [kazjacq@hotmail.com](mailto:kazjacq@hotmail.com)**

Any other queries contact Frank directly [fjheslin6@gmail.com](mailto:fjheslin6@gmail.com) or +61420462598

[www.frankheslin.com](http://www.frankheslin.com)



[fb.me/FrankHeslinOrthoBionomy](https://fb.me/FrankHeslinOrthoBionomy) (Message to join Dunedin group page)

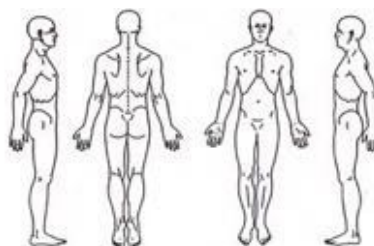


Frank Heslin is a registered instructor and advanced practitioner of Ortho-Bionomy and member of NZOB Inc. Ortho-Bionomy® is the registered trademark of Ortho-Bionomy New Zealand Inc.® and is used with permission.



## *Simple, relaxing, practical, effective*

Saturday 20th July 2019 9:00am – Noon Holistic Health Centre, 12 Church St, Mosgiel



Neck or Shoulder Tension?

Back Pain?

Hip or Joint Pain?

Restricted Movement?

Seeking More Body Comfort?

### ORTHO-BIONOMY SELF-CARE CLASS

- Learn simple and gentle 'take home' exercises
- Gain new awareness in body comfort
- Be more self-reliant in managing pain

*Class notes and morning tea /coffee provided*

*These gentle yoga-like exercises are based on the modality Ortho-Bionomy. Developed in the 1970's by martial arts master and osteopath Dr Arthur Pauls, Ortho-Bionomy is a gentle yet powerful therapeutic bodywork practised and taught throughout the world.*

Limited places. Register now to book a place. Fee \$60 **\$50 Early-bird fee** if enrolled by Monday 8th July

**To enrol contact: Karen Jacquard: Mobile 0212 671123 Email: [kazjacq@hotmail.com](mailto:kazjacq@hotmail.com)**

*Wear comfortable stretchy clothes. **Please bring a yoga mat, one pillow and a blanket.** Chairs available for those who are not able to be on the floor. All ages and bodies welcome.*



This class is taught by Frank Heslin who is an instructor and advanced practitioner of Ortho-Bionomy. Originally from Dunedin, Frank lives in NSW, Australia. He teaches Ortho-Bionomy workshops to health professionals and trainees around Australia, and regularly in Dunedin and has practised Ortho-Bionomy for 24 years in Australia or NZ. In July Frank is teaching a 3-day Ortho-Bionomy workshop at The Holistic Health Centre as well as this Self-Care class. **Frank is also available for private one-hour treatment sessions on the 12th, 16th, 17<sup>th</sup>, 18th and 19<sup>th</sup> of July in Dunedin and Mosgiel locations. Contact Karen (see above) if interested.**

Web: [www.frankheslin.com](http://www.frankheslin.com) Email [ob@frankheslin.com](mailto:ob@frankheslin.com) Mobile: +61420462598



[fb.me/FrankHeslinOrthoBionomy](https://fb.me/FrankHeslinOrthoBionomy)

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## COLD HANDS WARM HEART ????

It's winter, cold hands are to be expected. Along with cold feet. However, if your hands and feet are always cold this could be due to a poor circulatory system. There are two types of circulatory systems in the human body – cardiovascular and lymphatic.

### **Cardiovascular circulation**

Your heart is the power behind your cardiovascular circulatory system, pumping blood through your blood vessels, supplying every part of your body with the oxygen and nutrients it needs for proper functioning. With poor circulation, not only is your blood flow impaired, compromising that blood supply, but your heart is unduly taxed. Both have negative consequences and can lead to a variety of health problems.

### **Lymphatic circulation**

Your lymphatic circulatory system works directly with your cardiovascular circulatory system to keep blood and lymphatic fluid levels in balance and flush toxins out of the body. It also carries immune cells throughout the body to help defend against infections.

But your lymphatic system isn't lucky enough to have a powerful organ like the heart to keep fluid flowing. The lymph system is stimulated by gravity, muscle contraction (exercise), breathing, lymphatic drainage, and massage.

If your lymphatic circulation slows or stagnates, toxins will accumulate and immune cells won't be delivered to the areas of the body where they're needed.

There are a number of easy and effective ways to improve the health of both your cardiovascular and lymphatic circulatory systems:

### **1. Drink plenty of water**

Circulation is vital to all of the body's functions, and water makes up a large part of blood volume. So make sure you drink enough water every day and don't allow yourself to get dehydrated, causing undue taxation on your circulatory system.

Not easy to do in the winter months, so try a soothing herbal tea or drinking warm water rather than cold. If you don't like herbal tea or plain water, try adding a squeeze of lemon juice or slice of lemon for flavour and added Vitamin C.



## **2. Exercise regularly**

Any activity that contributes to overall fitness will also contribute to a strong circulatory system.

Regular aerobic activity is good for heart health and blood vessels.

Resistance training adds to muscle mass, which increases the efficiency of both cardiovascular and lymph circulation.

Why not join us for a yoga or tai chi class? Both provide strength and movement exercises that can help boost your circulatory systems.

## **3. Diet**

Circulation is yet another aspect of your health that benefits when you eat healthfully. Lymph is made up of immune cells. The quality of lymph is enhanced by practices that boost immunity, including a healthy, balanced diet and weight control.

It is easy to add more low starch and leafy vegetables to your diet in winter, much easier than summer. Add plenty to your soups, casseroles and stews, or grate carrot and zucchini through your Bolognese sauce. Go for colour, the more colour the more nutrition. Green vegetables also help add to your fluid intake to help keep you hydrated.



## **4. Get a massage**

By applying pressure to the body, massage stimulates the blood and lymph vessels, helping move the fluid along.

Studies suggest that massage may enhance circulation in a localised manner to alleviate pain, reduce inflammation, and accelerate healing.

Massage has also been scientifically proven to help improve your overall immune system.

## **5. Try lymphatic drainage**

By applying pressure in specific ways that target lymph nodes and vessels, a therapist trained in the lymphatic drainage therapy can directly target the lymph system to activate lymphatic fluid circulation and stimulate the functioning of the immune and parasympathetic nervous systems.

The benefits of lymphatic drainage include a reduction of inflammatory responses (both acute and chronic), detoxification, regeneration of tissue, improved circulation and deep relaxation.

## **Contact Details:**

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

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

