

Mosgiel Holistic Centre

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



AUGUST 2019
12 Church Street, Mosgiel

This month:

- ❖ **Our Services**
- ❖ **TRE – Trauma & Tension Releasing Exercises**
- ❖ **Bowls Sound Healing Sessions**
- ❖ **Meditation**
- ❖ **The Healing Group**
- ❖ **Myofacial Release Workshops**

Our

We offer numerous
to our clients,



Services

therapeutic services
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

Counselling: Depression, anxiety, stress management, relational difficulties, emotional distress.

Personal Development: Personal and spiritual.

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

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. 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

Wake up, wake up whoever you are! By John Mills

A few people noted that I had not written an article for last month's newsletter. To be completely honest I was too angry to put words on paper, I knew that if I wrote something it would come across in a very negative light.

Honestly; I am still angry! Okay let me explain. I try very hard to see the good in people, I believe we are all expressions of the universal life force or god if that is a word you are familiar with. I also believe that there is more light on planet earth now than ever before. I also understand that every act, be it perceived as negative or positive, is an act of creation.

I also understand that the pain being caused around the world is not new but being brought out into the open by the increased light/awareness. I also believe deep down that this is positive in that the awareness is the forerunner to change, the dark can no longer hide.

On a human level as I am made aware of the immense suffering we have allowed, and as it is exposed, I find myself going through the grief process. First denial then anger, depression, bargaining and finally acceptance/change. I am in the angry phase.

The denial was in my disbelief that in 2019 human trafficking of children for the sex industry and slave labour is still one of the largest black-market activities. That government and the media still actively try to create division. That our water is deliberately poisoned. That we still live in denial about the daily destruction we each personally cause. The list is endless.

I know I will move into sadness for what we call civilisation, for the loss we have caused. I know I will shed tears for all those who have had to endure immense pain and suffering to satisfy greed. But for now, I will choose to be angry.

I am not alone in my angry phase. The following are countries that in 2019 have or are experiencing the anger of the masses as protests grow over the iniquity in life; Hong Kong, Sudan, China, Britain, Georgia, USA, Palestine, France, Prague, Germany, Albania, Algeria, Serbia, Netherlands, Argentina, Kazakhstan, Ukraine, Columbia, Italy, Israel, Indonesia, Russia, China, Belgium, Taiwan, Poland, Serbia, Venezuela, Brazil, Spain and do not forget New Zealand over climate change. I am sure there are a few I have missed out on.

I long for us all to move into 'depression' as it is the catalyst for change when we can start to bargain – create an awareness that transcends our depravity. When we understand that we are literally all one. That it's meaning is not that we are all people but that when we hurt another, we are literally hurting ourselves. Let's stop lying to each other and let's stop hurting others for our own personal gratification.

Wake up, wake up whoever you are!

Yoga4Life

Spring Beginners Block

6 weeks - \$72

Aug 27-Oct 1

Tuesdays

7.45-9.00pm

Small group – maximum 12

@ Mosgiel Holistic Centre – 12 Church St

These classes will introduce you to the foundations of a safe and effective Yoga practice, including postures, breathing, meditation and relaxation.

Suitable for beginners or anyone who'd like to revisit the basics

Practising & sharing yoga for over 17 years, I have developed a deep understanding of the body's energies: how to activate and balance them, bringing a sense of strength, ease & confidence to one's whole being. A strong emphasis is placed on the refinement of natural and universal movement principles that underlie safe and sustainable Yoga, using the breath to create pathways of alignment from the inside out, while also sharing the therapeutic, anatomical & physiological benefits, ensuring that students become their 'own best teacher' through listening & responding to their innate body's wisdom. Yoga4Life grew from a desire to share Yoga that ALL could access & benefit from, at every stage of their life. I am continually challenged & inspired to meet my students' unique & ever-changing needs, whether they are 18 or 88 years young!

Book early to avoid disappointment:

Lisa Morrison (Yoga Aotearoa-IYTA NZ, Inc.)

0274370779

lisa@ocw.co.nz



SOUND HEALING MEDITATION

@ Mosgiel Holistic Centre
12 Church Street, Mosgiel

SUNDAY 18th AUGUST

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.

Beth Beauchamp



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; 027 3636 880

Location: Mosgiel Holistic Centre

Contact Details:

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

www.mosgielholisticcentre.co.nz

