

Mosgiel Holistic Centre

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



November 2019
12 Church Street, Mosgiel

This month:

- ❖ **Our Services**
- ❖ **TRE – Trauma & Tension Releasing Exercises**
- ❖ **Crystal Singing Bowls Sound Healing Sessions**
- ❖ **Meditation**
- ❖ **Children’s Sound Healing**
- ❖ **The Healing Group**
- ❖ **Reiki Sharing**
- ❖ **November Hot Stone Massage Special**

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

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



SOUND HEALING MEDITATION

@ Mosgiel Holistic Centre
12 Church Street, Mosgiel

SUNDAY

10th November 2019

2 sessions on 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.

SOUND HEALING FOR CHILDREN



Saturday 30th November at 4pm

Open to school aged children.
Parents are welcome to join in.
Cost: \$5 children, \$10 adults

Lynette will guide the kids through movement, breath and stillness using Crystal Singing Bowls to induce a natural state of relaxation in which they are able to release any unnecessary energies and tension out of their bodies.

The sound and vibration of the Crystal Singing Bowls travel deep into the body to create a calming effect on the nervous system which helps calm and balance the whole Being. The kids also have time to play the bowls themselves which is magic.

Please call 03-4893677 or PM to make a booking.



Reiki Sharing, Meditation and Attunements

With Lynette Mills, Usui Reiki MasterTeacher

Saturday 30th November 2019

9:30 - 1:30pm

\$90 (includes a nourishing, delicious morning tea)

To finish this very intense year I thought we would reconnect and deepen our Reiki practice and sharing time together including Sound Healing Meditation & Crystal Singing Bowls.

You will receive an attunement to help increase your connection to Reiki, to the Universal Energy, to others and yourselves.

There will be time for each of you to give and receive a Reiki session.

This is open to anyone who has been attuned to Reiki no matter how long ago or who with.

Please come and join us for this beautiful time of healing and sharing.
Numbers are limited so be in quick to secure your space.

Please call or email Lynette if you would like to attend.

ph: 03-4893677 or 0277223118

lynette@mosgielholisticcentre.co.nz



Thermal Hot Stone Massage Special

For November 2019

1 & 1/2 hour Hot Stone Treatment	\$115
1 hour Hot Stone Treatment	\$90

Contact Details:

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

www.mosgielholisticcentre.co.nz

