Contact Details:

12 Church Street, Mosgiel, 9024
(03) 4893677

www.mosgielholisticcentre.co.nz
Mosgiel Holistic Centre

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

INSIDE THIS MONTH’S NEWSLETTER

TRE
MASSAGE & MORE
REIKI 2 WORKSHOP
AROMATHERAPY MASSAGE
Do Terra ESSENTIAL OILS
OBION
REFLEXOLOGY EXPLAINED
QIGONG & TAICHI
FROM THE BACK ROOM-JOHN MILLS
THE HEALING GROUP
&MUCH MORE

APRIL 2017
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 in order to:

- Feel more peaceful, centred & grounded
- Improve sleep
- Resolve trauma (without having to recall or talk about it)
- Improve relationships
- Improve flexibility and core stability
- Improve creativity
- Enhance sports recovery
- Deepen meditation and relaxation

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  

@ Mosgiel Holistic Centre  
12 Church Street, Mosgiel

Lynette Mills  
Accredited TRE Practitioner

Telephone: 03-4893677 or 0277223118

www.mosgielholisticcentre.co.nz
Room Rates
@ Mosgiel Holistic Centre
Azalea & Driftwood
$17.25 per hour for the first hour or part thereof
Additional consecutive hours
$11.50 per hour or part thereof
Full Day $86.25 GST Inc.
Weekend $172.50 GST Inc.
Rhododendron
$23 per hour for the first hour or part thereof
Additional consecutive hours
$17.25 per hour or part thereof
Full Day $109.25 GST Inc.
Weekend $218.00 GST Inc.
Totara
$57.50 per hour for the first hour or part thereof
Additional consecutive hours $28.75 per hour
Or part thereof
Full Day $172.50 GST Inc.
Weekend $345.00 GST Inc.
For more information and to check availability,
Phone us on: 489-3677

Ten-Week Meditation Course
Facilitator: Todd Wall

Venue
3 Morse Street
Brighton

Date
Commence 20th April 2017

Time
7.15pm to 9.00pm (Weekly)

Cost
$250 ($25 per week)

Contact: Todd Wall
Phone: (03) 481-1105
Cell: 027-4800440
Email healing@touch-your-heart.co.nz

Ear Health
Professional ear care
Ear Health South
Clinic at Mosgiel Holistic Centre
Wednesday and Thursday’s
For appointment please phone (03) 4550801
Dunedin.south@earhealth.co.nz
THE HEALING GROUP

The Healing Group was formed to bring together healers with a wealth of experience to facilitate your own body’s capacity to heal itself on both physical and emotional levels.

Our bodies, on a micro level, are made up of molecules that vibrate on a range of frequencies. When that vibration is out of kilter we are open to disease. By making a connection with others who have increased and aligned their own vibrational rate your body can tap into this source of energy and realign its own energies.

It is a completely safe and non-invasive process with surprising results.

The client – that’s you – lies comfortably on a massage table while the Group sit around the table with their hands gently resting either on or alongside you. The Group is then led through a guided healing meditation, while all you are required to do is relax and enjoy.

The Healing Group is non-sectarian and have come together having experienced the power of our own energies and capacity to heal.

Some of the 44 Healers about to participate in the Monday night healing

The healing energy is not only for those with a physical ailment, it is for everyone; for example: If your body or mind is stressed just by relaxing on the table and receiving the healing energy it allows you and your body to experience how you can feel all the time, thus perhaps motivating you to participate in one of the many courses available to help you to de-stress. The healing energy will also help you if you are experiencing grief. The possibilities are endless.

The Healers volunteer their time to be of service to you all.

Should you wish to experience this amazing gift please phone Lynette or John at The Mosgiel Holistic Centre on 489 3677 to book. Booking is essential as we only take 15 people per Monday night. Charge is by way of a $10 Koha / donation per person to cover costs.
MASSAGE & MORE

Therapeutic/Relaxation
Remedial Massage
Sports Massage
Specific Pain Relief
Deep Tissue
Thermal Hot Stone Massage
Lymphatic Drainage
Reflexology
Reiki
Cranio Sacral Therapy
Body Talk / Kinesiology
EFT – Emotional Freedom Technique
Indian Head Massage
TRE – Trauma/Stress Release Exercise

* PRICE LIST *

½ Hour Treatment ........................................ $40.00
⅔ Hour Treatment ....................................... $60.00
1 Hour Treatment ....................................... $75.00
1 Hour Aromatherapy ................................... $80.00
1 ¼ Hour Treatment ..................................... $90.00
1 ½ Hour Treatment .................................... $105.00
1 ½ Hour Aromatherapy ................................ $115.00
1 ½ Hour Hot Stone.................................... $125.00

HOT STONE SPECIAL $115 1 ½ hour

GIFT VOUCHERS AVAILABLE

(03) 4893677
12 Church Street, Mosgiel, 9024
Reiki II Workshop

Saturday 29th & Sunday 30th April

10.00am till 4.00pm
Presented by Lynette Mills
At Mosgiel Holistic Centre, 12 Church Street, Mosgiel

Your Reiki II attunement gives an even stronger level of energy vibration and connection to the Universal Life Force Energy. You learn 2 more Reiki symbols: The Mental Emotional Symbol and The Distance Symbol. You will have practice at sending and receiving Reiki distantly and giving and receiving hands on Reiki Healing. You will also learn more meditations to help deepen your awareness.

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: $290

Please contact Lynette on 03 489 3677 or 027 722 3118

(If these dates do not suit please still contact Lynette and we will arrange time to suit)
Reiki 1 Workshop

Come along and learn the beautiful art of Reiki healing
Cost: $290
Date: 27th & 28th May
Please call Lynette on 489-3677 to find out more information.

Reiki Sharing
Will be held on the 8th April
At the Mosgiel Holistic centre
From 2-4pm
Donation $10

Yoga4Life
@ Mosgiel Holistic Centre
With Lisa Morrison
RYT: Yoga Aotearoa (IYTA NZ Inc.)

Monday 6.45 - 7.45am (book only)
Tuesday 6.00 - 7.30pm
Thursday 10.00 -11.30am
Friday 6.45 - 7.45am (book only)

(Beginners classes held in blocks throughout the year)

Class numbers limited to 16 – on a 1st come basis

Practising & sharing yoga for over 15 years, I have developed a deep understanding of the energy bodies: 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!

Drop in price: $15
10-class concessions: $120
(To be used within 3 months)
lisajan@xtra.co.nz
Ph.: 0274370779
**WORKSHOPS**

**THERMAL HOT STONE WORKSHOP**
Learn how to use this beautiful method of massage to increase your skill base and learning.
You will learn to give a beautiful deep relaxing therapeutic massage treatment as well as receive one. Suitable for experienced massage therapists.

**REFLEXOLOGY WORKSHOP**
Learn basic relaxation reflexology techniques incorporating beautiful essential oils. Whether you are new to bodywork or an experienced therapist you will enjoy the techniques and by the end of the workshop you will take home the basic skills of reflexology to confidently give your family and friends a treatment, which is guaranteed to relax and revitalize.

**AROMATHERAPY MASSAGE WORKSHOP**
Spend a day learning a very simple and easy relaxation massage technique using the 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 treatment, which is guaranteed to relax.

Workshops are held throughout the year to take advantage of these fantastic learning opportunities please contact Lynette at Mosgiel Holistic Centre, 03 4893677 or 0277223118
Email: info@mosgielholisticcentre.co.nz

---

**Meditation Classes**
There is no greater journey than the one within.
Welcome to meditation.
There is no one greater than the one that is you!
Come and join my fellow journey takers on a Monday night 6pm to 7pm.
The less you know about meditation the better.
It’s the not knowing that counts.
Where: Mosgiel Holistic Centre
12 Church Street
Mosgiel
Koha: $5

---

**Changing Tides**
Wendy McLaren
Clairvoyant
0273303059
Monday and Thursday evenings
Weekends by arrangement

---

**Southern Laser Healing**
Drug Free relief and Healing with no side effects
LLLT restores cellular functions providing these Clinical benefits
• Accelerated tissue healing
• Reduces inflammation
• Reduces pain
• Reduces swelling
Julene McCorkindale
P: 0272275246  E: julene.slh@gmail.com
www.southernlaserhealing
Aromatherapy Massage

By: Astrid

Aromatherapy massage is a wonderful way to experience the healing benefits of essential oils. Essential oils are the natural aromatic chemical compounds extracted from the leaves, flowers, fruit, seeds, roots, bark and stems of plants. Each individual oil possesses its own distinctive therapeutic properties that can be used to improve health and prevent disease.

Usually a combination of essential oils will be used, carefully selected to provide the maximum healing benefit to the condition(s) being treated. Their unique chemical compositions act on the body on both a physiological and psychological level, providing a gentle yet powerful combined effect to promote positive health of both body and mind.

There are numerous ways to use essential oils for wellbeing, but aromatherapy massage – massage using essential oils diluted in a carrier oil – is a particularly effective (and enjoyable!) way of administering aromatherapy treatment as essential oils are easily absorbed through the skin. The minute chemical molecules of the essential oils enter the pores, hair follicles and sweat glands and reach the dermis (the skin’s second layer) where they pass into the network of blood capillaries there. Once they have entered the bloodstream they are then transported via the circulatory system to all parts of the body.

Depending on the essential oils selected, aromatherapy massage can:
- Influence mood and emotions
- Balance hormone production
- Strengthen the immune system
- Reduce pain and inflammation
- Improve digestion
- Improve blood pressure and circulation
- Promote restful sleep

On its own, the benefits of massage are many, however when combined with aromatherapy, those benefits can be dramatically enhanced and multiplied. Aromatherapy is an especially effective treatment for stress and various chronic conditions.
Peppermint – Peppermint essential oil promotes a healthy respiratory function, clears breathing, repels bugs naturally and promotes digestive health. Helps with muscular pain. Inhale for asthma, sinusitis, spasmodic coughing and nausea and fainting. Apply to back of neck for migraines and vertigo.

$45.00 15ml

Rosemary – Rosemary essential oil is frequently used for cooking. It is also fabulous for its internal benefits as it helps to support healthy digestion, supports a healthy respiratory function and reduces nervous tension and Fatigue.

$26.00 15ml

Lemon - the cleansing, purifying, and invigorating properties of Lemon makes it one of the most versatile essential oils. Lemon essential oil can be used internally to assist with seasonal respiratory discomfort. Add Lemon oil to a spray bottle of water to clean tables, countertops, and other surfaces. Lemon oil also makes a great furniture polish; simply add a few drops to olive oil to clean, protect, and shine wood finishes. Diffuse to create an uplifting environment.

$25.00 15ml

Terra Shield - Terra Shield combines a proprietary blend of highly effective and safe essential oils in a base of Fractionated Coconut Oil to help ward off insects. Essential oils: Lemon, Eucalyptus, Citronella and Lemongrass _ a small amount can be applied directly on the skin or diffuse into the air.

$22.00 15ml

Breathe - Maintains feelings of clear airways and easy breathing. Also promotes a restful night’s sleep and helps to minimize the effects of seasonal threats. Essential oils: Laurel Leaf (Bay), Peppermint, Eucalyptus radiate, Melaleuca alternifolia, Lemon, Ravensara, and Cardamom. Apply to the chest, back and bottoms of the feet. Diffuse into the air.

$45.00 15ml

Serenity - Serenity essential oil blend has a calming and relaxing aroma that soothes the soul, providing a safe haven from life’s daily stressors. Essential oils: Lavender, Sweet Marjoram, Roman Chamomile, Ylang Ylang, Sandalwood, Vanilla Bean Extract. Apply under your nose, back, feet and neck great to use in bath water. Diffuse or wear as a perfume.

$60.00 15ml
Free Yourself – from the back room
By John Mills

We are born and the world around us starts to tell us who we are. We believe them. Basically society gives us our ego.

Mixed in with all the messages we receive we begin to create a story about who we are and who we are not.

Once we have a clear understanding of who we are we spend the rest of our lives trying to prove it.

For example, if we believe that we are a very helpful person then we will grab every opportunity to prove that we are helpful, as it will verify our belief.

We will tell the driver where to go when we are in the car. We will constantly correct everyone because we are helpful. We will take over situations because we are helpful.

Then we will be hurt, feel attacked and rejected when other people experience us as bossy, pushy and over bearing. We feel it is just that they do not understand we are just being “helpful.”

No we are not being helpful unless others ask for our help. We are trying desperately to uphold our self-belief.

If we were truly trying to be helpful we would honour everyone’s autonomy.

This also goes for all those that believe they are not worthy; they will spend their lives apologising.

Or those who believe that life owes them, they will be pushy and arrogant.

So the list goes on. There is no judgement in this as we all have a belief about ourselves and try to prove it.

Free yourself by being honest with yourself as to what your story/belief about yourself is.

Understand that this is your story about yourself and that others are not here to verify what you believe.

When you can see it for what it is you will never be let down, have to apologies or be disappointed as you will not have any expectations of those around you.

We will then honour individuality, including ourselves.

We will be free.

PSYCHODYNAMIC THERAPY OR COUNSELLING

I am a psychodynamic therapist and counsellor. I have many years experience in the mental health field having worked at Ashburn Clinic, the public sector and private practice.

Self-referrals accepted. $80.00 per session.

MEDITATION CLASSES

MONDAY EVENINGS @ 6-7pm

Join me to learn about meditation and be guided through a meditation or two.

Cost $5 Koha.

PERSONAL FREEDOM COURSE

This ten-week course explores our physical presence in the world in relation to the character that we are and our connection to the metaphysical as to who we actually are.

The course is an hour a week for ten weeks. Cost is $50 per session.
Sound Energy Healing
Release the toxins from your body
Orchestrated by: Chilean sound therapist
RODRIGO
Sunday 30th April @ 6.30pm
No booking necessary
Cost: $15
Venue: Mosgiel Holistic Centre
12 Church Street, Mosgiel, 9024
Tel: 4893677
Wear loose clothing.
Bring a blanket & pillow & yoga mat if you have one.
If not there are some available at the centre.

Qigong and Taichi classes
Thursdays 5.30 – 6.30pm  Taichi Class
Suitable for beginners to advanced. Maximum 6 people
Donation of $10 for each class
Thursdays 6.35 – 7.35pm  Qigong Class
Suitable for beginners to advanced. Maximum 6 people
Donation of $10 for each class
Please wear comfortable clothing and arrive 5-10 minutes prior to class. Also bring your own water bottle.

Please contact Keiko Imagi for further information and to sign up:
Phone: 021 032 8544 or 453 0624
Email: threedragon17@gmail.com
**Balance** - The warm, woody aroma of Balance, doTERRA’s grounding blend, creates a sense of calm and wellbeing. Essential oils: Spruce, Ho Wood, Blue Tansy, Frankincense, Carrier oil Fractionated coconut oil. This blend is best used of the bottoms of your feet, reflex points. Wear as a perfume or diffuse into the air.

$45.00 15ml

**Slim & Sassy – Metabolic Blend** The slim & Sassy Blend is designed to help control hunger and help limit excessive calorie intake. The oils (calming the stomach and work to improve emotional wellbeing. Essential oils: grapefruit, Lemon, Peppermint, Ginger and Cinnamon. Can be applied to your hands and the bottoms of the feet or you can take internally by adding 8 drops to 16oz water and drink throughout the day.

$55.00 15ml

**DEEP BLUE (ICE BLUE)**
Soothing Blend by doTERRA

This soothing blend contains the pure essential oils of wintergreen, camphor, peppermint, blue tansy, German chamomile, helichrysum, and osmanthus. Several of the oils contained in this blend have been studied for their remarkable abilities to alleviate pain, soothe inflammation, and reduce soreness.

$55.00

**Testimonial**

Suffering from Arthritis? Then I personally recommend you try the **DEEP BLUE RUB**.

I have Arthritis in my hands, one knuckle in particular is very, or was very painful and inflamed. No more. After two to three days of using the **Deep Blue Rub** all pain and inflammation disappeared. That was three months ago. I then gave some to a friend with really bad Arthritis in her feet. She was pleasantly surprised to find it worked after having tried other products.

Try it...it may just be the thing for you.
Sheila Wall.

“**DEEP BLUE RUB IS BACK IN STOCK AT THE MOSGIEL HOLISTIC CENTRE**”

Come in and see our full range of essential oils at the Mosgiel Holistic Centre, or better yet treat your self to an Aromatherapy massage with one of our fully trained therapists.

(If we don't have what you are requiring we can order it for you)
My dear friends,

Friends indeed you are. What is a friend?

Every one of you would describe some many and various aspects and concepts as to what and who a friend is.

For many a friend represents a person whom you can trust to reveal your most inner thoughts and feelings to, without the fear of gossiping to another person. A friend may represent not only a trustworthy person but also a person who will or would stand by you no matter what.

Are you a true friend?

How would you describe your friendships to others?

The word friend has so many sides to it that one can become tangled in their various concepts that everyone’s ego invents. Everyone’s ego’s requires different aspects in a friendship, needs, wants and desires.

Let there be no expectations in your friends, then you will not be disappointed and thus hurt, for the hurt would only come from an expectation not being fulfilled.

Possessiveness can be another nail in a friendship.

Wanting a friend to always be only spending time with you or wanting to be the very special person to the friend.

Dear ones open yourselves to all friendships, no concepts, no expectations just enjoy each other’s company in the moments you are spending with each other.

Above all please don’t judge or be critical of others.

Be open, loving and giving.

Your friend in spirit.

Obion.
Reflexology Explained

Reflexology is used as a way of maintaining good health and overall wellbeing – it has been used for thousands of years in various cultures around the world. It is a safe, effective and deeply relaxing natural therapy that stimulates your body’s innate ability to heal and balance itself. Reflexology is based on the principle that every part of your body has corresponding specific reflex points on the feet, hands, and ears. Reflexology treatments involve the gentle stimulation or sedation of these reflex points to trigger your body’s natural abilities of self-healing by stimulating the nerve pathways and unblocking and enhancing the flow of energy. This promotes the restoration of balance in the affected area and helps to create and maintain a healthy, balanced, harmonious state (homeostasis) throughout the body. Reflexology promotes better functioning of the body’s systems by improving circulation and lymphatic drainage, stimulating nerve pathways, relieving congestion, inducing muscle relaxation, and calming the mind. The effects of reflexology are unique to each person. As reflexology is a holistic treatment - meaning that it treats you as a whole person, not just your symptoms – everyone and anyone can benefit from it. Many people use reflexology as a preventative treatment.

Reflexology is beneficial for:

1. Reducing stress and tension
2. Improving circulation
3. Reducing or relieving pain
4. Revitalising energy
5. Improving nerve function
6. Digestive issues
7. Improving elimination of toxins from the body
8. Hormonal imbalances
9. Anxiety and mild depressive disorders
10. Sleep disorders
11. Fertility issues

Specific conditions with reported benefits include:

- Stress
- Sciatica
- IBS
- PMS
- Insomnia
- Asthma
- Neuropathy
- Menopause
- PCOS
- Chronic back pain
- Sinusitis
- Arthritis
- Fibromyalgia
- Headaches & migraines
- Diabetes
- Constipation
- Infertility