

# Tranquility

MIND BODY



HOLISTIC HEALTH



We are a unique Holistic Health Centre with practitioners who have a genuine passion for health, wellness and good service.

Our team of inspiring individuals believe in growing the awareness of holistic health and sharing their knowledge. Our vision is to bring alternative health options and true wellness to the community in East Auckland.

At Tranquility Mind and Body we do not just treat symptoms, we aim to reduce stress and restore overall health.

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Relaxation is  
the stepping  
stone to  
tranquility





## Nicky Jackson

Nicky is the founder and owner of Tranquility Mind and Body. She is passionate about holistic health and working with people, to become the best version of themselves.

REIKI • REIKI TRAINING • FORENSIC HEALING  
QUANTUM HUMAN DESIGN

### **Reiki:**

Reiki helps to create deep relaxation, clears blocks and enables feelings of peace, security and well-being. Reiki treats the whole person Including body, emotions, mind and spirit.

### **Reiki Training:**

Nicky now offers Reiki 1<sup>st</sup>, 2<sup>nd</sup> degree and Master Practitioner courses at Tranquility Mind and Body.

### **Forensic Healing:**

Forensic Healing is a proven, advanced therapy that answers long-standing personal questions in relation to chronic pain, emotional connections, relationship issues and even financial trepidation. A Forensic Healer will investigate a client's past using a consultation and biofeedback methods (similar to Kinesiology). By identifying the most impactful/stressful times that caused a block in the client's energy field and then by applying the most-appropriate healing the block in the pathway can be released.

### **Quantum Human Design:**

"Quantum Human Design™" is often called the "new Astrology," and the "intersection of science and spirituality." Your Quantum Human Design chart is formulated by taking your birth date, time, and location – giving you specific information about your life path, your style of working, your relationship blueprint, how you experience energy in the world, and most importantly, how to create a truly meaningful and authentic life."

### **TO BOOK**

**E** [nicky@tranquilitymindbody.com](mailto:nicky@tranquilitymindbody.com)

**W** [www.tranquility-mindbody.com/nicky-jackson](http://www.tranquility-mindbody.com/nicky-jackson)

**T** 022 3723 296



## Janine Gawn

I have always had a passion for health inspired by a strong connection to my herbalist grandmother. As a homeopath, I listen to your symptoms and story and address your health concerns with a carefully chosen homeopathic remedy. I specialise in women's hormonal health and children's health.

### HOMEOPATHY

#### What is Homeopathy?

Homeopathy is a system of medicine developed by Dr Samuel Hahnemann, a German physician and scholar. It is used widely throughout the world.

Homeopathic remedies are derived from plant, mineral and animal substances. They are specially prepared following Homeopathic Pharmaceutical guidelines. The remedies stimulate the immune responses of the body to raise your general level of health. The underlying cause is addressed so as to prevent symptoms from re-occurring. It is non addictive and without side effects.

Homeopathy considers each person as an individual. We all experience life differently – our ability to cope, our reactions to circumstances and illnesses all differ. Likewise, our physical symptoms are unique and individual. The Homeopath matches your total individual picture with the most similar remedy putting the pieces of the puzzle together to ensure an holistic approach to long-term good health. It can be used for first aid situations and common acute illnesses as well as long standing conditions ranging from physical to emotional complaints. It can be taken alongside medication prescribed by your doctor and is safe to use during pregnancy and with young children.

Appointments are available in person in Howick, East Auckland, and also nationally and worldwide over Zoom.

#### TO BOOK

**E** [janine@aklhomeopathy.co.nz](mailto:janine@aklhomeopathy.co.nz)  
**W** [www.aklhomeopathy.co.nz/about-janine](http://www.aklhomeopathy.co.nz/about-janine)  
**T** 09 281 4531

# Shakira Quinn

Shakira is an experienced, qualified Healer, Psychic Intuitive and Reiki Master, utilising a range of unique skills to bring deeply relaxing and rebalancing treatments for your body mind and spirit



REIKI • ENERGY, SOUND & CRYSTAL HEALING  
ELEMENTAL • ASTROLOGY • CHAKRA BALANCING  
MASSAGE

## Highest Good – Greatest Joy – Soul Purpose

True healing comes from within – bringing physical, emotional, mental and spiritual wellbeing. Shakira's treatments support and direct this healing process in you, on a deeply energetic level, through a combination of modalities, tailored and aligned to your individual needs.

## Therapy

When your energy is low, you'll feel tired and unbalanced, which creates stress throughout the body. In our busy modern society, stress, exhaustion and fear are key factors behind many health problems.

## Readings

Fresh perspectives bring deeper awareness, clarity, and the freedom to create positive changes. Understanding the options and blocks in any situation, empowers us to navigate our future with confidence.

## Massages

Massage brings deep relaxation, calming the mind and easing the body. It alleviates aches and pains, negates the impact of stress and anxiety that is so prevalent in modern life.

Shakira's unique Fusion Therapy massage oils and aroma sprays are available online and at the Tranquility clinic.

Come and experience these wonderful therapies – either focusing on one element, or powerfully combined.



**E** [shakira@fusiontherapy.co](mailto:shakira@fusiontherapy.co)  
**W** [www.fusiontherapy.co](http://www.fusiontherapy.co)  
**M** 022 069 3525 **FB** [@fusiontherapy.co](https://www.facebook.com/fusiontherapy.co)



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## Sheryl Hobman

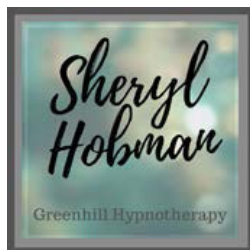
Sheryl is a trained Clinical Hypnotherapist and a committee member of the New Zealand Society of Clinical and Applied Hypnotherapy. She is passionate about offering professional and personalised hypnosis sessions to her clients.

### HYPNOTHERAPY

Working with Sheryl you will receive directed one on one Hypnotherapy sessions which are tailored to your specific needs. Sessions are focused towards positive goals and positive changes in any area in your life.

Sheryl is able to work with all age groups and has experience in many areas of therapy with Hypnosis, including Anxiety, Stress, Fears, Addictions, and Pain, to name a few.

Working with Hypnosis helps to assist in reprogramming your inner subconscious mind, removing self limiting beliefs and habits and replacing with constructive, beneficial and positive ones.



Hypnosis is a perfectly safe, relaxing technique that anyone can benefit from. It is the ultimate means of motivation by programming your subconscious mind to work in co-operation with your conscious desires.

### TO BOOK

**W** [www.greenhillhypnotherapy.com](http://www.greenhillhypnotherapy.com) **FB** [@greenhillhypnotherapy](https://www.facebook.com/greenhillhypnotherapy)  
**M** 021 286 9787 **T** (09) 536 7281 **E** [shobman@slingshot.co.nz](mailto:shobman@slingshot.co.nz)



# Chris Kentsley

Chris is a qualified Life Coach and trained Hypnotherapist who draws on life experience to help people improve their lives with practical programs and steps.



*Life Coaching*  
EAST AUCKLAND

LIFE COACHING • HYPNOTHERAPY

As a Life Coach & Hypnotherapist my goal is help people by utilising goal setting, targeting and coping strategies to enable change.

Most successful people know to surround themselves with a support team. Life coaching is just how it sounds; having a coach to guide you to reach your full potential through life.

## So how can a coach help you?

- Having someone to discuss ideas with, share issues, challenges
- and problems that can be holding you back
- Hold you accountable to your goals
- Offer support and practical strategies
- Provide a sounding board and unbiased feedback
- Be non-judgemental support
- Use techniques to change unhealthy habits

I am passionate about helping people improve their lives. I believe I can do this through life coaching and hypnotherapy, drawing from my life's experiences through good times and tough times.

We can't always control events and circumstances, but we can take control on how we handle them and find our way through.

## TO BOOK

**W** [www.lifecoachingeastauckland.co.nz](http://www.lifecoachingeastauckland.co.nz)

**M** 021 786 923 **E** [chriskentsley@gmail.com](mailto:chriskentsley@gmail.com)



# Zsuzsa Veress

My journey into wellness and healing began with my own experiences as an 18 year-old, and now, many moons later, I'm proud to offer a number of healing modalities.

My qualifications include diplomas in:

- Reflexology & Meridian Therapy
- Aromatherapy
- Beauty Therapy
- Usui Reiki Master Healing
- Spiritual Healing
- Shiatsu
- Touch for Health Kinesiology
- Macrobiotic Creative Living

REFLEXOLOGY • AROMATHERAPY MASSAGE  
SPIRITUAL HEALING/REIKI • EAV BIO-FEEDBACK

## Reflexology

Completely safe, natural aid for restoring the body's healthful balance. Using a specific massage technique, reflexes relating to various organs are activated, thereby stimulating the natural healing response in the body. Used to manage many conditions and extremely valuable for relief of stress and detoxification. Anyone can benefit; man, woman, child and even the family pet!

## Aromatherapy Massage

A gentle, flowing treatment incorporating fragrance, pressure point activation, lymph drainage and energy balancing. Specific essential oils are chosen for your condition. A deeply relaxing and nurturing treatment.

## Spiritual Healing/Reiki

Used for emotional, spiritual and/or physical pain, this gentle yet very profound technique balances your energy centres, bringing you back to a sense of purpose and clarity and allowing you to release sub-conscious blocks. Distance appointments available.

**EAV Bio-Feedback** (Also known as Electro-Dermal Screening or Electronic Acupuncture.) Using a non-invasive probe that is connected to my Avatar Computerised System, acupressure points on the hands and feet are tested to find out-of-balance areas of the body. Appropriate remedies (homeopathic, herbal or nutritional supplements) are then recommended to assist the body to heal itself. This system can be used in numerous circumstances, including identifying intolerances and deficiencies. Remote sessions available.

TO BOOK

**E** [zsuzsa.healing@gmail.com](mailto:zsuzsa.healing@gmail.com) **M** 021 0273 8912  
**W** [www.healing-solutions.com](http://www.healing-solutions.com)

# Michelle Wolfe

Michelle, the creator of Wolfe & World, helps people who feel stuck, overwhelmed, and/or are lacking self belief to reset their mind power & their connection with themselves so that they can be successful & thriving.



## LIFE COACHING

- Become super self-aware with your thought patterns that are creating/shaping your life and reality
- Break down barriers and reveal a world that is more true to you
- Discover how to use your strengths, skills, personality to understand your unique superpower
- Tap into your creativity and past experiences to reconnect with your inner self and discover new pathways to open up your world of adventure and joy
- Experience deeper self connection through photography in coaching
- Strengthen your resilience and improve your vitality and wellbeing
- Receive my prosperity life structure to gain balance and insights to easy work/life wellbeing
- Feel lighter, calmer and gain clarity to move forward in your life direction
- Experience colour remedies for better balance, vitality - colour your world

**I am your champion along the way.**



**TO BOOK**

**E** wolfeandworld@gmail.com **W** www.wolfeandworld.com



## Millie Midgely

Millie specialises in nutritional support, musculoskeletal pain relief (acute and chronic), insomnia issues and concerns around emotional well-being.

NUTRITIONAL SUPPORT • WELL-BEING MASSAGE  
TRIGGER POINT THERAPY • REFLEXOLOGY  
HOMEOBOTANICAL REMEDIES

I'm a Naturopath, Registered Nurse, ACC provider, and member of the Naturopaths & Medical Herbalists of NZ Inc. Most importantly, I'm qualified to improve the health of the individual.

### I specialise in:

- Nutritional support
- Well-being massage
- Trigger Point therapy
- Homeobotanical remedies
- Reflexology

Nutrition support can be given after an assessment of your dietary needs and an individual programme is offered to you.

Herbs (Homeobotanicals) are derived from several herbs to treat various conditions and, like the above, I make specific combinations for each client.

I also offer trigger point therapy with manual techniques or dry needling, as well as Myofascial release which is a gentle massage working on connective tissue to decrease discomfort and increase flexibility.

Additionally, I am skilled in reflexology, which is a massage of the feet. It is believed that each area of the feet relates to different areas of the body, and so by working these regions, it benefits other parts of the body.

### TO BOOK

**W** [www.healthandhealingwoman.com](http://www.healthandhealingwoman.com)  
**E** [airmidle@gmail.com](mailto:airmidle@gmail.com) **M** 022 657 5913

# Christine Broderick

Chris is a NZAC Registered Counsellor who works with adults and adolescents. She offers both short and longer-term counselling, for issues that range from everyday life challenges to mild/moderate mental health issues, including anxiety and depression.



Drawing on training in Cognitive Behaviour Therapy, Solution Focus, Person Centred and Mindfulness she provides a supportive environment for you to address life experiences, thoughts, feelings and patterns of behaviour that may be contributing to problems or emotional distress.

With a warm, genuine and professional approach, Chris' goal is to help you to develop strategies and skills to work through your challenges. Learn techniques to challenge unhelpful thinking, calm your body and brain, develop better coping mechanisms, and implement problem-solving skills.

## Chris has experience working with a range of issues including:

- Anxiety
- Stress
- Low mood and depression
- Relationship issues
- Grief and loss
- Post-natal depression
- Trauma
- Life transitions (school, career, parenting)
- Self-confidence

NZAC REGISTERED COUNSELLOR

## TO BOOK

W [www.counsellingcentral.co.nz](http://www.counsellingcentral.co.nz)

E [chris@counsellingcentral.co.nz](mailto:chris@counsellingcentral.co.nz) M 027 419 5316



## Katie Emerson

Katie has a deep passion for alternative & holistic therapies. She left her career as an audiologist to study classical homeopathy and ozone therapy, and is now fully qualified.

### OZONE THERAPY

I've always felt strongly connected to healing and therapeutic arts. It wasn't until my early 30s that I began seeking alternative health information for my own health purposes, which encouraged my passion and understanding for holistic medicine.

#### What is Ozone Therapy?

Ozone offers a wide range of benefits and has a long history of use as a holistic therapy. Today, ozone is still widely used as a healing and support modality in various countries across the world. Essentially, ozone therapy gently nudges the body's own mechanisms of repair and regeneration, meaning it stimulates the body's own innate healing ability to help bring it back to balance. Ozone therapy offers a wide range of applications and supports various conditions and presenting complaints. Over the years, many studies have shown ozone therapy to have many benefits, including a germicidal effect, regenerative capabilities, immune system stimulation, and detoxification properties. Our bodies are incredibly smart and, in a busy, stressful and sometimes toxic world, often all that is needed is a helpful little push to stimulate the body's existing mechanisms!

I'm currently training in classical homeopathy, so at this time, I'm putting my clinical focus towards ozone therapy whilst I endeavour to complete my diploma, and I will begin to take on homeopathic clients at the end of 2023. I liken low-dose ozone in the body to some of the same principles in homeopathy. Both homeopathic remedies and ozone therapy signal the vital essence of the body to start reorganising itself to achieve balance.

#### TO BOOK

**W** [www.tranquility-mindbody.com/katie-emerson](http://www.tranquility-mindbody.com/katie-emerson)  
**E** [hello@mauriholistic.co.nz](mailto:hello@mauriholistic.co.nz)

# Lisa Reardon

As a Clinical EFT (Emotional Freedom Techniques) Practitioner, I coach people on their own journey to release and heal emotions associated with past events so that they can experience greater peace of mind.



CLINICAL EFT PRACTITIONER

In my own journey I have experienced grief and loss. I've felt weighed down emotionally with an inner critic that relentlessly told me that "I wasn't good enough, that I should be perfect, that I was unloved.

Many years ago, I made the courageous decision to lean into the pain and fear and learnt to let this go. I didn't do this alone. I found EFT (Emotional Freedom Techniques, or "tapping" as it is often called.)

EFT is a stress-relieving technique. It is a blend of two approaches: Cognitive Therapy and the ancient science of Chinese Acupuncture. Instead of using needles, the acupressure points are gently tapped with the person's fingertips while paying attention to a particular experience. This sends calming signals to the part of the brain responsible for the "Fight or Flight" response (the Amygdala) allowing the uncomfortable intensity to a situation to dissolve quickly and effortlessly.

"As a Clinical EFT Practitioner, I coach people on their own journey to release and heal emotions associated with past events so that they can experience greater peace of mind.

## Specialities

- Anxiety/fear
- Trauma & childhood events
- Unhealthy habits/ cravings/addictions
- Grief/loss
- Self-love and confidence

## Credentials

- Certified Clinical EFT Practitioner
- Master Practitioner NLP and Health

## TO BOOK

**M** 021 540 810 **E** [lisa@eftserenity.co.nz](mailto:lisa@eftserenity.co.nz)  
**W** [www.eftserenity.co.nz](http://www.eftserenity.co.nz)

139 Union Road, Howick,  
Auckland 2014

**T** 09 930 1597

**E** [info@tranquilitymindbody.com](mailto:info@tranquilitymindbody.com)

**W** [tranquility-mindbody.com](http://tranquility-mindbody.com)

