

ARCADIA ORGANICS Shop & Café



"A Destination, Not Just A Shop"

Winter/Spring 2010

Welcome to our Second Newsletter

Thank you to the people who have supported us through the ups and downs of economy. Without you and your continued patronage we would not be here in this amazing town with a beautiful shop



Laughter Yoga
Takes over on
Friday
Mornings at
9.30am

Every Friday morning the sound of laughter echo's through the arcade and makes all who hear it smile. "What is it?" we hear you ask. Well it's not all about putting your feet behind your head and sitting still for hours at a time. It is about breathing and most importantly laughing. "What about"? Well it doesn't matter as after only a short time you WILL be laughing for no reason. So come along and join the ever growing group of gigglers for 45 minutes of feeling good, Friday mornings at 9.30am

ARCADIA CAFE
Every Friday & Saturday
through the Winter
Coffee & Slice Special
reduced from ~~\$8~~ to **\$5**

BREAST FEEDING GROUP GET TOGETHER
1st and 3rd Friday of every month 1030 - 1200
Maternity Unit at Community Hospital, Motueka

Are the Rumours True?

We, Peter and Linda Woodgate, have decided to sell the shop and cafe and concentrate more on our natural and holistic practitioner side, as well as running workshops throughout NZ.

So yes we are selling and would love the shop to continue and be taken to its next level of service to the community.

When we came to Motueka, nearly 7 years ago, we had the innocence of a dream of being able to run the organic shop and cafe with a view to 'encouraging organic lifestyles' and community involvement, be natural practitioners, as well as run workshops around NZ.

It didn't take long for us to realise the 'error of our ways'.

So our commitment had to be on just the shop and cafe.

Now we feel we would like to change our priorities and run workshops around NZ and offer a fuller natural practitioner service here in Motueka.

We feel it is time for fresh energy and input to push the shop and cafe further forward into an exciting future.

So far it has been an amazing experience and we've met some incredible people that have touched our lives, and marveled at the support given to us within the ever changing market place of Organics.

7 years ago we were the only ones selling organic products and now there are so many wonderful outlets in Motueka it is encouraging to see positive growth in the demand for healthy living.



A Gentle Detox

for anytime

Simple Body Detoxes : No. 1

A very simple way to detoxify the body in just nine days is the following

- 3 days drinking 3-4 cups of Dandelion root tea
- 3 days drinking 3-4 cups of Dandelion root & Licorice root mixed together
- 3 days drinking 3-4 cups of Licorice root tea

These teas can be made in a small tea pot or a tea infuser, using about 1/2 teaspoon per drink, boiling water and allowing to stand for at least five minutes to allow the beneficial properties to infuse from the herbs, before drinking.

This is a very simple, quick way to help the body detoxify and there is no need to change eating habits (although cutting down on some 'bad' foods wouldn't go amiss!).

With herbal teas, if you're not too keen on the flavour you can add honey and or lemon to give a more pleasant taste. Honey & lemon do not distract from the herbal properties were as refined sugars do !

In the Arcadia Mall

Lou Hassik - Naturopath, Neurolink, Bowen technique

Simon Gosling - Craniosacral Therapy

Treatments in 'The Room' in the Arcade

Holistic Massage, Zero Balancing, Spiritual Healing Indian Head Massage, Hopi Ear Candling, Animal Healing, Hypnotherapy.

Enquiries welcomed about any of our services. Please feel free to make an appointment to chat to either Peter or Linda about any "Body Well" enquiries you may have.

The first 20 minute consultation with Peter or Linda is free. This gives you a chance to ask the questions and feel at ease with the choices. Plus a chance to meet us in private.

Call into Arcadia Organics to make an appointment or call 528 7840

Use the discount vouchers at the bottom of the page to help you make a choice.



Upcoming Workshops

INDIAN HEAD MASSAGE

One day workshop

Motueka 16th October

Intro to SPIRITUAL HEALING

One day workshop

Motueka 30th October

HOPI EAR CANDLING

Two day workshop

13th/14th NOVEMBER

All to be held in Motueka
Enquiries Call Linda 528 9891 or
Linda@arcadiaorganics.co.nz

Would you like to receive this newsletter by email?

Contact shop@arcadiaorganics.co.nz

Email us your comments or questions we'd love to hear from you.

265 High St, Motueka, Tel 03 528 7840 Fax 03 528 4225 www.arcadiaorganics.co.nz

House Energy Clearing Changing houses?

Maybe a little energetic house clean will help the moving on process.

\$20 off VOUCHER

Valid until end of 2010

Indian Head Massage,

Hopi Ear Candling or
Spiritual Healing

\$10 off VOUCHER

Valid until 30th Sept 2010

Holistic Massage

VOUCHER 2 FOR 1

Book & Pay for one
massage & get one FREE

Valid until 30th Sept 2010