

LOCAL RONGOĀ MĀORI PRACTITIONERS

TE WHANGANUI-A-TARA | WELLINGTON

HĀ Healing though the Breath Ltd	Te Horo (Kapiti Coast)	<p>Assists in “stress reduction, pain relief, repetitive cycles and providing calmness in relaxation.”</p> <ul style="list-style-type: none"> • Kanohi kit e Kanohi – talk therapy • Hā – breath techniques • Rongoā Māori – herbal remedies • Hohou I te Rongo – make peace • Taonga Pūoro – musical instruments • Mirimiri – healing massage • Pakiwaitara – narratives • Mana Motuhake – self-determination • Registered ACC rongoā Māori practitioner <p>Practitioner: Cherene</p> <p>W: www.hahealingbreath.co.nz (has online contact form) PH: 020 4100 5072 A: Lavendar Creek Farm 123 Settlement Road, Te Horo</p>
He Pātaka Māoā	Upper Hutt	<ul style="list-style-type: none"> • Offer whakairo (carving), weaving, and rongoā • Registered ACC rongoā Māori practitioner <p>Practitioners: Ihaia and Marissa</p> <p>PH: 022 393 6445 W: www.facebook.com/HePatakaMaori E: hepatakamaori@gmail.com</p>
Manawa Ora Mirimiri and Workshops	Ngauranga, Wellington	<p>“The ancient Māori healing modalities of Mirimiri and Romiromi are powerful restorative practices that bring rebalance, realignment, balance, clarity and wellness to the body, mind and spirit.”</p> <p>“Techniques used include applying pressure to the trigger points and pressure points, using tools such as kōhatu (stones), spine and joint alignment techniques and the use of hands, feet, elbows and bodyweight to work the muscles and tissue.”</p>

		<ul style="list-style-type: none"> • Hold open community clinic days in a range of locations including Porirua, Lower Hutt, Wellington, Wanuiomata, and elsewhere • 2-day workshops: “Learn the foundations of Romiromi and Mirimiri, including haemata (Māori pressure points), floor work, using natural tools such as rākau (sticks), kōhatu (stones) and how traditional bodywork looks in practice” • Registered ACC rongoā Māori practitioner <p>Kaimirimiri/Mirimiri practitioner: Jolie Davis; students</p> <p>W: www.manawaora.org (has online contact form) PH: 021 261 2526 A: 2 Jarden Mile, Ngauranga E: info@manawaora.org</p>
Shar Rua Mirimiri/Healing Massage/EFT Upper Hutt	Upper Hutt	<p>“My aim is to free the physical body of aches and pains by helping to heal the wounded spirit”</p> <ul style="list-style-type: none"> • Registered ACC rongoā Māori practitioner <p>W: www.facebook.com/hinengarotinanawairua PH: 021 160 2517 E: teruawhanau@hotmail.com A: 19 Main Street, Upper Hutt</p>
Rongoā Mauri	Ōtaki	<p>“Rongoā Mauri is a kaupapa to support wahine suffering with stress, anxiety, trauma or PTSD. We are Rongoā Māori healers with a focus on the Manawa (heart space) applying rongoā (Traditional Plant Medicine), Te Whē (Karakia, Waiata, Kōrero) and Mirimiri.”</p> <ul style="list-style-type: none"> • Registered ACC rongoā Māori practitioner <p>Practitioner: Joanne Hakaraia-Olson</p> <p>W: www.rongoamauri.com (has online booking form) E: jo@rongoamauri.com PH: 027 332 8066 A: 211D Main Highway, Ōtaki (Rongoā Shop and Whare Hauora)</p>

Ora Tika Rongoā ki Wellington	Porirua	<p>“Ora Tika Rongoā Māori focusing on Porirua, where we harvest brew, teach others to follow suit using our very backyard to heal one self with support and guidance.”</p> <p>W: www.facebook.com/groups/223842124702756</p>
Te Hauora Runanga o Wairarapa Inc.	Masterton	<p>“Traditional Māori approach to your wellness. Gentle touch massage (pressure points). Poultice, sessions.”</p> <p>W: www.tehauora.org.nz PH: 0800 666 774 E: referrals@tehauora.org.nz A: 101 Chapel Street, Masterton</p>
Ora Tika – Rongoā Māori	Wainuiomata	<ul style="list-style-type: none"> • Weekly walk-in rongoā Māori classes Wednesdays 4-7PM (except school holidays) <p>Practitioner: Lynne Lambert</p> <p>W: www.takirimai.org.nz/index.php?page=service&t=2135 A: Wanuiomata Marae, 153-201 Parkway, Wainuiomata E: wainuiomata@xtra.co.nz PH: (04) 564 8395</p>
<p style="text-align: center;">LOOKING FOR MORE INFORMATION ON RONGOĀ MĀORI/ RONGOĀ MĀORI PRACTITIONERS? TRY THESE SITES:</p> <ul style="list-style-type: none"> • www.teakawhiora.nz/our-work/rongoa • www.teipuaronui.co.nz • www.oranewzealand.com • www.gw.govt.nz/your-region/news/harvesting-for-rongoa-to-improve-health-and-wellbeing • www.mcnz.org.nz/support/support-for-patients/find-a-maori-health-provider 		