



MĀ TE MĀTAU, KA ORA

Thursday, 23rd September 2021

*Mā te rongo, ka mōhio
Mā te mōhio, ka mārama
Mā te mārama, ka mātau,
Mā te mātau, ka ora*

*Through perception, comes awareness
Through awareness, comes understanding
Through understanding, comes knowledge
Through knowledge, comes well living.*

This 2 hour wānanga seeks to support participants to take an interactive journey with Rongoā.

Guided by Māori creation narrative, participants will be introduced to the origins of Rongoā through Mātauranga Māori - the traditional knowledge system, knowledge and practices of restorative healing and well living.

A brief history of Rongoā will reveal the challenging pathway to today's current experience.

Interactive learning from the heart of Bush City finishing with an invitation for a mind, body and soul healing experience with a nationally recognised Taonga Pūora exponent from our Rongoā Collective.

Mā te rongo, ka mōhio Through perception comes awareness	Connecting through your senses. An introduction to Rongoā through Mātauranga Māori.
Mā te mōhio, ka mārama Through awareness, comes understanding	Knew knowledge. Understanding the connection between whakapapa & whānau wellbeing.
Mā mārama, ka mātau Through understanding, comes knowledge	Living by example. Identifying Rongoā wellness strategies for the future.
Mā mātau, ka ora Through knowledge, comes well living	You can't unknow, the known. An opportunity to experience traditional Māori healing for the mind, body and soul.