



Titoki Education and Learning Limited

Rongoa Maori Traditional Maori Medicine Workshops 2020

About Rongoa Maori: Traditional Maori Medicine

Rongoa Maori: traditional Maori medicine/healing is developed in a Maori cultural context and aims to understand the events leading to ill health and its impacts. Treatments are culturally bound and include rakau rongoā (native flora herbal preparations), mirimiri (massage) and karakia (prayer).

Over the 20 years that these workshops have been running, the biggest challenge to keeping alive the knowledge, traditions, and practice of rongoa Maori (traditional Maori medicine) is that today most people don't live close to the ngahere (the bush); they live in cities and towns. They haven't had the chance to learn rongoa in the world in which it developed and belongs. That can make learning about rongoa a struggle.

This programme has been developed to address that challenge. The whole series is run in the ngahere. The aim is to teach people:

- how to identify the plants used for rongoa,
- where to find them, and how to collect them,
- the tikanga that must be followed.

There is a lot to learn. This is a step by step journey over a series of weekends to give participants a good foundation to learn rongoa Maori in a way that upholds and treasures the matauranga (traditional knowledge) of rongoa that has passed down over many centuries.



Rongoa Maori Books:

Rob has written and published a '**Rongoa Handbook**' for those beginning the journey of learning about rongoa. The book covers all of the basics of rongoa. The cost is \$15 (incl postage)

Rob also has available '**Tiwaiwaka Principles**', which provides positive guidelines for caring for the whenua, Papatuanuku, as the source of all life. The cost is \$10 (incl post).

If purchasing together, the total is \$22 (incl post) and are available from Titoki Education and Learning.

If children are attending with you, they may not stay alone at the lodge if they are under 16 while the group are on bush walks.

Workshops:

Rongoa Maori 1

This is the beginning of the journey. It introduces participants to the world of rongoa Maori, and the tikanga involved in learning rongoa. It focuses on getting to know the ngahere (the bush), how to identify the plants and trees that grow there, and the tikanga (traditional practices) that must be followed in harvesting from the ngahere for rongoa. It also puts participants in touch with resources and techniques, both traditional and current, to help them retain what they are learning, and to make use of it in a practical way.

TERM ONE

Auckland Option:

Dates: Sat 29 Feb and Sun 1 March 2020
Time: 9am Sat -4pm Sun
Tutor: Donna Kerridge
Venue: Karanga Camp, Swanson, Auckland
Fee: \$180.00 (incl Fri/Sat accom)

Tauranga Option One:

Dates: Sat 8 and Sun 9 February 2020

Tauranga Option Two:

Dates: Sat 22 and Sun 23 February 2020
Time: 9am Sat -4pm Sun
Tutor: Rob McGowan
Venue: Aongatete Lodge, Katikati, Tauranga
Fee: \$180.00 (incl Sat accom)

Note: Tauranga courses above are two separate date options, not attending both sets of dates – please make known your preferred option

TERM TWO

Auckland Option:

Dates: Sat 26 and Sun 27 September 2020
Time: 9am Sat -4pm Sun
Tutor: Donna Kerridge
Venue: Karanga Camp, Swanson, Auckland
Fee: \$180.00 (incl Fri/Sat accom)

Tauranga Option:

Dates: Sat 29 and Sun 30 August 2020
Time: 9am Sat -4pm Sun
Tutor: Rob McGowan
Venue: Aongatete Lodge, Katikati, Tauranga
Fee: \$180.00 (incl Sat accom)

These workshops are not intended to be strenuous and do not involve long bush walks.

Rongoa Maori 2 & 3:

These follow on from, and build on, Rongoa 1. As well as continuing to develop knowledge of tikanga and plant identification skills, the focus is increasingly on the harvesting and preparation of rongoa and their uses, and the care of ngahere (bush) itself to ensure that rongoa continues to be available.

These two courses are fully catered. As such, refunds are unavailable if you cancel less than five days before the course start date.

TERM ONE

Rongoa 2:

Dates: Sat 4 and Sun 5 April 2020
Time: 9.30am Sat – 4.30pm Sun
Tutor: Rob McGowan
Venue: Waitaia Lodge, Lower Kaimai, Tauranga
Fee: \$360.00 (incl accom/full catering)

Rongoa 3:

Dates: Sat 9 and Sun 10 May 2020
Time: 9.30am Sat – 4.30pm Sun
Tutor: Rob McGowan
Venue: Te Kauri Lodge, Kawhia
Fee: \$380.00 (incl accom/full catering)
Friday Opt: \$20.00 (accom only)

TERM TWO

Rongoa 2:

Dates: Sat 3 and Sun 4 October 2020
Time: 9.30am Sat – 4.30pm Sun
Tutor: Rob McGowan
Venue: Waitaia Lodge, Lower Kaimai, Tauranga
Fee: \$360.00 (incl accom/full catering)

Rongoa 3:

Dates: Sat 21 and Sun 22 November 2020
Time: 9.30am Sat – 4.30pm Sun
Tutor: Rob McGowan
Venue: Te Kauri Lodge, Kawhia
Fee: \$380.00 (incl accom/full catering)
Friday Opt: \$20.00 (accom only)



Rongoa 4 - Medicine Manufacture Weekend:

The rongoa manufacturing workshop is offered to demonstrate the making of rongoa for use with friends and family.

The manufacturing course will cover: a review of the principles of rongoa Maori; do's and don'ts and why of harvesting; storage and manufacturing; ethics; using rakau for rongoa and kai; making ointments, balms, creams, infusions, and decoctions based on rongoa principles; introduction to other rongoa applications including poultices, compresses, syrups, plasters etc; reflections on our responsibilities; care of the knowledge and safety.

This is an interactive weekend that encourages student participation and sharing of knowledge and experiences. The prerequisite for enrolment is having completed at least Rongoa Maori 2.

TERM ONE <u>Auckland Option:</u> Dates: Sat 6 and Sun 7 June 2020 Time: 9.30am – 4.00pm (Fri/Sat accom. available) Tutor: Donna Kerridge Venue: Karanga Camp, Swanson, Auckland Fee: \$290.00 (incl materials) <u>Tauranga Option:</u> Dates: Sat 27 and Sun 28 June 2020 Time: 9.30am – 4.00pm (Sat accom. available) Tutor: Donna Kerridge Venue: Aongatete Lodge, Katikati, Tauranga Fee: \$290.00 (incl materials)	TERM TWO <u>Auckland Option:</u> Dates: Sat 28 and Sun 29 November 2020 Time: 9.30am – 4.00pm (Fri/Sat accom. available) Tutor: Donna Kerridge Venue: Karanga Camp, Swanson, Auckland Fee: \$290.00 (incl materials)
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Enrolment Form – details below can be emailed to: titoki.education@gmail.com

Term One – please circle or make known preferred options	Term Two – please circle or make known preferred options
<i>Course Title: Options: Fee:</i>	<i>Course Title: Options: Fee:</i>
Rongoa 1 AKL TGA Opt1 TGA Opt2 \$180.00	Rongoa 1 AKL TGA \$180.00
Rongoa 2 \$360.00	Rongoa 2 \$360.00
Rongoa 3 \$380.00	Rongoa 3 \$380.00
Rongoa 4 AKL TGA \$290.00	Rongoa 4 AKL \$290.00

Receipt Required: Yes

Direct Credit:
ASB: 12-3146-0025546-00 - *please put your name as reference and post or email your enrolment details*

Paypal, or Credit Card via Paypal – *please contact us so we can create an invoice.*

Name: _____ Email: _____

Postal Address: _____

Phone: Home: _____ Mobile: _____

Emergency Contact Person: _____ Emergency Contact Phone: _____

Places are limited in each of these workshops, so please enrol early.
Unfortunately, we are unable to hold places– your place is only confirmed upon receipt of your fee.

Titoki Education & Learning reserves the right to cancel or postpone programmes which do not reach sufficient enrolment numbers.

Cancellations must be received at least ten days prior to course date to receive a refund – full policies are available on our website.

