

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.

Enrolments:

To enrol, please complete the attached enrolment form and email or forward with your fee to:

By Cheque:

Titoki Education & Learning, 27 Rangataua Street, Tauranga

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.*

For further information, please contact:

Karen Tindall, 027 278 8050

Titoki.education@gmail.com

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 programmes which do not reach sufficient enrolment number. If you are not enrolled, we may not be able to contact you if programmes are cancelled.

Full details, presenter profiles, and Titoki Education and Learning policies can be found on our website:

Titokieducation.co.nz

These workshops are not intended to be strenuous and do not involve long bush walks. Venue details will be sent upon receipt of enrolment fee.



Titoki Education and Learning Limited

Rongoa Maori Traditional Maori Medicine Workshops 2020



Enrolment Form – details below can be emailed

Course Title: Opt: Fee:

TERM TWO

Rongoa 1	AKL	TGA2	\$180.00
Rongoa 2	Opt1	Opt2	\$360.00
Rongoa 3			\$380.00
Rongoa 4			\$290.00

Receipt Required: Yes

First Name: _____

Family Name: _____

Postal Address: _____

Email: _____

Phone: Home: _____

Mobile: _____

Date of Birth: ___ / ___ / ___ Gender: M F

Emergency Contact Name: _____

Emergency Contact Phone: _____

Declaration: I confirm that the above is true and correct.

Signature: _____

Participants may request a Certificate of Attendance

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.

Rongoa 1 (Tauranga):

Dates: Sat 29 & Sun 30 August 2020 (FULL)
Date: Opt2 Sat 12 & Sun 13 September 2020
Time: 9am Sat -4pm Sun
Tutor: Rob McGowan
Venue: Aongatete Lodge, Katikati, Tauranga
Fee: \$180.00 (optional Sat accom. incl)

Rongoa 1 (Auckland):

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

NOTE: If children are attending with you, they may not stay alone at the lodge if they are under 16 while the group are

Rongoa Maori 2:

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.

Note, this workshop has the prerequisite of having completed Rongoa 1 or similar type workshop

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

Rongoa 2 (Option 1):

Dates: Sat 3 & 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 2 (Option 2):

Dates: Sat 17 & Sun 18 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 Maori 3:

Note, this workshop has the prerequisite of having completed Rongoa 1 or similar type workshop

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

Dates: Sat 21 & 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 Accom Opt: \$20.00 (accom only)

Rongoa 4 - Medicine Manufacture:

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.

Dates: Sat 28 & Sun 29 November 2020
Time: 9.30am – 4.00pm (optional Fri/Sat accom. incl)
Tutor: Donna Kerridge
Venue: Karanga Camp, Swanson, Auckland
Fee: \$290.00 (incl materials)

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.