

TE  
WAIORATANGA,

TAHA HINENGARŌ, TAHA  
TINANA, TAHA WAIRUA,  
TAHA WHĀNAU  
NOURISHING THE MIND,  
BODY & SPIRIT

# WHĀNAU WHĀKAORA

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**SAT 8 DECEMBER, 10AM-3PM**  
**NORTH NEW BRIGHTON**  
**COMMUNITY CENTRE**  
**88 MARINE PARADE**  
**NORTH NEW BRIGHTON**

FREE ENTRY

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**NAU MAI, TAUTAI MAI**  
**ALL WELCOME**

We are creating a wellbeing space designed to nourish your mind, body and spirit through healing, feel-good practices, or just a space to chill and connect with others.

Meet local Kaiwhakaora (healers) who will share their unique expertise, tāonga (gift) and insights.

There will be a range of rongōa (traditional medicine), crafts and tāonga available to buy, and most healing practices will be by way of koha (gift/donation).

There are no eftpos machines at the venue so please bring some pūtea (cash).

# GIVE-IT-A-GO... FOR FREE!

## **ORUORUA WHAKAORIORI ON THE BEACH** 10.30AM

Movement in Motion Tai Chi Stylz! Learn some gentle moves in this session – breathe, move, and smile. Feel the pūngao (energy) of Tangaroa what a ‘mean’ way to start the day. To join sign in at the info desk.

## **RĀRANGA WORKSHOP – WEAVING** 10.30AM - 2.00PM

Join the weaving session and learn how to weave a putiputi (flower) using harakeke (flax) You must register to attend this session. Limited numbers. Register today to secure your place.

## **YOGA ON THE BEACH** 11.00AM

Join Letesha for some yoga on the beach feel the energy of Tangaroa as you stretch, breathe and smile. For all ages and levels if you’ve never done yoga now is your chance. To join sign in at the info desk.

## **HIKITIA TE HĀ** 1.00PM

Mana from The Art of Wellness learn this gentle breathing mindfulness exercise this will take place in the venue, breathe, connect, be present... bliss.

## **TAONGA PŪORO – MĀORI INSTRUMENTS** 11.30AM

Join Mahina and learn the whakapapa of these amazing tāonga and feel the healing vibrations they echo. To join sign in at the info desk.

## **POUNAMU TAKARO – MĀORI GAMES** 12PM NOON

Join Tango from Hauora HIIT to learn traditional Māori games, have fun, be active, and keep learning.

– TIURU 12-1pm: Suitable 8yrs and over  
– KI-O-RAHI 1-2pm: suitable 10yrs and over  
To join sign in at the info desk.

## **MAURI KŌHATU WĀNANGA** 12.30 – 2.00PM

Join Matua Te Mairiki, artist, kaiwhakaora, mau taiaha expert as he shares toi Māori creative arts through Mauri Kōhatu (stone). Limited numbers. Register today to secure your place.

## **MAIA – UKELELE GROUP** CHECK FACEBOOK FOR TIMES

Join MAIA a group of ukulele jammers. Bring your ukulele learn some basic chord’s waiata, play, smile.

## **TO SECURE YOUR PLACE IN THE MAURI KŌHATU OR RĀRANGA WORKSHOPS:**

Text your name & the workshop to 027 295 3551  
Or email: vaea.coe@cdhb.health.nz  
Check our Te Waioratanga Facebook page for updates.

Sat 8th December  
10am-3pm  
North New Brighton  
Community Centre