

MAURI KURA

Rongoā Immersion

A Living Curriculum

Rongoā Mauri

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Tēnei au tēnei au
Ki te hōkai nei o taku tapuwae
Ki te hōkai nuku
Ki te hōkai rangi
Ki te hōkai ō tātou tupuna a Tāne-nui-ā-rangi
I pikitia ai ki te Rangitūhāhā
Ki te tihi o Manono
I riro iho ai ngā kete o te wānanga
Ko te kete tuauri
Ko te kete tuatea
Ko te kete aronui
Ka tiritiria, ka poupoua
Ki a Papatūānuku
Kia puta te ira tangata
Ki te whai ao
Ki te ao marama
tihei mauri ora!

NAU MAI

Tēnā koe,

Mauri Kura is a living, relational immersion with the native rākau of Aotearoa — a slow, gentle return to the ngahere, to stillness, and to yourself. Over our time together you'll come to know each plant not through quick study, but through presence and relationship, letting the mauri of the rākau meet you where you are. This is a healing journey as much as a learning one, and I'll be holding the wairua of the kaupapa with you every step of the way.

A rākau is more than its leaves, bark and uses. Held within it is mauri — its presence, its life force, its highest potential. People are no different: each of us carries that same potential, waiting to be remembered. The mauri of rākau has the mana to support us toward our highest potential simply by being in its presence. Plants carry an oro, a frequency that can attune us into resonance with them — and through reflection, they reveal what may be hindering our healing.

I am joined by Katrina Campbell and Susan Rose, who will be supporting Mauri Kura alongside me. Both are experienced Rongoā Māori practitioners who have walked with me for several years, supporting our workshops and wānanga. You'll feel their presence in our fortnightly wānanga and within Te Whare Kura. They bring their own deep relationship with te taiao to this kaupapa, and their care for you is woven through everything we offer.

So you are not walking this path alone. The three of us, and the rākau themselves, are here to hold you. Take your time, trust the journey, and let yourself begin to slow down and listen.

Ngā mihi nui,

Joanne Hakaraia-Olson

Ko Wai Mātou?

Joanne Hakaraia-Olson

Kaitohu Wairua

Ko Tararua te maunga

Ko Ōtaki te awa

Ko Ngāti Raukawa ki te tōnga te iwi

Ko Ngāti Ngāti Kapumanawawhiti, me Ngāti Koroki me Ngāti Maiōtaki ngā hapū

Ko Joseph Te Heuheu Hakaraia tōku pāpā

Ko Rosalie Hohipuha tōku māmā

Ko Nick Olson tōku hoa Rangatira

Ko Joanne Hakaraia-Olson tōku ingoa

Joanne is a kaimirimiri, kairongoā and kaiako whose life's work is devoted to the sacred traditions of Rongoā Māori. Born and raised in Ōtaki, she has practised mirimiri and rongoā for nearly twenty years, and now lives in Auckland with her husband Nick.

Her knowledge has been shaped by many hands. Her foundations were laid by her grandmother Rosalie, her parents Joseph and Rosalie, and her teachers Wiremu Hetaraka and Billy Tuhua — all of whom have since passed, and whom she holds with deep aroha. Moe mai rā koutou; their mātauranga lives on through the work she shares. She has also learned from Atarangi Muru, Wikitoria Oman, Ruatau Perez and many others, and continues to learn to this day.

Together with her husband Nick Olson, she founded Rongoā Mauri, a whare hauora bringing Rongoā Māori to their community. As kaitohu — spiritual guide and lead practitioner — she has walked beside hundreds of people through her clinic, workshops and wānanga across Aotearoa.

Katrina Campbell

Kaitautoko · Rongoā Māori Practitioner

Ko Tauperetao te maunga

Ko Mana-o-rongo te awa

Ko Tataahoata te marae

Ko Ngāi Te Riu te hapū

Ko Tūhoe te iwi

Katrina grew up with a deep love of te taiao, learning from her parents to read the tohu of the whenua and move with the seasons. Drawn to the medicinal gifts of native plants, mirimiri and romiromi, she trained under the respected tohunga Ruatau Perez, continuing in his wānanga to grow her mātauranga.

Her community work began in 2013 with Te Maurea, delivering clinics at Te Kura Kaupapa Māori o Te Kōtuku in Ranui and at the Titirangi community centre alongside Ruatau — mahi she carried for seven years. When Ruatau moved to Christchurch, the clinic continued under Ngākau Ora, and Katrina gave a further three years, travelling to Albany and Paihia to carry traditional Māori healing into communities. Together, a decade of community clinic mahi.

Today she runs her own whare hauora, walking with wāhine who carry the effects of trauma and mental-health challenges. Deeply dedicated to the tikanga of Rongoā Māori, she works alongside her tīpuna, and tīpuna mahi sits at the heart of her practice. She has been under the korowai of Rongoā Mauri for three years, working closely with Joanne to deliver workshops and retreats — and now steps into Mauri Kura as kaitautoko, bringing the steadiness of years in this mahi to those she walks beside.

Susan Rose

Kaitautoko · Rongoā Māori Practitioner

Ko Te Tarai o Rahiri te maunga

Ko Mangakahia te awa

Ko Mataatua te waka

Ko Ngāti Te Rino te hapū

Ko Nukutawhiti (now Te Tarai o Rahiri) te marae

Ko Ngāpuhi te iwi

Susan's love of rongoā began in childhood — her Scottish grandmother teaching her about plants while she was still in a pram, her great-grandmother Tirihia tending the māra of the marae. She says she feels most at home with her arms around a rākau.

A gifted practitioner, she holds a diploma in rongoā from Te Wānanga o Aotearoa and has deepened her mātauranga under Joanne's mentorship over the past two years. A qualified massage therapist, she also learned the traditional practice of mirimiri and romiromi from Ruatau Perez.

Working under the korowai of Rongoā Mauri, Susan loves nothing more than working with rongoā, and regularly provides it for her clients — predominantly wāhine navigating trauma and mental-health challenges. Whether in community clinics or her own healing space, she offers a safe space for everyone who enters, and the wonderful testimonials her clients share speak to the care she brings. Now she steps in as kaitautoko for Mauri Kura, bringing warmth, skill and deep aroha to the rōpū.

How the Course Works

01 The Rhythm of Mauri Kura

Mauri Kura is made up of twelve puna (modules), and each puna focuses on one plant.

For each rākau, you are invited to:

- Spend a minimum of two weeks in relationship with it
- Observe, sit with, and reflect on the plant regularly
- Journal privately about your experience
- Respond to guided reflection questions at the end of the puna

02 Your Members Area

When you log in, everything lives in one place. Open the menu — on your computer or your phone — and you'll find your way to all parts of the course:

- **My Programs** — step into Mauri Kura here
- **Te Whare Kura** — our shared group space for reflection and connection
- **Download the App** — carry the course with you on Spaces by Wix
- **Wānanga** - discover more ways to gather & learn

03 Log In

To enter the course and Te Whare Kura, you'll log in to the website — for most of you, this will be your first time. Use the same email and password you set up when you joined, and keep those details somewhere safe; you'll use them each time you return.

If you ever can't remember your password, simply tap **"Forgot password"** to reset it, rather than creating a new account. One set of login details is all you need, and it keeps everything running smoothly. Log in once, and it's all there waiting for you.

04 How the Course Unfolds

Mauri Kura is a living curriculum. While the shape of the journey holds steady, the path through it is not fixed in advance. The plants lead the way, responding to where the rōpū is at as a collective. Rather than arriving at a predetermined plant on a predetermined week, the puna unfolds in relationship with the people walking it — the rākau meet you where you are.

This happens through the holding of the space. As kaitohu, I hold the space for the rōpū, and from within that space a rākau will show itself — moving forward to enter the puna when its presence is what the collective most needs. In this way the curriculum breathes. It is guided not by a schedule, but by the mauri of the rākau and the readiness of those gathered.

05 The Shape of Each Puna

Every puna follows the same gentle path, so once you have walked through the first, the rhythm becomes familiar:

- An invitation into the two-week immersion with the rākau
- Rākau Immersion — time to observe, be still, and connect
- Kōrero a waha - a short video or audio sharing the mauri of the rākau
- Reflection — your private journalling questions
- Puna Whakamutunga — a closing, before you move to the next rākau

06 Kōrero a waha - Your voice

As part of your time with each rākau, you're warmly invited to record a short video — around two minutes — sharing the mauri of the plant as you've come to know it, and what has moved in you during the puna. There's no script and no right way; simply speak from where you are. Using your voice is part of the healing. Speaking aloud has a way of unblocking and clearing what words on a page sometimes can't reach. When you're ready, you can share your video in Te Whare Kura, alongside others walking this path.

07 Journaling - Your Daily Practice

Daily journaling is a quiet companion to your immersion. This is not about writing well or writing often. It is simply a way of noticing what moves, what softens, and what begins to speak as you spend time with the rākau. You might write a few words, a sentence, or a page — or return to your journal only when something feels ready to be placed there.

Let your writing arise from experience rather than analysis. Notice what shifts in your body, your heart, and your awareness as you sit with each rākau, and allow those observations to be held on the page.

08 Emotional and Energetic Awareness

Spending sustained time with plants can bring insight, clarity, and emotional movement. You may notice old patterns becoming visible, emotions rising or shifting, or a sense of resonance or dissonance in aspects of your life. This is a natural part of plant-led learning.

You are always in choice, and nothing needs to be forced. If at any point you feel overwhelmed, you are encouraged to slow down, ground yourself, and seek support from trusted people in your life.

09 Te Whare Kura

As part of your Mauri Kura journey, you are invited into Te Whare Kura, our private group space. This is offered as a gentle companion to your learning — a place for shared reflection, quiet support, and integration as you move through each puna.

Participation is entirely optional. You may choose to read, reflect quietly, or share when it feels right for you. The space is held with care and respect, and is intended to support connection. If you feel called, you are welcome to join others walking the Mauri Kura path there.

10 Fortnightly Wānanga

Every two weeks, we gather online on Sunday at 4pm (NZT). *Your zoom link will always be posted in Te Whare Kura.* These hui offer a gentle space to share your experiences (if you feel called), listen to the journeys of others, ask questions as they arise, and sit in collective presence.

Participation is always optional — you are welcome to speak, listen, or simply be present. These gatherings are not spaces for analysis or interpretation, but for respectful listening, shared presence, and the unfolding of learning in relationship. This is also a space where myself, Katrina and Susan will be present with you, to hold the wairua of the kaupapa and support your journey as it unfolds.

11 Download the App

If you'd like to carry the course with you, the free Spaces by Wix app lets you step into Mauri Kura and Te Whare Kura from anywhere, and receive updates as they come. It is entirely optional.

To join from your phone: log in to the Members Area and tap "Download the App" — it will take you to download Spaces by Wix and bring you straight into Te Whare Kura.

Or, open the Spaces by Wix app, tap the search bar, and search "Te Whare Kura" to find and join us.

12 Joining

You are welcome to pay for the course in full, or month by month through a subscription — whichever sits more comfortably for you. You'll find both options on the Mauri Kura course page when you enrol; simply choose the one that suits you best. Once your payment is received, the course opens to you.

To view or manage your payments at any time, log in and open the menu in your Members Area — you'll find everything under My Payment Plan (and a record of your enrolment under My Orders).

13 Completion

As you move through and complete each puna, your journey through Mauri Kura is recognised with a certificate at the close.