



RONGOĀ MĀORI

How we Work as Rongoā Māori Practitioners

Rongoā Mauri is the practice of attuning to the mauri that flows through all living things. It is a return to balance, a remembering of our deep connection with Papatūānuku and the ngahere.

Rongoā Mauri is held within Te Wao Nui a Tiriwa (Waitākere Ranges), a sacred and storied landscape under the mana of Te Kawerau ā Maki.

OUR ROOPŪ

maaori healer/kairongoaa/kaimirimiri



Joanne Hakaraia-Olson
Henderson, AUCKLAND
Practitioner



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*Healing ourselves is integral to the mauri of Papatūānuku.
Through Rongoā Māori, we are able to heal from the traumas of the past
and connect with the natural world, embodying our spiritual
connection to Papatūānuku.*

How to book with us

1. You will need to give ACC our vendor number (VBB958) before an appointment can be made with us
2. Please fill out our online [Hauora Form](#) before your initial appointment
3. Read our frequently asked [Questions & Insights](#) on our website
4. Contact our office for more information: office@rongoamauri.com

Rongoā Māori is the oldest health system in Aotearoa. Māori have been immersed in rongoā for centuries. I would like to introduce you to Rongoā Māori and share how I work with clients as a Rongoā Māori healer.

Rongoā is about peace and balance. It's using all of the senses to be able to bring balance into not only the individual but whanau (family) and the wider community that surrounds them. Rongoā is about maintaining balance, knowing and sensing when there is an imbalance in the body, mind and spirit.

Traditionally, Māori would treat the imbalance at the onset of symptoms before they could set in. The key to this was in fully knowing the body and discerning when there were changes in the anatomy and physiology, as well as within their whanau and wider community.

To know what is out of balance requires a deeper understanding of self. Being in the present moment, practising stillness and recognising what is happening around you enables you to recalibrate when needed. Rongoā is truly a journey of self-discovery.

Rongoā is not about medicine. Rongoā is a way of living. Having balance, which is essentially peace of the hinengaro, tinana and wairua (mind, body and spirit) is what is most important. Knowing how to navigate and sense when the balance is tipping excessively in one direction is crucial to be aware of.





How Do We Know When Something is Out of Balance?

The hinengaro, Tinana, wairua (mind, body and spirit) are not separate in nature, they are imbued as a whole. They are one. When we heal the wairua (spirit) we heal the tinana (body). When we heal the taiao, we heal the tinana. When we heal the hinengaro we heal the taiao. Each of the elements are working together holistically and symbiotically.

As a Rongoā Māori healer, we work intuitively. We hold a sacred space for you to share your story. Your body holds the story and with your permission, we will read the signs and patterns of your mauri (life-force) to facilitate balance. We listen intently to the sound of your voice. Your voice is a vibration and we are informed by the sound of how your internal elements are.

We need to understand what is occurring in the body and in particular, the pathway that has become out of balance. We look at what caused the illness and that means looking at events in your life leading up to the illness. We will work with you in a way that is comfortable as can be for you but at times may be confronting.

Mirimiri is a form of bodywork that moves the internal waters. When someone has suffered trauma the person may be disconnected from their body. Their wairua is out of the body because they do not want to feel the mamae (pain) in their body especially the feelings related. Mirimiri brings you back into your body.

MIRIMIRI

Mirimiri promotes healing through physical touch or kohatu (stones) to draw toxic energy out of the body. It utilises a holistic approach to restoring wellness to the mind, spirit, body and emotional wellbeing. It is believed the build-up of tension in the body reflects trauma and stress you have accumulated during your life and, if left untreated, can cause illness, pain or dysfunction on a physical, emotional or spiritual level.

This is achieved through applying pressure to trigger points and pressure points, using tools such as pounamu (greenstone), rākau (plants), Te Whe (sound/voice/vibration), spine and joint alignment techniques and the use of hands, feet, elbows and bodyweight to work the muscles and tissue.

The inspiration for Mirimiri comes from nature – particularly water or ocean, both of which symbolise our life force.

Why is Mirimiri important?

Mirimiri provides increased circulation to the body and has been found to increase serotonin and dopamine, which are neurotransmitters that help reduce depression. Mirimiri helps you manage stress and provide a better emotional and spiritual balance.



ROMIROMI

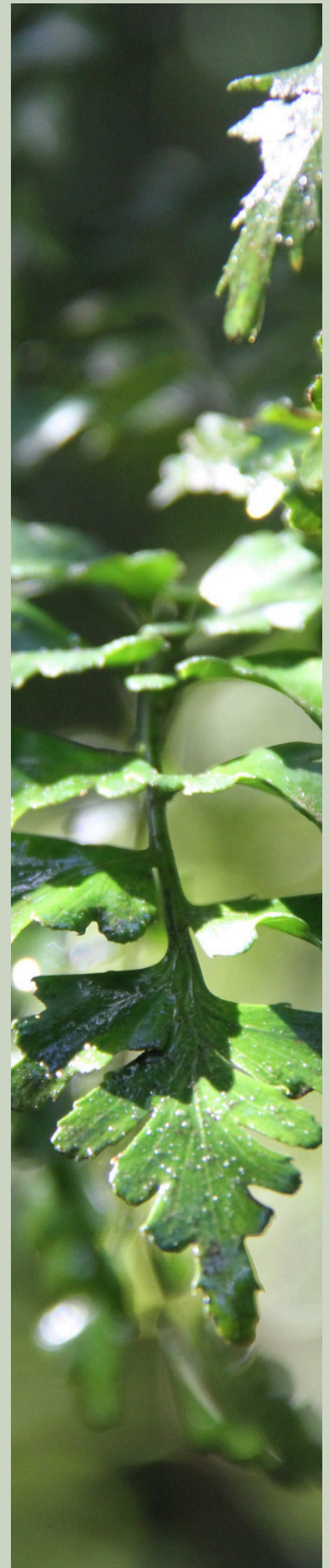
Romiromi is a sacred bodywork practice handed down through ancient wānanga of traditional Māori healing. It is more than massage — it is a remembering. A return to balance. A restoration of mauri.

Romiromi works with the interconnected layers of the body, mind, wairua and emotional field. It recognises that what we carry physically is often woven with what we carry spiritually and emotionally.

On a physical level, Romiromi involves deep body alignment and intentional pressure applied to haemata — specific body points — to support the release of stagnation and blocked energy. Through working with the central nervous system, the practice awakens and invigorates the body's natural systems, strengthening their ability to restore themselves.

Throughout our lives we accumulate stress, trauma, shock and held emotion. Over time, these can manifest as pain, illness, fatigue, disconnection or spiritual heaviness. Romiromi gently yet powerfully supports the body to unwind these imprints, bringing balance back where there has been disruption.

Romiromi can be a transformative and dynamic experience. If you are ready to release old patterns and energies that no longer belong to you, deep shifts can occur. The work may feel intense at times, yet it is profoundly rewarding. Your practitioner will only journey as deep as your body and wairua are ready to go.





THE TREATMENT PROCESS

All treatments are conducted in a professional and private manner with a fully trained Kairongoā (Mirimiri and Rongoā Practitioners).

The sessions are 45 minute sessions. The first session includes a consultation to discuss individual requirements.

Clients are fully dressed during a session. Please wear comfortable clothing that will stretch with the body. No jeans please. Jewellery should be removed.

If rongoā needs to be applied in the form of organic oils or poultices we may ask you to remove items of clothing as long as you are comfortable. Your practitioner will only expose the areas of your body being treated. The rest will be securely covered with a towel.

At any time, if you are feeling uncomfortable, the practitioner can suspend the session.

There is a 24 hour cancellation policy.

If you have further questions please feel free to contact our office.

e: office@rongoamauri.com

w: www.rongoamauri.com