



Maori Traditions and a Culture of Healing in New Zealand

October 18 – 29, 2020

October 18 Kia Ora~ Welcome! (D)

Arrive in Auckland, New Zealand or Aotearoa.

We will facilitate a group transfer at a local hotel or at the airport. We will meet and then check into our hotels (all will be 3 stars in the city).

7:00pm **Welcome Dinner at our hotel.**

Overnight in Auckland

October 19 Historical Overview (B, L)

Morning Yoga and time to sleep in .

After breakfast at our hotel, and morning time for yoga, we will have an **Orientation Meeting** .

After lunch we enjoy a **city tour** by bus. We start in the city center including Queen Street, Karangahape or 'K' Rd, and Ponsonby. Then we'll cross over the Auckland Harbor Bridge where you will be treated to some of the best views of Auckland's skyline as we head back to the city, and explore Silo Park and Viaduct Harbor on the waterfront before making our way to the **Auckland Domain**. Situated atop a 62,000 year old volcano, the Auckland Domain is a beautiful city park which offers expansive views across the harbor to Rangitoto, Auckland's most iconic landmark.

3:00pm We will have an hour to visit the **Auckland Art Gallery Toi o Tamaki**, we will focus on contemporary Kiwi artists and the Maori portraits.

5:00pm Our evening and dinner are free to rest.

Overnight in Auckland

October 20 Waitangi: History of Maori (B, L)

After our morning yoga and breakfast we check out of the hotel and we leave for a **full day excursion to Waitangi**, celebrated as one of the most significant places in all of New Zealand. The Waitangi Treaty Grounds is where a treaty was signed between the Maori and the Europeans. We will have lunch here, experience a Kapahaka cultural performance, and have time for paddling in a waka (Maori canoe). We will also meet a representative of the Maori and learn about the work, education and advocacy fostering Maori rights and sovereignty. We will learn about anti-racism efforts behind the Waitangi Tribunal in 1985. This day helps set the understanding for the history of settler colonialism in Aotearoa.

5:00pm Check in to our hotel

Dinner and evening are free.

Maybe enjoy a visit to a local winery like the Cottle Hill Winery to try some of New Zealand's wonderful production.

Overnight in Kerikeri.

October 21, 22, 23 and 24th. Maori Healing Cultural Immersion (B, L, D)

These days are dedicated to experiencing the Maori of the North Island. We stay at a beautiful coastal lodge. Flo will facilitate morning yoga and exercise on the beach.

Daily we will have meals with our hosts. We will focus on Maori learning about the Maori healing practices, culture and lifestyle, including creation stories, cosmology and wayfaring. We will examine traditional agriculture and the relationship with the land.

There are many powerful and sacred practices traditional to Māori healing, and they have been preserved by elders and healers through generations. Some fundamental techniques include:

- Rongoa (healing with native plants)
- Whaikairo (greenstone carving)

- Mirimiri and Romiromi massage
- Waiata and Karakia (song and ritual chanting)
- Puoro (creating and playing traditional instruments)
- TaMoko (traditional tattooing)
- Raranga (weaving)
- Haerenga (sacred journey to hot pools and caves where ancient tohunga were initiated)

4 Overnights with Maori in Beach Lodge

October 25th **The Hobbiton: Green & Gorgeous** (B,L)

7:00 am We say our good byes early this morning and check out of our homes.

Then we are off for our afternoon excursion to the **Hobbiton Movie Set**. Our drive is long today . It is about 5 hours but we will stop along the way for lunch. This is the beautiful iconic backdrop for the Lord of the Rings and Hobbit movies. The location is the largest “green set” in the world. We will have a “Shire” inspired buffet lunch on site. Afterwards we make our way to **Tauranga**: to check in to our 3 star hotel, about a 45 min. drive.

Dinner and evening are free.

Overnight in Tauranga

October 26th **Tauranga!** (B)

Morning Yoga

Today we have planned a free day for you in **Tauranga**, a popular destination for outdoor beauty, lush parks and watersports. This harbor side city in the Bay of Plenty region hosts historic buildings and a bridge over the harbor connects Tauranga to Mount Maunganui, a beach town with hot saltwater pools and an extinct namesake volcano with winding walking paths. We will provide some options for you to:

- 1) **Swim with Dolphins:** You will have the opportunity to swim with more than just dolphins, as the waters of the Bay of Plenty hold seals, whales, sunfish and blue penguins. (Dolphin swimming tours depart from Tauranga and have a different style of swimming where you hold onto the back of the boat while it slowly pulls you along, making you seem a lot more interesting to the dolphins.)
- 2) **Kayak:** Waimarino Adventure Park has New Zealand's only kayak slide, The Blob, kayaks, rock climbing, diving boards, Italian Pedallos and plenty more experiences for a day filled with water and adventure!
- 3) **Hike:** Or, go on one of the gorgeous hikes around the area!
- 4) **Relax on the Beach!**

- 5) The later evening is free to explore the Bay and its biodiversity, or perhaps stroll the town.

8:00pm Invited Speaker at our hotel, to share with us about the **Tradition of Wayfaring** and the living importance of the Waka (Canoe).

Overnight in Tauranga

October 27th Geothermal and Healing Waters of Rotorua (B, L)

This morning after Yoga, we transfer to Rotorua. On the way we enjoy time to visit **the Waioapu Thermal Wonderland** considered "One of the 20 Most Surreal Places in the World" with it's **colored geothermal reserve**. After Lunch we will have free time for your personal wellness needs:

- 1) White Water Rafting:
- 2) Gondola and luge rides:
- 3) Agrodome Farm Show:
- 4) Hot Springs and Massage at the Polynesian Spa !

We meet back up at 7:30 for dinner together or to enjoy an optional evening hike through a Redwood reserve.

Overnight in Rotorua

October 28^h Return to Auckland (B, D)
Morning Yoga.

More leisure time for another Spa treatment.

12:00pm Check out of the hotel and grab lunch on our way back to Auckland.

4:00pm Enjoy time for souvenir shopping with local crafts persons and artisans.

6:00pm Check in to hotel and break for some rest.

8:00pm We end our journey celebrating together are out **Farewell Dinner**.

Overnight in Auckland

October 30th

(B)

We will check out of the hotel and drive to the airport to transfer back home . Or stay the weekend on your own to wander and explore on your own.

This Journey is Powered by ...

