

# Rongoā Māori

## Traditional Māori Healing



**Rongoā Māori is the traditional healing approach of Māori. It involves the oral transmission of knowledge, a diverse range of practices, and a focus on achieving balance of the mind and the body, as well as the spiritual aspects of the person.**

Rongoā Māori includes herbal remedies, physical therapies, and spiritual healing. Instep recognises Rongoā as a taonga of Aotearoa New Zealand and honours it as a gift passed down through generations.

Instep have partnered with Rongoā Practitioners to offer this holistic approach to healing, uphold its Mana and increase access for all.

### **Rongoā may help with:**

- **Anxiety**
- **Depression**
- **Stress**
- **Trauma**
- **PTSD**
- **Others**

Rongoā is for both Māori and non-Māori or tau iwi.  
To find out if Rongoā Māori is available in your area;

**Phone Instep on 0800 284 678**

**Visit the website at [www.instep.nz](http://www.instep.nz)**