

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