



**AKO TOROWHĀNUI:**

**Māori Healing Training**  
**400-Hour Endorsement Guide**

MiriMiri & RomiRomi

*WanderKind*  
BY GABRIELLE RANGIHOEA



**APPROVED**  
**TRAINING PROVIDER**  
INTERNATIONAL INSTITUTE FOR  
COMPLEMENTARY THERAPISTS



[www.wanderkind.com.au](http://www.wanderkind.com.au)



**Titiro ki tō kapu o Taku Ringa  
Kei roto ngā taonga a o tatou tīpuna**

***~ Look into the palms of my hands  
For within them lie the treasures of my lineage***

Whakatauki from my Nanny  
Camille Rangihoea Walker, Nee Ropitini

# HONOURING YOUR HAERENGA ~ JOURNEY

## As you begin your next steps as a student practitioner

I bow so deeply in advance to the time and energy you will contribute to complete this training.

If you have this booklet, you have begun learning some of the foundations of Māori Healing. The full capacity of these teachings and how they will weave with your life can sometimes take some time to calibrate and integrate.

As you step further into the space of being able to empower others, I would always encourage you to take your time completing your additional hours. This will allow time for yourself and the inevitable road blocks that we navigate in life.

Each requirement of this training has been put in place to ensure your gradual development as a practitioner and awareness for your clients.

I view Māori healing as so much more than a practice that we add to our list of modalities. It is a way of life, a deepening and a facing of our own healing and in some instances a facing and healing of some fears we may have held within us for some time.

I encourage you to engage in these next 350 hours of your training as a way to facilitate your own development as a space holder. Our success in the future relies on all of us stepping up and sharing all the pieces of us that want to be present.

Mostly, be kind to yourself, compassionate for your journey, seek guidance when you need.  
And take the next step.

Whakamanatia ~ in our collective sovereign uprising

X *Gabrielle Rangināea*

**P.S. Please reach out if you're ever stuck, uncertain or need some support.**

I may not pick up or respond straight away, although know I will always get back to you!

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# HAERE MAI

Welcome to Ako Torowhānui: Māori Healing Training



# ABOUT AKO TOROWHĀNUI

This course as a whole is designed to support practitioners to gain knowledge, skills and practice and an understanding of Māori healing.

Whether you are considering a healing practice for the first time, or you are already practising as a healer and looking to expand your modalities my intention is to walk alongside you for part of your journey.

There are many reasons people are drawn to this training, yet mostly, you just know you're meant to join us and feel there is something for you to learn and receive here.

RomiRomi and MiriMiri are Māori bodywork practices from Aotearoa, New Zealand.

Both forms are practiced with a focus on Roimata and Haemata, internal and external vital points in and around the body.

The intention of these healing practices is to support the alignment of our wairua ~spirit and mauri ~life-force to enhance our standard of life.

Ako Torowhānui: Māori Healing Training emerges from Gabrielle's lineage, wisdom passed down through generations, across cultures, and shared through other teachers. This training is continually refined through feedback and practice with my clients and combined with the emerging energies and messages pertinent in today's modern world.

The way I share this work is a mix of the ancient and emerging. I honour my tīpuna ~ ancestors and kaiako ~ teachers, yet mostly I work with and encourage you to access your unique ara o te toi-mai-o-rangi ~ your unique pathways towards the highest heavens.

**I honour your tīpuna, kaitiaki and guides for carrying  
you into this space.**



# 400-HOUR PRACTITIONER TRAINING

## Moving towards your 400-hours Endorsement

Once the 6-day intensive is completed, you then join past-trainees and alumni as you complete your hours. These can be accessed here: [www.wanderkind.com.au/lessons/assignments/](http://www.wanderkind.com.au/lessons/assignments/)

## Deciding if becoming a practitioner is for you....

At the end of our 6-days together if you are interested in becoming a practitioner, we will schedule a zoom call to consider what aspects you will need support with and make some agreements about completing this.

In some instances, I may suggest that this pathway would suit you more later after you have completed some more personal healing work.

## Pre-requisites

There are no bodywork pre-requisites for this training.

What is required is an open-mind, a willingness to learn, a curious spirit, respect for all cultures and an agreement to embody the following agreements.

# SELF-PACED TRAINING

Completing your 400-hours Ako Torowhānui Māori Healing Training hours is self-paced. Many people complete within 1-2 years, however, I will continue to support you as long as it takes you to complete this training.

We all arrived at this practice with different lives, commitments, dreams, and readiness to step onto this path and this self-paced aspect accounts for this.

## Draw on the Ako Torowhānui: Māori Healing Community

If you ever feel stuck with any of the assignments, need some motivation to move through or clarification - you can reach out to me or your peers.

I encourage you to practice and do swaps with others in your intake and reach out to past graduates and trainees to seek advice, clarification and/or to seek understanding.

We are all in this together. Our support of each other helps us uplift the Mana of our communities, families and ourselves.

# AGREEMENTS FOR THIS TRAINING

## Being a part of Ako Torowhānui: Māori Healing Training Involves

*We all come from different backgrounds, practices, beliefs, and ways of doing things.*

*We will have different understandings and ways of expressing our personal and cultural healing journey. In our healing practice we are all different ages and in different places, yet something carried us all here to the same space and time for a reason.*

*Each of the following agreements are valuable skillsets that are integral to our work together in the training and your own work later as a practitioner.*

## **Ngākau whakaute ~ Respect for each other, previous graduates, other RomiRomi practitioners & our clients**

There may be points during this intensive where you feel challenged, triggered or activated.

You are not required to agree 100% with things that are shared.

Use your discernment and if you have a meaningful perspective, please share.

You may already practice a healing practice, yet please refrain from marketing or selling your products or services during our time together (unless someone asks you directly during lunch or a break).

## **Takohanga ~ Responsibility & participation**

This training is an active process. As with all training, you get out what you put in. Speak up and if you see someone needing some support, check if they are ok. If you need some space to integrate or clear your energy body, please take that time. Know that you will always receive the information you need to receive and there will be continual opportunities to re-clarify.

It is your responsibility to clarify your boundaries and know that we are actively walking the rim of the sacred with Māori Healing. Part of the gift of this practice is it's ability to safely challenge perceptions of pain, understanding of themselves and capacity to walk this path.

Boundaries come in a range of forms and can be personal, professional, emotional, physical, social and sexual. Remember to continue asking permission again and again as we engage with this deep work and if someone says no, respect that.

## **Whakarongo ~ Active listening & absorbing**

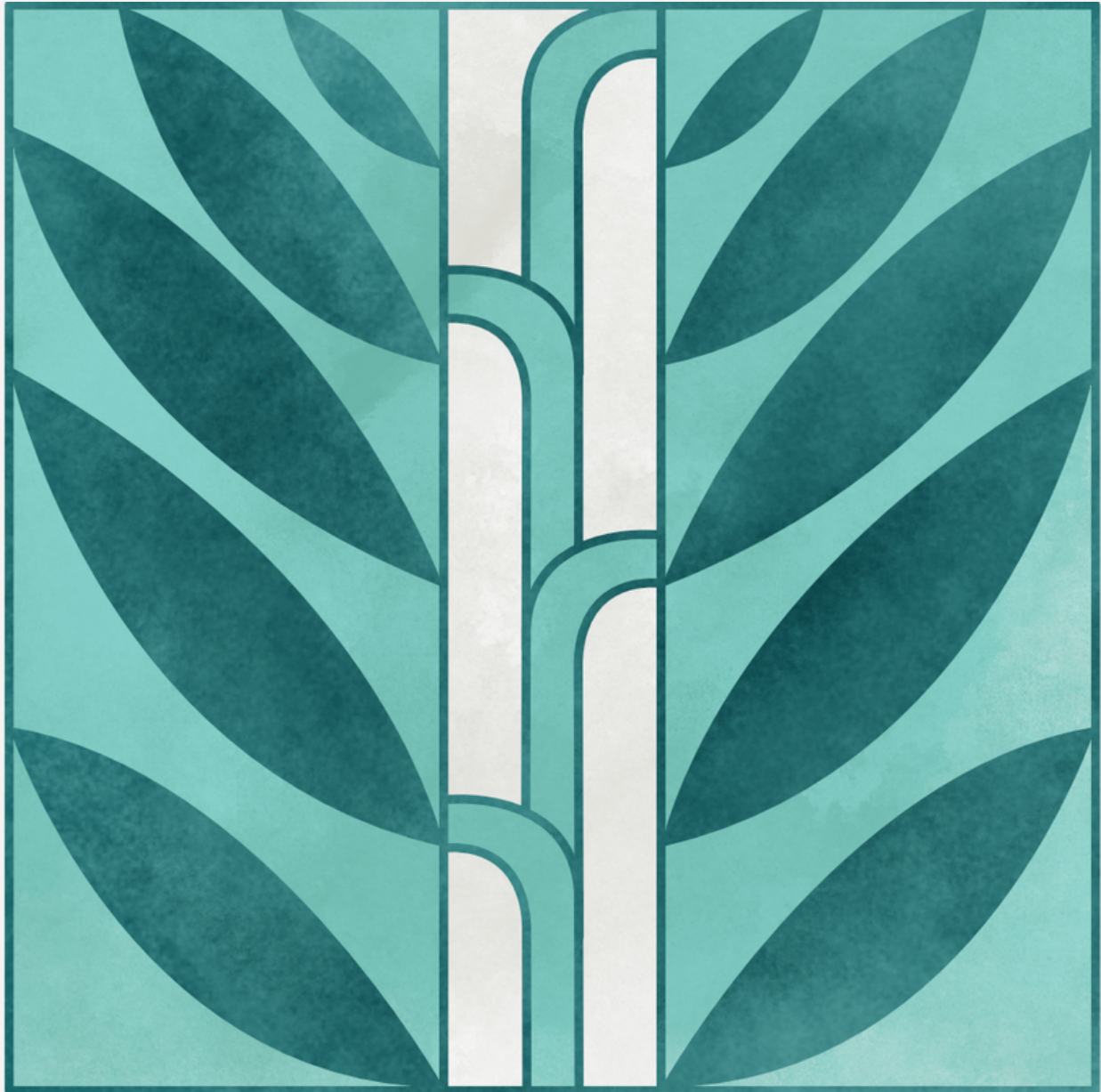
We will be regularly checking in and sharing in this group to support the integration of the practice and our learning. Active listening involves knowing when it is your sacred time to speak and when you do, using "I" statements rather than giving unsolicited advice, story-telling or teaching your views.

## **Muna ~ Confidentiality**

We are creating a safe space together so we can share openly. You will never be forced to share anything too vulnerable or private, yet if it is relevant to share and/or someone does share anything, please do not discuss anyone's story outside of our training space.

# PRACTITIONER TRAINING

Moving towards your 400-hours Endorsement





# ENDORSEMENT

## Requirements

This booklet outlines the requirements of being endorsed as a RomiRomi and/or MiriMiri practitioner.

All assignments and contributions are reflective and practical in nature.

If you are based in Boorlo ~ Perth, Western Australia, there will be opportunities to join Koha Healing Days (clinic days), and additional practice days.

At this time, for those based outside of Perth: Each assignment gains hours, attending our monthly Peer-to-peer calls and completing case studies and client hours at home.

Graduates who have met all requirements, undertaken the full program and completed all assessments are endorsed by the program.

### **50 hours: Student Practitioner**

You are able to practice at home on your case studies and at Koha Healing Days.

### **200 hours: Foundational Ako Torowhānui: Māori Healing Training Practitioner**

Upon completion, you are endorsed fully for Kōrero MiriMiri – Mentoring and MiriMiri – Loving hands and care.

### **400 hours: Ako Torowhānui: Māori Healing Training**

Upon completion of your hours and required assignments you are fully endorsed and supported for Kōrero MiriMiri, MiriMiri and RomiRomi

# ASSIGNMENTS & FEEDBACK

## Submitting assignments

Proformas and supporting resources for your written assignments are available here:  
[www.wanderkind.com.au/community/assignments/resources/](http://www.wanderkind.com.au/community/assignments/resources/)

**All written assignments can be typed and neatly presented, recorded in a sound recording or video and can be uploaded here:**  
[www.wanderkind.com.au/community/assignments/](http://www.wanderkind.com.au/community/assignments/) or emailed to [training@wanderkind.com.au](mailto:training@wanderkind.com.au)

Specific assignment details are listed throughout the remainder of this booklet.  
*All assessments are required to be submitted before the end of your 400-hours training.*

## Receiving feedback

Learning how to give and receive feedback is an important part of our work as practitioners.

Any feedback given during Ako Torowhānui: Māori Healing training is offered for the purpose of learning, refinement and never as a criticism.

I encourage you to continue to seek feedback from your clients as a trainee and as a practitioner. Being able to hear of people's experiences helps us to share openly and work on our own biases or insecurities also.

## Personal responsibility

Ako Torowhānui: Māori Healing Training is self-paced and although I will be keeping a record of your submissions and hours, monitoring your progress and making contact when and if you need support is your responsibility.

The course assessments are practical and reflective in nature. If there is ever any confusion or uncertainty, please reach out to clarify.

# AKO TOROWHĀNUI

## Formal feedback points

1-hour one-on-one hour call: Booked by you shortly after the 6-days training

1-hour one-on-one hour call: Booked by you after reaching 200-hours

A 1 hour Coaching call is available at any time to focus on any topic of your choice.

Reflective feedback after assignments.

## Assignment feedback

Feedback will likely be provided after assignments.

This may be a question, acknowledgment or something to ponder for your practice.

## Informal feedback points

Verbal feedback may be given at any Ako Torowhānui: Māori Healing events about different aspects of the practice.

Feel free to share your view and reach out to clarify later if it doesn't make sense at the time.

For example, Koha Healing Days are learning days where you will work relatively independently, or in pairs. I will be going around, but not marking you - this is for you to learn more, to take in more information after the training.

Practice days, festival days and monthly peer-to-peer calls are also times places and spaces feedback could occur.

Mostly, if you ever have any concerns - do not feel hesitant to reach out!

# CHECKLIST

## Compulsory assignments

| TASK                               | HOURS / NOTES                            | DATE COMPLETED |
|------------------------------------|--|----------------|
| 3-DAYS MĀORI HEALING TRAINING      | 25 HOURS                                 |                |
| 3-DAYS MĀORI HEALING TRAINING      | 25 HOURS                                 |                |
| OBSERVED SESSION (DURING TRAINING) | INCLUDED IN TRAINING                     |                |
| CREATE & SUBMIT INTAKE FORM        | 4 HOURS (WRITING)                        |                |
| CASE STUDY 1                       | 3 HOURS (WRITING / REFLECTING / SENDING) |                |
| CASE STUDY 2                       | 3 HOURS (WRITING / REFLECTING / SENDING) |                |
| CASE STUDY 3                       | 3 HOURS (WRITING / REFLECTING / SENDING) |                |
| REFLECTION 1 (AFTER 10 CLIENTS)    | 2 HOURS (WRITING / REFLECTING / SENDING) |                |
| REFLECTION 2 (AFTER 20 CLIENTS)    | 2 HOURS (WRITING / REFLECTING / SENDING) |                |
| REFLECTION 3 (AFTER 35 CLIENTS)    | 2 HOURS (WRITING / REFLECTING / SENDING) |                |
| REFLECTION 4 (AFTER 50 CLIENTS)    | 2 HOURS (WRITING / REFLECTING / SENDING) |                |
| REFLECTION 5 (AFTER 65 CLIENTS)    | 2 HOURS (WRITING / REFLECTING / SENDING) |                |
| REFLECTION 6 (AFTER 80 CLIENTS)    | 2 HOURS (WRITING / REFLECTING / SENDING) |                |
| SESSIONS                           | 3 HOURS PER CLIENT                       |                |
| <b>TOTAL HOURS</b>                 |  |                |

# CHECKLIST

## Optional contributions

| TASK   | HOURS / NOTES           | DATE COMPLETED |
|--|-------------------------|----------------|
| 1 X COACHING SESSION                                 | 2 HOURS                 |                |
| PEER-TO-PEER CALLS<br>(1.5 PER SESSION)              | 1.5 HOURS<br>MONTHLY    |                |
| KAUPARE WANANGA<br>(2 HOURS PER SESSION)             | 2 HOURS<br>AS OFFERED   |                |
| KOHA HEALING DAYS<br>(PER DAY)                       | 8 HOURS<br>AS OFFERED   |                |
| PRACTICE DAY<br>(7.5 HOURS)                          | 7.5 HOURS<br>AS OFFERED |                |
| POU / SUPPORT FOR AKO<br>TOROWHĀNUI TRAINING         | VARIABLE                |                |
| FESTIVALS,<br>VOLUNTEERING AT<br>EVENTS ETC.         | VARIABLE                |                |
| ORGANISING KOHA<br>HEALING DAYS,<br>VOLUNTEERING ETC | VARIABLE                |                |
| 2-DAY WANANGA  | VARIABLE                |                |
| ONLINE WANANGA                                       | VARIABLE                |                |
| ADDITIONAL HOURS / NOTES                             |                         |                |
|  |                         |                |
|  |                         |                |
|  |                         |                |
|  |                         |                |
| TOTAL HOURS  |                         |                |



# 6-DAY INTENSIVE

Information, considerations, intention



# 6-DAY INTENSIVE

## About

The 6-days training is designed to introduce the Māori Healing bodywork techniques, skills and philosophy required as a Māori Healing practitioner. Our time together is considered the foundational preparation required to move towards practicing these modalities.

We weave together through sacred ceremony, sharing thoughts and time, cultural teachings, personal and group practice.

Your 6-day intensive contributes 50-hours towards this total. Your intensive is either delivered as two (2) three (3)-day weekend workshops or one (1) six (6)-day intensives. The core concepts covered are the same regardless of time and location.

Our first 3-days together (Kōwae 1: Foundations of RomiRomi) will focus on the deep pressure Māori Healing bodywork called RomiRomi.

The second 3-days (Kōwae 2: Foundations of MiriMiri) focuses on a soft hands bodywork form called MiriMiri that uses oil, hands, and pressure point work in flowing motions.

Individual trainees tend to lean towards one practice or the other at the end of their training depending on their practice, prior training, and ability to hold the deeper pressure work.

Māori healing aims to support a Whai ora ~ client to experience life in a state of health and of purified spirit, known as the awe. Awe is lightness of the innermost heart centre.

To reach this sense of alignment we engage with all the different dimensions in an incremental and layered healing process. We work with Mareikura, Whatukura, anahera angels and lightbeings (atua) to help heal people and bring real and immediate healing and changes in their everyday lives.

There are multiple ways this alignment is reached and the two bodywork forms we focus on during this training are MiriMiri and RomiRomi.

## You are invited to:

- ♡ Learn about yourself as an energetic and sovereign being
  - ♡ To consider the capacity this healing path is for you
- ♡ Provide an introduction to the importance of working in Whakanoa – energetic neutrality
  - ♡ Working with Te Whatamānawa – the sacred heart
- ♡ Connecting into Te Toi Maiorangi – and your unique pathway to divine source creation spaces
  - ♡ Learning basic sequences and vital points
  - ♡ Flowing with MiriMiri and RomiRomi
  - ♡ Grounding this work into our everyday life

My intention is always for you to discover more about your unique skills, capacities and gifts and MiriMiri and RomiRomi are a vehicle for you to share this with the world.



# 6-DAY INTENSIVE

## Kōwae 1: Foundations of RomiRomi

This module introduces Māori Healing tikanga ~ philosophy & demonstrates the first Māori Healing sequence.

RomiRomi is a bodywork practice that was traditionally shared on the floor.

During this training you will have the choice to alternate between a massage table and the floor.

During a treatment we use any parts of our body, elbows, forearm, knees, and our hands to work with Roimata and Haemata ~ internal and external vital points throughout the body to align our wairua ~spirit and mauri ~life-force to enhance our standard of life.

The translation of RomiRomi signifies *Ro* – internal structure *Mi* – to stimulate.

RomiRomi is a bodywork practice that adjusts people's physical, emotional and spiritual energy.

RomiRomi involves body twisting, hands on massage, deep stretching, pressure and acupressure.

Stretching exercises, poses and pressure along Te Ara o nga haemata ~ Vital point pathways, the practice aims to move blocks to our mind, body, and energy system with the aim of reaching a form of energetic alignment and harmony.

RomiRomi supports us from being freed of physical, mental, and emotional blockages, tensions and ailments.

The holistic approach can support the body's self-healing and regeneration processes to begin functioning in an optimal way.

People report feeling improved calmness, balance, vitality, flexibility, and a sense of relief.

### Learning Outcomes

#### At the end of this module, trainees will:

- Understand the foundations of Māori Healing
- Have an introduction to Māori philosophy
- Understand working in *Whakanoa* - energetic neutrality and Te *Whatamānawa* - the sacred heart
- Connect into *Aio* - our divine source creator
- Begin exploring *TakuTaku* and *Karakia* - prayer
- Have an understanding of the re-emergence of Māori Healing teachings throughout history
- Introduction to Level 1: Roimata and Haemata ~ Internal and external vital points

**Hour allocation:**

25 hours

# 6-DAY INTENSIVE

## Kōwae 2: Foundations of MiriMiri

This module re-inforces some of the key concepts learnt in Kōwae/Module 1 and introduces the second Māori Healing sequence.

MiriMiri is the more commonly known form of healing and can sometimes be seen as massage. The practice is more energetic than remedial massage. It focuses on honouring, loving, and caring for our human selves and form.

MiriMiri is the foundation of everything we will learn during Ako Torowhānui: Māori Healing Training. Without the basis of the vibration of love, care, and support - deep shifts may not occur safely or in divine timing.

Mi - Ri MiriMiri is a soft hands energy form that comes deeply from the heart and can be practiced alone, or to support the practice of RomiRomi.

It is a soft intentional touch that activates the cellular memory of the body. Using oil, deep pressure, gliding, rolling, stroking, rubbing, and stretching movements are used also with the palms, thumbs, elbows, and knees with combination of oils and/or Rongoa ~ plant balms.

As a practitioner practicing MiriMiri is supported by you expanding your heart deeply into the love space. I often find it helps me to drop into this space by deeply feeling appreciation for the person on the table, for their life, and their body.

MiriMiri is the vibration of Hinemoana, the goddess of the ocean. The soft to deep tissue work that first prepares clients for the depth of RomiRomi work and then offers a loving balm to close the wounds as they clear and fill with light, rather than blocks.

To understand the depth of Māori Healing, even though it may appear more intense RomiRomi is the Teina ~ younger sibling to MiriMiri which is the Tuakana ~ older sibling.

## Learning Outcomes

At the end of this module, trainees will:

- Understand the key principles of MiriMiri and RomiRomi
- Be able to distinguish between MiriMiri and RomiRomi
- Learn the basic energy manipulations
- Be able to draw on MiriMiri techniques to support RomiRomi
- Be confident with Level 1: Vital points - Roimata and Haemata
- Have gained further knowledge of Level 2: Roimata and Haemata

**Hour allocation:**

25 hours

# COMPULSORY COURSE ASSESSMENTS

Moving towards your 400-hours Endorsement



# COMPULSORY COURSE ASSESSMENTS

## Observed sessions (during training)

You will be sharing bodywork sessions with each other throughout our time together.

Typically on day 5 of Ako Torowhānui: Māori Healing training you will share a session with a volunteer from intake through to debriefing. This session will be observed by myself and past graduates to see how you are integrating the skills that have been shared throughout our time together.

You may be given additional instruction during your session.

### During an observed session you will be expected to:

- Share a little about Māori Healing, RomiRomi and RomiRomi with your client.
- Engage with a client in a Kōrero MiriMiri: Conversation. This involves intake and checking if there are any physical, emotional or spiritual concerns or presentations.
- Share the session.
- Debrief with the client afterwards, check that they feel ok.
- Listen calmly to feedback.

**Hour allocation:**  
N/A Hours included as part of 6-day intensive

# COMPULSORY COURSE ASSESSMENTS

## 3 x Case studies with documented treatment (after training)

- Share a detailed outline / introduction of your chosen client. Consider age, body presentation, general health, any emotional or spiritual sharings.
- Detail treatment:
  - Comfortability with intake process
  - Concentrate on Māori Healing techniques
- Review treatment, note what worked, what didn't work?
- What level of pressure did you use?

### During your case studies, focus on the following areas:

- Your client presentations and process, rather than your reflections.
- For example, age, physical presentations, spiritual presentations.
- Techniques used.
- Set up, pressure, closing and so on.

Your case study clients are different whai ora ~ bodies than those you see during Koha Healing days or as part of our Ako Torowhanui: Māori Healing Training days.

Follow this guideline for your Case studies, although please add different observations if they arose and are relevant.

A proforma can be found here (you can use this or develop your own):

[www.wanderkind.com.au/community/assignments/resources/](http://www.wanderkind.com.au/community/assignments/resources/)

Depending on your learning style you can type up your assessments or submit via voicenotes or in video format. The purpose of these assignments are to be a touch point to consider your reflectiveness and care as a practitioner.

### Hour allocation:

#### **3 hours per case study (Total 9)**

This includesd completing your written or spoken case study (3 hours)

You can also allocate the usual client connection time (3 hours below)

# COMPULSORY COURSE ASSESSMENTS

## Six (6) Self-Reflections

After our 6-day intensive you will be encouraged to keep a journal where you share insights, presentations, encounters and enquiries about Māori healing.

Having a practice of reflecting and noting your experience as a practitioner is one that I encourage you to continue during this training, and beyond, as a part of your professional self-care and learning. As a student practitioner you will be seeing clients on your own and these reflections help you to keep a track of the many things that may arise as part of this process.

Although, doing this work is a deep privilege and can sometimes be challenging too, having a good reflective process can help you to identify areas you need to grow or questions to bring to our peer-to-peer calls.

Find a template here: [www.wanderkind.com.au/lessons/assignments/](http://www.wanderkind.com.au/lessons/assignments/)

Doing this work is a deep privilege and can sometimes be challenging too! Your reflections are distinct from your case studies in that they offer a general sense of your practice as a whole.

Rather than focusing with detail on the one client like you do in your case studies, your reflections consider your internal experience of yourself as a practitioner and your confidence sharing Māori Healing.

These reflections help me as a trainer to offer and share resources or guidance if required.

I look forward to hearing how you're going with your clients!

**Please send in your reflections at  
the following times:**

Reflection 1 (after 10 clients)  
Reflection 2 (after 20 clients)  
Reflection 3 (after 35 clients)  
Reflection 4 (after 50 clients)  
Reflection 5 (after 65 clients)  
Reflection 6 (after 80 clients)

### Some questions you could consider include:

- How do you feel?
- What have you learned?
- What do you feel you have done well during these sessions?
- How do you feel you react when others share their insecurities?
- How have you felt if and when someone has asked you to lessen the pressure?
- What presentations surprised you or you learnt from?
- What may you integrate into your practice?
- Do you feel you were whakanoa ~ neutral during the practice?
- What may you change about how you shared Māori Healing?

**Hour allocation:  
2 hours per reflection (Total 12 hours)**

# COMPULSORY COURSE ASSESSMENTS

## Design a client intake form

Design a usable intake form to use with your clients.

There are many purposes of an intake process, this includes facilitating discussion, informing clients of your procedures, and ensuring that you are aware of any physical, mental or spiritual concerns a client may have before engaging with your work.

It is also best practice as a wellness practitioner to keep records of your clients and your relationship with them. This can help to support your ongoing journey with your client and for many clients helps them to feel supported knowing you have these practices in place.

### Consider:

- What information do you want to collect and keep a record of?
- What information do you need to collect?
  - Asking about emotional condition
  - Asking about physical condition
  - Email, phone, emergency number?

The details you want to collect will vary depending on what you want to communicate.

An example is provided below for your reference. Body graphics for your form can be downloaded from: [www.wanderkind.com.au/community/assignments/resources/](http://www.wanderkind.com.au/community/assignments/resources/)

**Hour allocation:**

**4 hours**

# EXAMPLE INTAKE FORM

page 1

## CLIENT DETAILS

RomiRomi / MiriMiri

Name:

Title and/or pronouns (optional):

Email:

Iwi / Cultural background



Wanderkind

BY GABRIELLE RANGIHOEA

Please add me to the mailing list for any discount offers or workshops.

YES  NO

I would like to receive a confirmation of receipt of payment for sessions.

YES  NO

Rongoa with Kawakawa balm (plants from NZ) is occasionally used, during sessions, Is this ok?

YES  NO

Phone:

Date of Birth:

Address:

## MENTAL, EMOTIONAL, SPIRITUAL and/or INTENTIONAL

Are there any considerations you would like to share that may impact your experience or you feel I should know before our session?

## PHYSICAL

Are there any physical things I need to know.  
Previous operations, or sore areas that need attention.  
Write and/or draw.

Are you on any medications? Please list.





## Example intake form. Page 2.

### CLIENT AGREEMENT (for your record)

#### HEALING & COACHING APPROACH

You are a Co-Creator in this practice. Our time together is shared with the deep intention that you grow towards fulfilling your potential. We work together during sessions and you are always an expert in your own experiences and belief systems. As such, you are responsible for the way you integrate insights, healing and this energy into your life.

#### CONFIDENTIALITY

Everything you share with me in the course of our time together is highly confidential. Personal information is used only for the purpose for which it was collected. Information will not be released to a third party, or any details shared without your express consent. I do take notes following a session to jog my own memory in the service I offer to you. There are a few circumstances where I may be required to break confidentiality:

- If I consider you to be at risk of harming yourself or someone else.
- If your records are requested by a court of law.
- If another person requests information that you have agreed and provided consent for me to share.
- With my professional peer supervision group, For therapists to maintain a healthy perspective, and to remain an accredited professional we are required to talk regularly with a supervisor. In this process, clients are not identified personally.

#### SESSIONS

You may be signed up for a program, or book one-off or as-needed sessions. Clients who come regularly typically book fortnightly or monthly sessions. I will rarely see you more than once a week as time is required to integrate this energy.

#### EMAIL / TELEPHONE / FACEBOOK CONTACT

Hours of sharing are 10am - 5pm. When I am in sessions I am not always able to answer the phone or respond to emails, however, I will typically respond to within 48 hours.

#### I enter into RomiRomi, MiriMiri sessions and/or Coaching acknowledging the aforementioned information and that:

- I am entering into this Traditional Māori Healing practice having been informed of the deep work that is involved.
- I am responsible for my own energy, as is the practitioner responsible for her own energy.
- I am responsible for my own growth and expansion, and RomiRomi/MiriMiri is a tool to support this.
- If I feel uncomfortable at any time, I will voice this.
- I have stated my pertinent physical, emotional and mental medical presentations, and will update my therapist of any changes in my health status.
- I understand that any failure to do so may pose a threat to my health and/physical well being and the therapist is not liable for any lack of disclosure on my part.
- I agree to the terms & conditions of trade & WanderKind Privacy Policy (attached at the back of this folder)

**My signature below indicates I agree to the statements above.**

Signature:

Parent or guardian if under 14

Date:

*Thank you!*

# NON-COMPULSORY ACTIVITIES

*Additional hours*



The following activities and contributions are non-compulsory. However, if you are based in or near Perth, you are encouraged to attend and engage in as many of these activities as you are able. These days and spaces where additional sharing, teaching, and learning from your peers and colleagues happens.

# KOHA HEALING DAYS

Koha Healing Days are a full day where we work on members of the public.

The word “koha” means “gift” and those who book in pay an exchange that allows them to experience our work.

For us, these days are teaching and learning days.

These days allow us to connect as a community to touch base. Myself and other Ako Torowhānui: Māori Healing pou and mentors to see the progression of your Māori Healing Practice and offer guidance.

Trainees will also be tasked with case studies and individual practice that will require feedback and touching base with an Ako Torowhānui: Māori Healing Training mentor.

Non-compulsory, yet recommended if possible for you. These days run from 10.30 am - 3.30 pm for our clients and we are typically there an hour before and after for set up and pack down.

Some information here: [www.wanderkind.com.au/kohahealing](http://www.wanderkind.com.au/kohahealing)

## Hour allocation:

**8 hours per Koha Healing Day**

(Additional hours are allocated if we travel outside of Perth)

# AROHA DAY/S

## Practice & learning days

Aroha days are optional practice days that focus on exchanging sessions, building our community and learning in a casual way.

Our schedule for the day will be fairly informal but also allow you to give and receive and we will have a debrief together at the beginning and end of the day and a long lunch to connect.

Bring a plate, your wairua & aroha to share.

Exchange: Koha - suggested A\$60.00 AUD - yet your presence is preferred if this is not possible for you!

Check: The Ako Torowhānui Calendar for a list of upcoming practice dates:  
[www.wanderkind.com.au/community/akotorowhanui/calendar/](http://www.wanderkind.com.au/community/akotorowhanui/calendar/)

### Hour allocation:

**8 hours per day**

**4.5 hours per evening**

# PEER-TO-PEER CALLS

## The first Wednesday each month

Peer-to-peer calls are a monthly call on the first Tuesday of each month  
1pm - 2.30pm, WA time  
5/6pm - 6/7.30pm Aotearoa, New Zealand

The Zoom link is: <https://us02web.zoom.us/j/6932915368>

Our Peer-to-peer calls are modelled as group supervision calls and include present, past and existing Ako Torowhānui: Māori Healing Training students, practitioners, practising trainees and Alumni.

Connect in a safe & confidential space about their arising questions around practice, fears, concerns, wins sharing this bodywork.

Any topics are welcome and these calls are facilitated by each of you. Topics can include clients, energy, business, and self-confidence.

These calls are not compulsory yet it is suggested that where possible you attend, especially when you're working with whai ora ~ clients for the first time.

**Hour allocation:**

**1.5 hours each**

# INDIVIDUAL COACHING CALL

Included with your enrolment is access to a 2-hour call that can be directed by a topic, issue or area of your choice. Whether you need support in self-confidence, setting up the foundations of your business, and so on.

This is personally focused time that concentrates on the areas you may need growth or support for your practice, business or personal engagement with Māori Healing.

To book your coaching call: <https://Wanderkind.as.me/Practitionercalls>

**Hour allocation:**

**1 hour**

# SESSIONS AT HOME

After your 6-days training as a student practitioner, you can begin to practice on your friends and acquaintances at home.

You are advised not to practice on family, yet this is a decision you will make at your own discretion (we will discuss this more in the training).

Each of us come to Ako Torowhānui: Māori Healing Training with different prior experiences of professional and healing backgrounds, so depending on your confidence as a practitioner so we can have individual discussions on your next steps as a student practitioner.

Regardless of how long you spend with your client, all sessions are allocated 3 hours. This accounts for the time to set up and debrief as well as additional preparations you will likely need to make.

**Hour allocation:**

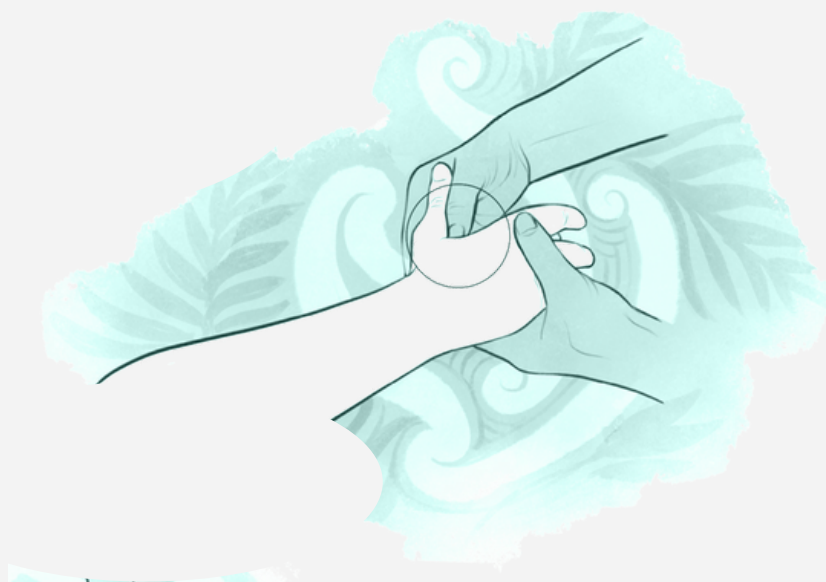
**3 hours per client**

This accounts for setting up and communicating outside the time spent with your whaiora ~ body.

# BEING POU ~ A SUPPORT FOR AKO TOROWHĀNUI

Being pou means supporting me and the new trainees to ensure they receive the most grounded & pure transmission of this sacred work. As you would have seen in your intake, you will have access to the wananga and teachings, the role of pou ~ support is quite different to being a trainee. Your primary role is to support me and those who are going through their training to make sure they feel supported and nourished.

You already know as a trainee that it can be quite nerve-wracking and the support team offer their wairua ~ spirit, tīnana ~ body, awahi ringaringa ~ helping hands and time to be pou ~ support for our next intake of Ako Torowhānui: Māori Healing Training.



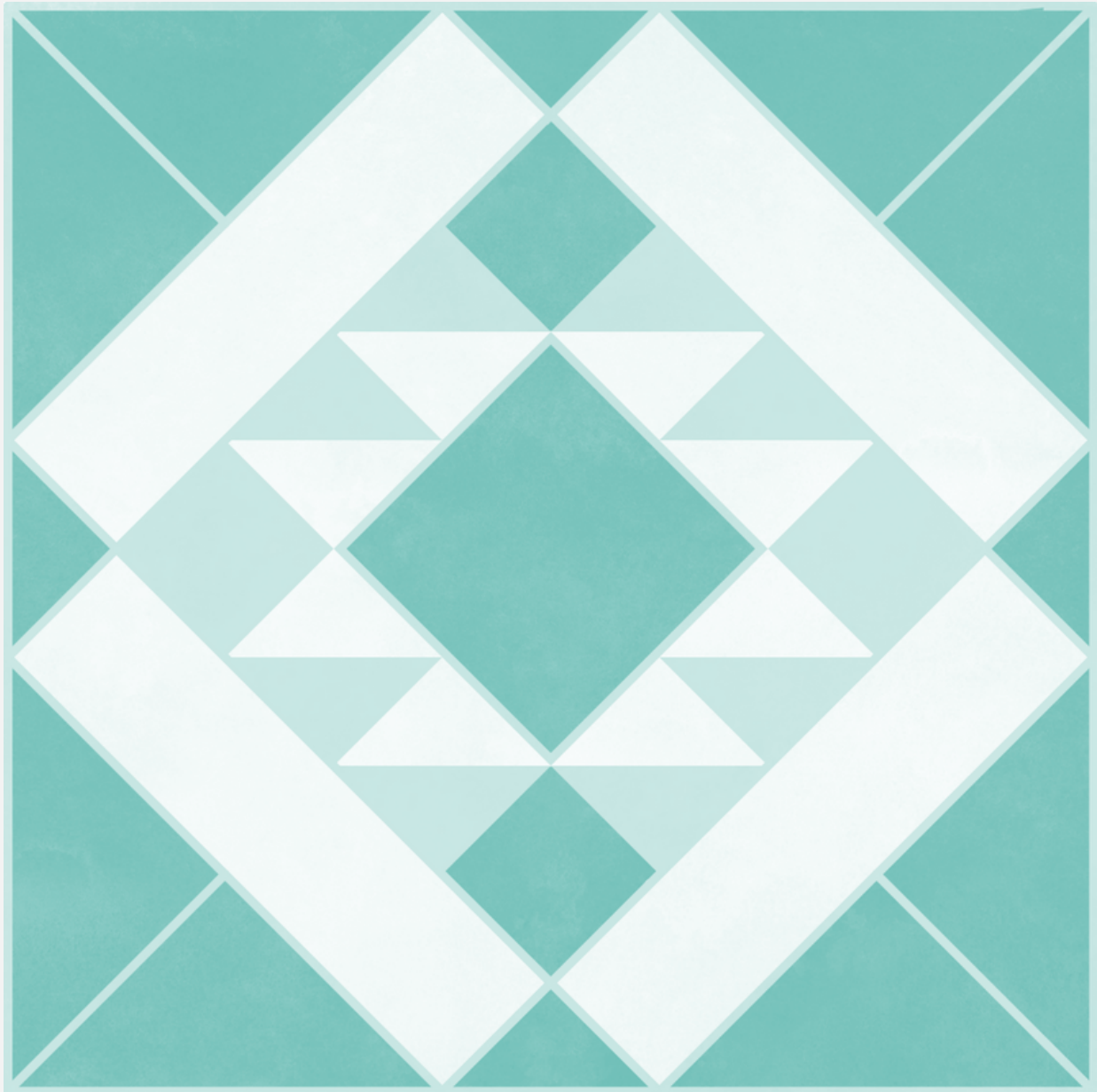
## Hour allocation:

### Variable

Please keep a record of the time you spend supporting future trainings.

# WANANGA & SPECIAL TOPICS

Optional wananga





# WANANGA ~ WEEKENDS

## Special topics (variable)

Wananga weekends are optional workshops that focus on deepening and enhancing the tools and techniques that we covered during the in-person training.

These include: Mahi-i-te-Papa ~ Floorwork, Mirmiri deep dive, Kōpu Huri ~ Stomach nourishment

The content for each group will be driven by the specificities and requirements of each group.

In the past these days have focused on Takahia-o-tinana ~ Walking the body and Whare Tangata ~ Womb work. Deepening Mirmiri and floorwork.

An additional cost will be attached to these wananga.

Check: The Ako Torowhānui Calendar for a list of upcoming practice dates:  
[www.wanderkind.com.au/community/akotorowhanui/calendar/](http://www.wanderkind.com.au/community/akotorowhanui/calendar/)

## Hour allocation:

**8 hours per day**  
**4.5 hours per evening**

# ONLINE WANANGA

## Special topics (variable)

Online wananga are zoom calls in a collaborative learning process that focus on specific bodywork knowledge and theory. Including the mareikura, whatukura, kaitiaki, atua & heavens Te-Rangi-o-te-Ao me te Rangi-o-te-po.

Ako Ohaoha ~ Flourishing practitioners - Ako Poutokomanawa ~ introduction to Energy

These will be recorded for those who are unable to attend, yet this is designed with the intention of being an interactive wananga.

An additional cost will be attached to these wananga.

Check: The Ako Torowhānui Calendar for a list of upcoming practice dates:  
[www.wanderkind.com.au/community/akotorowhanui/calendar/](http://www.wanderkind.com.au/community/akotorowhanui/calendar/)

### Hour allocation:

Variable based on the structure of the wananga

# FEEDBACK, SUPPORT, INSURANCE & BUSINESS

Brief information





# PRACTITIONER INSURANCE

As part of this training as both a student and graduate you are encouraged to take our Professional Indemnity insurance while completing your case work.

This is not a requirement, however, Māori Healing is deep body and spiritual practice I see insurance and professional membership as a modern-day kaupare for our practice.

Combined Malpractice, Public & Products Liability Insurance is often required:

- To rent clinic and workshop spaces - most spaces in Perth require you to have Public Liability insurance.
- To take part in festivals fairs and similar events where you can share your services. Including those we participate with for Ako Torowhānui: Māori Healing Training, such as Sistahood Rising.

**To see what an example of what is  
required from AON Insurance:**

Download the "Allied Health Proposal Form (007)"- this can be completed in hard copy or online.

Ako Torowhānui: Māori Healing Trainees have also been successful gaining insurance with:

[youi.com.au](http://youi.com.au)  
[BMS insurance](#)

# PEAK BODIES

## The International Institute for Complementary Therapists (IICT)

IICT is the professional industry body through which Ako Torowhānui: Māori Healing Training is registered and endorsed.

### To join:

If you want to join and are not currently an IICT member, choose the "student membership" option through the link below.

The first year of membership is \$1 as a student, so worth it I feel

<https://explore.myiict.com/au/wanderkind>

For those who are already registered with IICT, you can send your letter of enrolment through as a student in the following modalities: RomiRomi, MiriMiri and Kōrero MiriMiri.

I am still working on communicating with other bodies and will update you all as this changes.



**APPROVED  
TRAINING PROVIDER**  
INTERNATIONAL INSTITUTE FOR  
COMPLEMENTARY THERAPISTS



# AKO TOROWHĀNUI: MĀORI HEALING TRAINING & BUSINESS

## Some information

Our work as healers is not only about bodywork techniques. There are many components of practicing healing in a modern context that influence the space we hold and the way we support our sessions. Over our time together, our calls and intentions are to develop intentions to hold space, raise self-worth and to enhance our personal and business structures.

The elements shared in this context are not specific to Māori healing, yet will assist you to be successful in your practice. They may help you become a practitioner and offer healing to others. During my own journey, some of the tools shared here have been the most important factors to meditate and reflect on, and to support myself in my practice, and my clients in their process.

This unit also focuses on areas you may want to build your confidence, your expertise and some tools your business may need to flourish.

My personal call to begin working in this space was initially from a place of service, rather than as a business owner. However, flourishing as a holistic practitioner allows me to share this work as I do. Combining Māori Healing with business is a multi-faceted journey that may require you to examine your own beliefs, values and to feel into the life you want to live. Other parts of this module explore energy. The energy we hold through communication we have with clients and the tools, systems and energies we use to support us.

A curated space that brings together knowledge, resources and insight that will support your practice and business success is currently being developed that will upload resources around this.

## Business resources

<https://www.wanderkind.com.au/community/business-resources/recommended/>

The resources to support your business goals continue to be developed and provided.

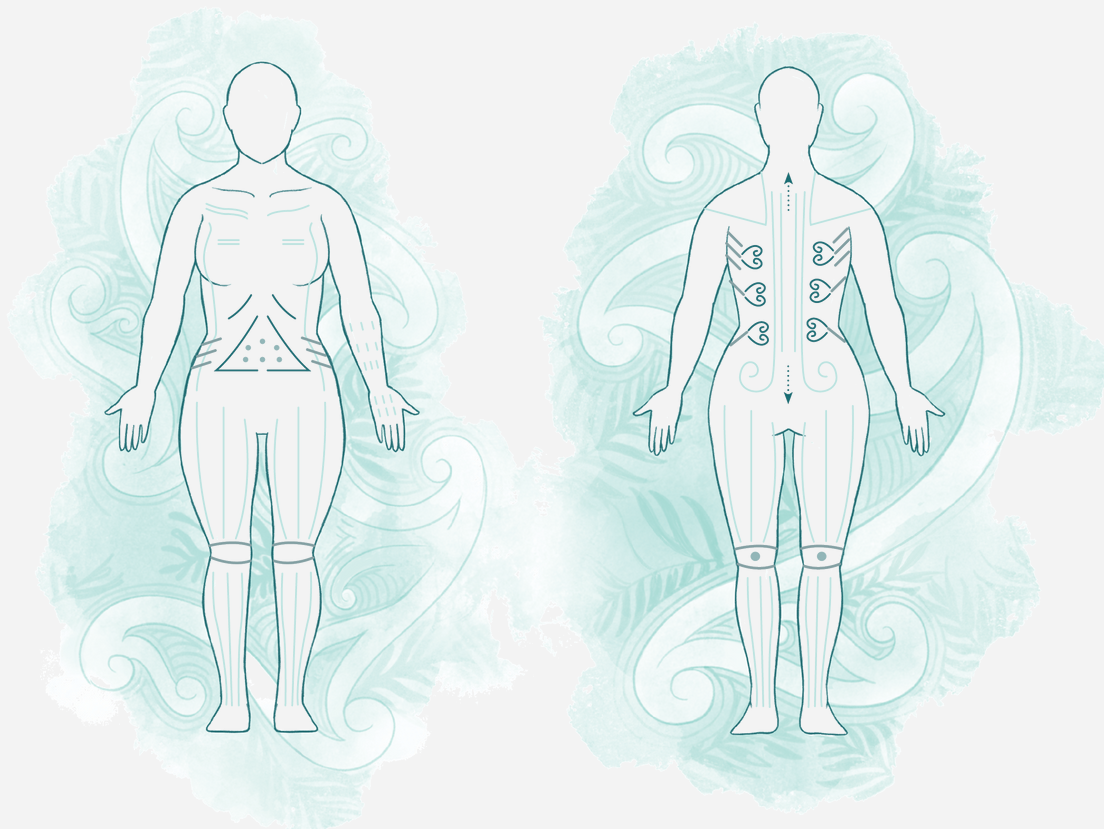
Resources will be continue to be updated here: [www.wanderkind.com.au/community/business-resources/recommended/](https://www.wanderkind.com.au/community/business-resources/recommended/)

# SUPPORT FOLLOWING YOUR 6-DAYS INTENSIVE

## Resources available

This is a living training and resources and support will continue as you progress along your journey. At this time, upon completion of your 6-days training you will gain:

- ♡ Access to the [Ako Torowhānui: Student Membership Site](#)
- ♡ Access to the [Ako Torowhānui: Māori Healing Practitioner Facebook Group](#)
- ♡ Access to updates on booklets and training resources
- ♡ Access to webinars, interviews and resources to support your practice & business
  - ♡ Practice mentoring & support following the training
  - ♡ Peer-to-peer calls once a month
- ♡ A 1-hour coaching call prior to your 400-hours being completed to work on a topic or area of your choice (this can be taken in person, or online): [Click here to book.](#)



# FOR YOU TO MAKE NOTES



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# ABOUT YOUR GUIDE

**Gabrielle Mary Rangihoea  
Walker**  
Māori Healing  
Practitioner, Ako  
Torowhānui Facilitator &  
Holistic Coach &  
Counsellor



Gabrielle is a Māori wāhine ~ woman from Ngāti Kahungungu, Ngāti Rongomaiwahine, Ngāti Pahauwera & Rangitāne with English, Scottish and German descent.

As a RomiRomi Healing Practitioner and Co-Reflective Coach, I draw on ancient traditional Maori teachings and philosophies and combine these emerging energies and messages coming through in this contemporary climate.

Gabrielle has a Masters of Philosophy (Commerce), Bachelor of Arts in Sociology, Bachelor of Arts in Community Development and a Postgraduate Cert in Business Administration. Gabrielle has found her current home base in Perth, Western Australia.

*WanderKind*

BY GABRIELLE RANGIHOEA

Māori Healing Practitioner, Ako Torowhānui Trainer, Empowerment Coach

Guided by the Ancient and Emerging

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