

Unu Ora

Your hauora begins with you. Ko Au.



Whakataukī:

Poipoia te kākano kia puāwai ai.

Nuture the seed and it will bloom.

We need love and care to nurture and realise our potential.



Karawhiua:

Pūmanawa – What are your pūmanawa?

Pūmanawa

a beautiful word. Pūmanawa are our superpowers, our Tūpuna, our ancestor-given and naturally talented gifts which each of us have.



Rongoā:

Squeeze the juice of 2 lemons into a saucepan and add ¼ cup honey, a handful of fresh thyme and 2 crushed cloves of garlic. Heat the mixture gently until it nearly simmers, then steep covered for one hour before draining out the solids and bottling. Store in the fridge for up to a week.



Woo