

Unu Ora

So if you were to fashion your own Whare of Hauora, what would it look, feel, smell, sound and taste like?

Tongikura:

Māku anō e hanga tōku nei whare, ko te tāhūhū he hīnau, ko ngā poupou he māhoe, he patatē. Me whakatupu ki te hua o te rengarenga, me whakapakari ki te hua o te kawariki.

I shall fashion my own house. The support post shall be of māhoe, patatē. The ridgepole of hīnau. The inhabitants shall be raised on rengarenga and nurtured on kawariki.

- Kiingi Tawhiao



Tongikura:

When I think of this it makes me reflect on what my whare, my house or home of hauora. What does it look like for me? Ahau, mahi, whānau, hauora

Tongikura

a kupu specific to Waikato, to Tainui and is much like a whakataukī, evoking emotion and thought. Kiingi Tawhiao was considered a great prophet and visionary, a leader for his people.

Rongoā:

When you are not clear on your journey ahead, or perhaps go a bit 'off track', refer to your own Whare of Hauora.



Woo