

One on one healing sessions:

We travel as a small group - usually 3 of us

We all work together in the same room at the same time on those who have appointments

Each of our group does 6 people per day - so for 3 people per day that is 18 people

We usually do the one on one sessions during the week (I know people work), the weekends we'll use for workshop time

Venue:

My preference is the venue be spacious enough to set up 3 massage tables and a floor mat (if possible)

There be room for people to sit around before and after their session

If some require the space to lie down and relax afterwards even better or a nice garden or grassed area for them even better

A small space to set up snacks and water

Toilet amenities close at hand

It can be a hall, at someone's home (as long as we have the space), anywhere as we've worked in many different kinds of places as long as it is clean and tidy

Cost:

One on one healing - we can negotiate, it does mean we have to work harder and longer to pay our on road costs as well we have costs that need to be taken care of at home, so being mindful of this two pronged necessity

I suggest a sliding scale \$100USD - \$200USD this we can negotiate and must be clear on before we arrive.

Workshop setting - 2 1/2 days (usually Friday afternoon, Saturday, Sunday) \$350 - \$400 USD

I'm mindful and I do my best to be as clear as possible especially when it comes to money it puts people on edge and I still learning re my own challenges re finance

I love money, it is another form of energy so I will go to bat for us to the best of my ability, because I know the quality of work we do in helping others

Times;

10 - 11am / 11 - 12noon / 12 - 1pm / 1 - 2pm / 2 - 3pm / 3 - 4pm for one on one sessions

Note we do not have a lunch break scheduled, we will have fruits and snacks for us to graze on during the day

Workshop - 9am - 4.30pm

Workshop:

As mentioned above, we can do a weekend workshop or a week

As long as we have good numbers in attendance then it's easy for us to do this

I usually like groups no more than 50 and no less than 20 with 16 being the minimum we'll start with.

Much of the teaching we'll do is linked in strongly to the body

And as always there are parts of our teaching that belong to each individual and how they take care of themselves

These teachings they then take home to use on themselves for a period of time

Once they've done due diligence, the ability to teach this within the family, friends and community becomes a possibility

We do either the bodywork teachings, which relates to the techniques we use

OR

I do Kawa Ariki - The Goddess Returns

This is a workshop for women only

I teach protocols for the female body using ancestral knowledge and teachings

These protocols are sectioned in to 3 different age groups

- the adolescent teen - we teach her how to 'ripen' her body so that when she starts her period, it is done with honor to her body, she doesn't get the up and down

hormonal charges that have become part of a young girl's life these days

- she is able to centre her being during this time with more ease and understanding for herself

- the work allows the young woman to hold her innocence a lot longer which is how she learns to 'grow her energy'

- she doesn't cycle too early (there are some young girls who have their periods in their single years 8, 9 years old, this is way too early, the body, mind, spirit connection hasn't matured enough and properly for her to get 'life')

- she links in to her deeper self

- the adult woman

- this helps the internal woman if she is challenged with any 'female issues' around her cycle

- her fertility

- her well being

- her creativity

- helps with the hormonal ups and downs

- helps her nourish her body from a physical standpoint

- keeps her bones from 'rusting' too early thus impacting on how she uses her body

- in this my focus is on the woman being 'juicy' with all her fluids flowing appropriately not just her sexual juices but all her other juices (her happiness in life, how she feels about herself, her role modeling for her daughters, nieces, other women etc)

- the Kuia, Crone, Grandmother
- the works helps to alleviate any pain associated with the ceasing of one's period
- aids issues with hot flushes, cramping in the womb area etc
- keeps the body juicy, delays or stops the dryness setting in too early
- keeps the bones from 'rusting' too early
- helps her to honor her journey in life
- reminds her of her 'reason' for living
- Cost for Kawa Ariki will have to be discussed as there will have to be venue and maybe food cost depending on the time frame of the workshop.

Percentage:

Prior to arriving, we will have worked out a percentage with the host after costs have been taken out (daily living costs)

This is a mutually agreed upon between the host and I
Everything is negotiable

Other needs:

A guitar please then we don't have to travel with one

Workshop - 3M stick paper A1 size which is the large size

Easel to hang this on

Rakau - dowelling rods - specific measurements will be given.