

**House of Rehua**

**Course Descriptor Level 1 Introduction**

<b>Title:</b> Te Rau Aroha Alignment™	Level 1 Introduction
<b>Mode of Delivery:</b>	
Online: 3	
Face to Face: 16	
Teleconferencing: 8	
Assessments: 3	Total Learning Hours: 30

**Date Effective from: August 2023**

**Pre-requisite:**

**No pre-requisite**

**Aim:**

To enable students to acquire in depth healing skills.

To attain knowledge and understanding of the protocols of native plant medicine

To gain knowledge of traditional Māori healing methods

**Learning Outcomes**

**On completion the student will be able to:**

1 Identify plant material

Range: Kawakawa (piper excelsum) plant

2 Identify correct protocols for harvesting and storage of material

Range: Karakia/ prayer, correct harvesting procedure, drying and storing material

3 Apply knowledge for poulticing and laying of kawakawa leaves on the body

Range: three (3) heart spaces, mind space

4 Attain and apply knowledge of spiritual healing

Range: Working on physical body, body scanning, reading kawakawa, prayer, songs, group activities

**Assessment Grade Scale**

Assessment	Assessment Type	Minimum mark	Outcome Assessed
1	Supervised Practicums- Practical Exam	P	1,3,4
2	Written Exam- Three Case Studies a) three heart spaces, c) mind space.	P	1,3,4

**Competency:** All assessments are compulsory

**Learning and Teaching Strategies:**

Facilitator support online teaching, practical one on one and group learning activities, facilitated interactive discussion

**Learning Resources: Provided by House of Rehua**

1. Te Rau Aroha Alignment Handbook

2. Instruction Videos
3. Online Support Group
4. Online Teleconferencing

**Required equipment:**

All resources are supplied for online learning.

For practical group learning sessions, the student can bring: yoga mat, bolster, massage table (if required), supply of kawakawa leaves, kawakawa oil, note book, pen.