

HEALING HAKA®

# POUUIRA

## Wellness Retreat

10-12 November 2023

Rocky View County, Calgary, Canada

with

Ojasvin & Waimaania  
of New Zealand



[www.grandmothershealinghaka.com](http://www.grandmothershealinghaka.com)

HEALING HAKA promotes health and well-being and reflects the learning processes offered by nature. Connecting to these vital learning processes can help to change and transform difficult thought patterns, emotional blockages and shift perspective towards mental, emotional and spiritual balance.

POU UIRA HEALING HAKA: electric, activating, awakening. This is an initiatory Healing Haka® dance of transformation, transmitting and activating ancient knowledge through modern concepts. The Pou Uira Healing

Haka is part of the Grandmothers Healing Haka Charitable Trust's "Integral Learning Practice", which is practised in many countries around the world.

HAKA is a traditional power dance of the Maori people of Aotearoa, New Zealand. It is known for its strong vocal expression and dynamic body language and has become world famous through rugby. Each Haka has a different message. It is most common for them to express their wairua (spiritual) and ancestral origins. It can anchor you, giving you confidence, strength and balance.

SEMINAR CONTENT: Healing Haka dance, Drum, Rhythm, Waiata singing, body exercises, light structure exercises, meditation, gratitude ceremonies, Wananga; transmission of higher learning.

OJASVIN KINGI DAVIS Immersed in his vibrant culture throughout his childhood, he was initiated by his ancestors in 1988 to perpetuate the ancestral wisdom of his Maori and Waitaha tradition from Aotearoa New Zealand. He shares his wisdom through music, dance and Maori design.

WAIMAANIA IRIS DAVIS: Waimaania, "she who brings things from darkness to light", received her name when she graduated from the Maori Karanga. Coming from a variety of family traditions and backgrounds, she has received the transmission of natural healing methods through prayers, rituals, bodywork and sacred geometry.

Members of the Cercle de Sagesse de l'Union des Traditions Ancestrales and teachers of Integral Learning Yoga with Min-I.L.I.T. They initiated Healing Haka®, created the Haka Rongo Aio training, the Grandmothers Healing Haka integral learning practice and founded the Grandmothers Healing Charitable Trust and the GMHH France association.

## **WELLNESS RETREAT**

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### **URSA RETREAT CENTRE**

meals-accommodation-seminar: Investment \$693

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