

**House of Rehua**  
**Course Descriptor**

<b>Title:</b> Te Rau Aroha Alignment	Level 2 Practitioner
<b>Mode of Delivery:</b>	
Online: 8	
Face to Face: 16	
Teleconferencing: 24	
Assessments: 32	Total Learning Hours: 80

**Date Effective from: September 2023**

**Pre-requisite:**

The student has completed Te Rau Aroha Alignment Level 1 Introduction Course

**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 Apply knowledge for accessing timelines and poulticing the body

Range: Seven doorways of the spine

3 Attain and apply knowledge of spiritual healing

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

### Assessment Grade Scale

Assessment	Assessment Type	Minimum mark	Outcome Assessed
1	Workbook exercises	P	1,2,3
2	Supervised Practicums- Practical Exam	P	1,2,3
3	Written Exam- Three Case Studies a) spine	P	1,2,3

**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 Workbook
2. Te Rau Aroha Alignment Handbook
3. Meditation Audios and Transcripts
4. Instruction Videos

5. Online Support Group
6. 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.

