



LOTIONS & POTIONS

TRADITIONAL NATIVE PLANTS

You will learn about the history of traditional native plant usage, protocols of gathering and applications.

first time: September 6, 2009

Time 9.00 am to 3.00 pm., free attendance

hereafter Jan 3, 2010, then May 2, 2010, then Sept 5, 2010 - fees may apply

PROPERTIES OF HERBS

Learn to correctly identify certain plants, to understand the benefits and nutritional value of these plants and how to incorporate them into your diet.

First time October 4, Time 9.00 am – 3.00 pm , Fee \$20

Hereafter Feb 7, 2010, then June 6, 2010, then Oct 3, 2010 – higher fees may apply.

HERBAL MANUFACTURING

Learn to make herbal teas, concoctions and infused oils, using the correctly identified plants and the correct applications.

First time November 1, Time 9.00 am – 3.00 pm, Fee \$20.

Hereafter Mar 7, 2010, then July 4, 2010, then Nov 7, 2010 – higher fees may apply

OINTMENTS, BALMS, AND MORE

Learn to make ointments, balms, etc. using herbs and understanding the historic value of the herbs used. You will also learn to use your natural herbal products that may help to treat minor ailments.

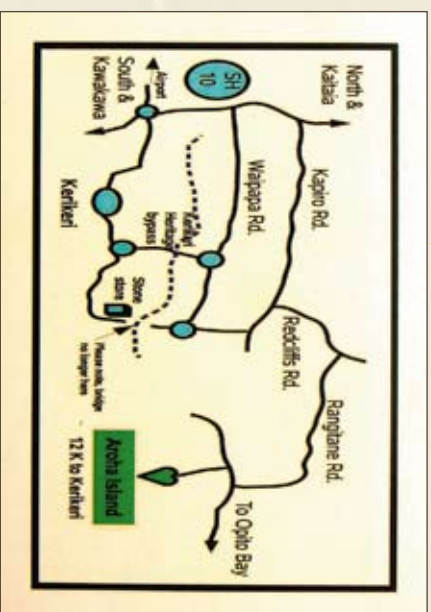
First time Dec 6, Time 9.00 am to 3.00 pm \$20

Hereafter Apr 4, 2010, then Aug 1, 2010, then Dec 5, 2010 – higher fees may apply

MINIMUM ATTENDANCE 8 PERSONS OR PRO RATA INCREASE IN ATTENDANCE FEE

NEXT: HOMEOPATHY COURSE - 6 MONTHS, 1 DAY PER MONTH, STARTS OCTOBER.

SUSTAINABLE RURAL DEVELOPMENT - 2 DAYS PER WEEK, STARTS FEBRUARY AND JULY



HOW TO GET THERE:

FROM KERIKERI TO OPTO BAY,
FOLLOW THE BROWN SIGNS TO AROHA



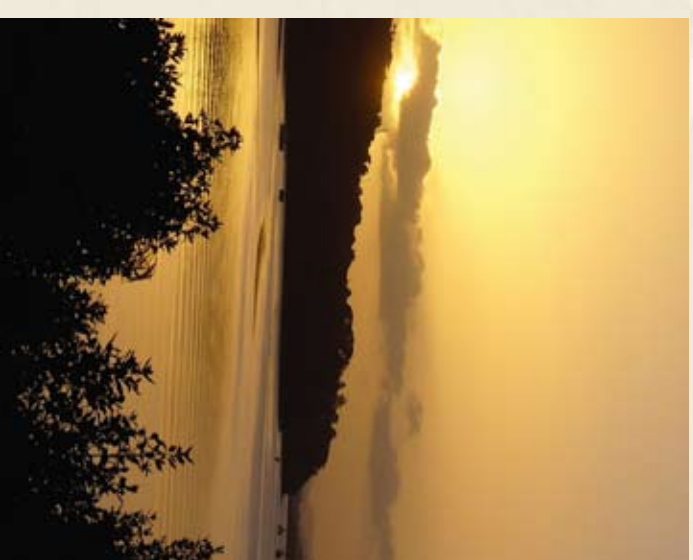
Bookings are essential at least one day prior:

09 407 5243

www.arohaisland.co.nz

COME, STAY AT AROHA

GET INTO KIWI COUNTRY
12 KM FROM KERIKERI
EXPLORE FLORA & FAUNA
WITH A GUIDE



AROHA ISLAND
GUIDED WALKS
AND COURSES



artwork by Robert van der Touw

Aroha Island

We will also have Kayak Tours available!

Loving care for a magical nature reserve. Seven hectares of mangroves and five hectares of basalt eruptions from the Rangitane volcano have formed this beautiful peninsula. The island is home to two pairs of North Island Brown Kiwis which may be viewed on a night walk. A volunteer group is looking after the island, providing a small swimming beach, camping and campervan sites and comfortable accommodation. Aroha means “loving care”.



bookings: www.arohaisland.co.nz

COME, STAY AT AROHA

Aroha Island is a natural haven with a wide diversity of New Zealand flora and fauna. If you love nature and have a desire to explore the unique plants and birds of New Zealand, you will enjoy the tours on offer. If you like to familiarize yourself with the healing aspects of Mother Nature, there are a selection of one day courses available. [Prior booking is essential.](#)

KIWI NIGHT WALKS \$25

Join us on a guided walk around Aroha. We are in search of the elusive, nocturnal, North Island Brown Kiwi. With special night vision torches you may find out more about this endangered bird and its habitat.

Tuesdays and Thursdays after dusk 1.5 – 2 hours

Minimum attendance 8 persons or pro rata increase in attendance fee.



The North Island Brown Kiwi

FEATHERED FRIENDS \$25

Aroha Island is a haven for birds. Your guide will give you a better understanding and knowledge of the variety and beauty of NZ fauna. You will see a variety of bush and coastal birds who call this island their home. Please bring along binoculars.

Time 10- 11 am Wednesdays 1.5 – 2 hours

Minimum attendance 8 persons or pro rata increase in attendance fee.



Tui in a Kowhai Tree



Ruru, Muttonbird

NATURE SPEAKS

Find out more about the abundance of plant life on Aroha Island. Each plant and tree tells a story that can help our health and well being. Included is a unique homeopathic medicine to take home and experience for yourself.

Saturdays 2 pm 1.5 – 2 hours

Minimum attendance 8 persons or pro rata increase in attendance fee.



Mingimingi Flowers



Tour Guide Rob