



Matiu Te Huki: Sacred Stance Haka Workshop



Matiu Te Huki, from New Zealand, is a musician and has a global reputation as a dynamic, inspirational workshop facilitator. Allowing his presence and humor to help participants find enduring power and a deep, confident inner peace, his *Sacred Stance Through the Māori Voice* workshop covers the traditional Maori practice of including the warrior energy of haka (traditional power dance) through several simple yet extremely powerful masculine/feminine practices. In this workshop we will learn some of the history of haka and how to stand strong in our full power and take up space on this planet at this time.

TOP EMBODIMENT TIP: Embody your warrior to stand in your power - so you can lift up and empower others.

Haka: A Traditional Maori Dance

- *Ha - Ka* means FIRE and IGNITE = Fire Breath. **It is a very powerful tool to feel your own body presence and stand in your full power.** Haka is a great way to share your voice or to express your respect or your love to anybody.
- There are many hakas with different topics today - like honoring the ancestors, nature, sacred events like marriage.
- They are done for many reasons and there are always new ones created. Traditionally, the dance was done before battle to fire up and to feel the strength and power of your body and your tribe.
- **Haka is always done in a warrior mode:** never smile, never laugh, we are holding to our power, we are giving our power, we are showing we are not getting tired and do not want to be messed with.

Attitude: Three Things Make a Good Haka

1. Power of your actions
2. Your face
3. The volume

Haka Words: Practice

- Mana wahine/ (beat) mana tane (long a)/ Whakakotahi/Hi...Ha...Hi! x2
- Mana, mana, taku mana e - Hi!!!

Haka Words: Meaning

- Mana = power, prestige, respect
- Wahine = women
- Tane = men
- Whakakotahi = unite, to make one
- Taku mane e = my power

Resources

❖ **Website:** www.rainbowwarrior.nz



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Dylan Newcomb, [UZAZU Embodied Intelligence](https://uzazu.org)



Dylan Newcomb: Founder & lead trainer of UZAZU Embodied Intelligence, master embodiment-based coach for helping professionals & cultural creatives, embodiment researcher, and former professional dancer.

UZAZU Embodied Intelligence gives you a clear, integrative model & method for understanding how STATES work: how to identify State Imbalances and how to rapidly shift & re-pattern them, using a set of simple postures & movement patterns. As a Helping Professional, UZAZU gives you **a comprehensive, highly adaptable, embodiment-based methodology** for effectively working with clients on almost any issue—in a way that easily integrates with and amplifies the potency of your existing skill sets.

UZAZU founder Dylan Newcomb is leading a 3-day live, online training this November 19-21, which will teach you all about embodied states and how to access and re-balance them—both for yourself and with your clients. **UZAZU also offers a FREE Online Embodied Intelligence Self-Assessment**, which you can complete in 10-15 minutes and gives you valuable insight into your own embodied states and patterns. Visit [Uzazu.org](https://uzazu.org) for details!

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