Mindful movement for the whole whānau

“No ages not limits” is the philosophy behind a mindful breathing exercises developed by the All Right? campaign in partnership with Māori wellness leaders.

Hikitia te Hā is a simple breathing exercise developed by Rawiri Hindle and supported by the All Right? campaign. Three new Hikitia te Hā videos have been developed after the success of the first one. The exercises are extended into tai chi, taiaha and yoga.

Yoga Warrior owner Letesha Hallett is behind the yoga Hikitia te Hā video and urges everyone to try it out. “I don’t think you need to be at any stage of your life. I would just say give it a go.”

The video brings awareness of te Hā (breath) and acknowledges ngā atua Māori through body form and movements, and is perfect for beginners.

“Using it at your own leisure is probably the most important thing. It’s there when you need it and once you do it, it’s up to you to put it in your life as much as your need it” she says.

Art of Wellness owner Mana Fleming modified her practice of tai chi to fit with the Hikitia te Hā framework.

“We’ve always had to breathe to live, but we’re forgetting that. So people’s breathing patterns have really changed. A whole lot of good stuff can happen for us when we can clean up our breathing patterns”.

Mana says it was a challenge creating the video fusing Māori culture with Chinese tai chi.

“It’s really about finding the similarities within those two cultures. I did my best to honour as much as I could and balance it”.

Vaea Coe from All Right? says the three new videos based on Maori values make Hikitia te Hā accessible to whānau of all ages.

“Māori are leading a lot of the work around mindfulness in Ōtautahi (Christchurch). We’re working alongside local Māori businesses and organisations who are experts in their art of oranga (wellbeing) to make more people aware of what’s out there and how it can help.”

Find out more about Hikitia te Hā from the All Right? campaign, including the new videos.