



Homeobotanical Institute Inc.

www.hbinstitute.org.nz

SATURDAY 9th MAY 2026 CONFERENCE - BREAKFAST 6.30am - 8.45am

8.45am Registration followed by our President Don Paterson who will open Conference at 9am.

9.15am **BEYOND THE HARA – with Shona Ua-Marsh.** Shona will guide us through the distinctly Te Ao Māori concept of The Hara and a practical way of discharging energy that no longer serves us.

9.50.am **EXERCISES plus Prize Draw**

MORNING TEA at 10am

10.15am **HOMEOBOTANICAL UPDATE with Bernie Bekker**

10.45 **NITRIC OXIDE with Andrew Gowan.** Nitric Oxide, Antioxidants and Cardiovascular Health assessment, and Heart Rate Variability demonstration. Andrew will take us on a deep dive into Nitric Oxide and the vascular endothelium and look at a few related cardiovascular conditions.

Everyone will have a simple saliva test that measures NO and gives clues to the state of the cardiovascular system. If time we'll also look at HRV - Heart Rate Variability.

L U N C H at 12pm

1pm **INTRODUCTION TO SHIATSU with Rachel Murphy**

Our keynote speaker, Rachel will be giving us an overview of an ancient Japanese therapy called Shiatsu. Her talk will include some of the theory behind Shiatsu and a demonstration of some Shiatsu techniques.

Rachel will provide instruction on effective pressure points for self-care and application with friends or family members. She will also lead participants through movement exercises and meridian stretching techniques. Rachel is offering 45min Shiatsu therapy for \$85 or 1 hour for \$100 before or following dinner.

2.,30pm **EXERCISES plus Prize Draw.**

AFTERNOON TEA at 2.45pm

3pm **Anatomy & Physiology.** Debs Chase-Paterson will discuss the Lymphatic system, focusing on one aspect, which reveals symptoms and indicators of a sluggish lymph system and what to do about it.

3.30pm **Group Work.** Angela Chadwick will be discussing some very interesting Case Studies with feedback from the group.

4 pm **End of the day relaxation**

DINNER at 6pm

SUNDAY 10th MAY 2026 CONFERENCE - BREAKFAST 6.30am - 8.45am

9.00AM **HANDS-ON LEARNING WORKSHOP USING NZ BUSH PLANT REMEDIES** with the experienced and incredibly popular Angela Chadwick. Tutor, Manufacturer & Owner of Self Heal Ltd. – native bush herbals & balms.

L U N C H at 12pm followed by our AGM

Enquires – please text Debs Chase-Paterson 0274839713