

NZAAAD Making Medicine

RETREAT DETAILS

November 19-22, 2026 | Hawkes Bay | Mangarara Farm

CONFERENCE THEME

Making Medicine - a journey from identifying a potential remedy, through pharmaceutical processes, to the practitioner-patient relationship and the future of local medicine-making in Aotearoa New Zealand.

VENUE

Mangarara Farm, Hawkes Bay

A regenerative farm with on-site accommodation, meeting spaces, and access to native bush and wetlands for field excursions. Kayaks & rowing boat for use on the lake. Outside fire pit. Wood-fired Hot Tub & Sauna available to hire.

ACCOMMODATION

On-site lodging available for all attendees. Limited to 17 places. Full catering and self catering options will be advised after registering.

REGISTRATION

Registration fee: TBC. Booking requires a deposit to confirm your place. The deposit is to go toward anticipated cost of accommodation, morning and afternoon teas and workshop materials.

Contact: nic@healinglands.nz Registration: healinglands.nz/events

WORKSHOP HIGHLIGHTS

- * Trituration practical - hands-on medicine making
- * Plant observation & identification - local NZ species
- * Bush excursion - regenerative bush & wetlands at Mangarara
- * Dose forms old & new ways - such as nasal sprays and external preparations
- * Potencies - what is used and why
- * Ointment making using trituration produced on-site

WHAT TO BRING

- * Warm layers for early morning & evening sessions
- * Walking shoes for bush excursion
- * Notebook & pen; drawing paper and pencils
- * Musical Instrument; A warm heart and sense of adventure

DAILY RHYTHM

Each day follows a rhythmical structure: early morning meditation & sunrise process, eurythmy, morning sessions with tea break, lunch, afternoon workshops & excursions, dinner, and evening sunset process.

PREPARATION FOR SESSIONS

- * Read circulated pre-reading on anthroposophic pharmacy principles **IAAP
- * Prepare a brief case study if you wish to present
- * Familiarise yourself with the steps of Goethean plant observation process
- * Bring any questions on dose forms, potencies or prescribing for discussion
- * Consider your role and activity for the co-operative future discussion

PRE-READING

** IAAP Publications page <https://iaap-pharma.org/publications/> & Anthroposophic Pharmaceutical Codex

Other suggestions:

[The list could go on | Pick something that grabs you and enjoy a journey | Look for new translations online](#)

- * Physiology and Healing: Treatment, Therapy and Hygiene - Spiritual Science and Medicine (The Collected Works of Rudolf Steiner Book 314) New translation available - Amazon
- * Introducing Anthroposophical Medicine: Twenty Lectures Held in Dornach, Switzerland March 21-April 9, 1920: (GA 312, Lectures 5, 6, 10, 17, 20) New translation available - Amazon
- * Illness and Therapy: Spiritual-Scientific Aspects of Healing (The Collected Works of Rudolf Steiner Book 313) (GA 313, Lectures 5-8) New translation available - Amazon
- * Fundamentals of Therapy (GA 27, Ch 15, 16, 17) New Bilingual Transl ex Rudolf Steiner Book Centre, Sydney
- * Thinking Like a Plant. Craig Holdrege | New Eyes for Plants. M Colquhoun & A Ewald | Healing Plants. W Pelikan
- * A Guide to Understanding Healing Plants: Volume I & II By Jochen Bockemühl
- * <https://bhma.org/researching-the-potential-therapeutic-action-of-medicinal-plants-using-a-post-reductionist-method/> Michael Evans
- * Rongoa Maori: A practical guide to traditional Maori Medicine. Rob McGowan