

Sunflower Oracle

Wellness Network
East Coast Edition 1
Spring 2021

Bay of Plenty
Mount Maunganui
Papamoa
Tauranga
Te Puke



Sunflower Oracle Wellness Network

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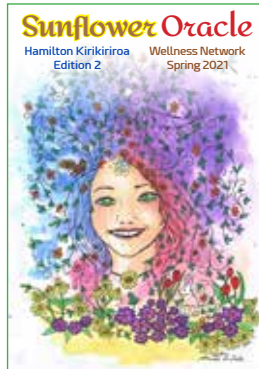
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You should consult your physician, other health care professional and the healer to determine if the modality is suitable for your unique needs.

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HAMILTON



RAGLAN



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Symbolism of the Sunflower

Vicki Shannon



Once upon a time there was a beautiful Greek sea nymph called Clytia and a powerful God called Apollo. Apollo was a splendid God who drove his golden chariot across the sky.

Clytia observed Apollo in all his glory and fell in love with him. Although she was very attractive, Apollo did not love her



back and took no notice of the poor sea nymph. Every day she turned her head to the sky to watch her love. Her longing and love almost drove her mad. The other Gods

took pity on her and transformed her into a sunflower. Even today she continues to turn towards the sun, in order to see her beloved, Apollo.

Created from the depths of a broken heart the sunflower is a symbol of eternal devotion, peace, love and hope. Symbolising longevity in Chinese culture

and as a life giver in Inca culture, the sunflower continues to be revered by people today.

As we publish the Spring edition of the Sunflower Oracle, it is with great pleasure that we welcome Tauranga and the surrounding area to the Oracle network. We look forward to welcoming more areas in the future.

Seeking out the light and holding its head up high, the sunflower is the only flower that turns its head to follow the sun. The symbol of the sunflower graces the covers of the Oracle because of all the beautiful meanings and representations behind it. The symbol of the sunflower also honours the Oracle's roots, starting out as a small seed in the Raglan community and continuing to grow throughout New Zealand. As a symbol of happiness, its colour lights up even the darkest days. When you look at a sunflower you cannot help but smile.

We wish all sunflower lovers eternal optimism, happiness and peace.



Sunflower Oracle TAURANGA / EAST COAST

Edition 1, Spring 2021

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& Ronja Skandera

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Cancer Healing Roadmap

Justine Laidlaw



No one should feel like they are alone on their healing journey.

Learn to experience inner wellness and freedom in your cancer journey from the comfort of your home by working with Justine online or in-person.

Justine primarily works with clients recently diagnosed or living with cancer or chronic illness. Cancer does not just affect you physically - it causes anxiety, stress, depression, damages confidence, challenges relationships, and affects your working life.

Justine is renowned in NZ for her integrative approach to cancer as a certified holistic cancer coach & functional medicine practitioner and runs online cancer healing workshops nationwide. As a cancer survivor herself she will help you navigate integrative healing therapies like Ozone, IV vitamin C, cancer healing foods, stress reduction techniques, exploring your support needs, releasing suppressed emotions, relationship challenges and

opening you up to the spiritual component of healing fully.

Testimonial

"You have been such an inspiration to me. I can not ever express how that one phone call I made to you upon my husband's diagnosis calmed me. I have gone on to attend 2 incredible events organised and run by Justine. Thank you for the light you continue to shine you are one of the true gems in this world".

– Much love and gratitude Hayley xx

JUSTINE LAIDLAW

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THE NATURAL BIRD
JUSTINE LAIDLAW

Tasmin Fourie

ROAM Holistic Wellness

Heya, I'm Tasmin.

I am a wife, Mumma of two beautiful little girls, a qualified Homeopath and Birth Doula. I moved to New Zealand from South Arica in 2019 with my husband and daughter. I have a small home-based practice in Pyes Pa, Tauranga.

As a Homeopath

I studied in South Africa at the University of Johannesburg and completed my Mtech in Homeopathy in 2017.

I absolutely love how individualized Homeopathy is and seeing the positive impact it has on people's lives. I have a special interest in women's/maternal health as well as children's health, including learning barriers.

As a Birth Doula

It was through my own journey of pregnancy and birth that sparked a desire to support women in pregnancy and birth. I knew that I wanted a different birth experience from my first! I had an 'emergency' C-section with my first and so badly wanted to have a VBAC (Vaginal Birth After Caesarean) second time round.

I had heard that having a Birth Doula



reduced the section rates and helped women have a more positive birth experience, no matter how she birthed. I wanted to feel heard, loved, supported, and educated in my choices.

I trained as a Birth Doula through DONA International and am excited to support women and their families through one of the most magical times in their lives.

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Let the Universe Lead PART 1

alan willoughby

In recent times, the Law of Attraction was prevalent – especially in the US – and books, videos and podcasts walked you through the ways you could attract whatever it was that you wanted into your life.

But what if you didn't know what you wanted? What if what you thought you wanted was not beneficial to you? What if you received what you wanted then found you didn't really want it after all?

One of our greatest fears is usually fear of the unknown. We live in strange times at present; fear of the unknown looms large in many people's minds. What if we embraced the unknown? What if we consciously put out a prayer to the Universe that simply said: "What next?"

I have done this many times in my life. First time was after I had been practicing as a Journey practitioner for, maybe, two years and I had a feeling that there was more. So, I simply looked out the window at the beautiful blue sky and made a silent prayer to the Universe: "What next?" Then I forgot about it.

Two weeks later I received an email inviting me to attend ThetaHealing™ courses. I had never heard of ThetaHealing™ so I Googled it, spoke with a practitioner in Canada for an hour, then went on the first course. It was amazing.

As I was leaving, I booked onto the next two courses and also thanked the instructor for emailing me. She assured me she had never sent an email to me and had never heard of me until I emailed her. My wife had read the email I received and I had saved it carefully, but



when I went to find it, it was not there. That was the first time I asked and was answered by the Universe.

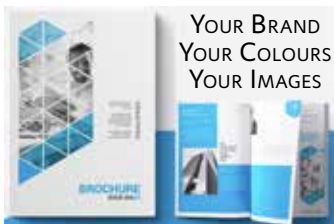
Why don't you try it and see what happens?

I'll continue with the other times I have let the Universe lead in the next two issues.

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CREATING ATHLETIC ARTISTS



media@sunfloweroracle.nz



Diane Rosenberg

Replenish Kinesiology

Welcome to Replenish Kinesiology ... my name is Diane Rosenberg and I have been working with clients for over twenty years. I work with energy circuits of the body, colour essence balancing oils, nutrition, flower essences, crystals and my hands ...

We are all individuals and our health issues can vary from person to person. Through the process of muscle testing, your body will alert me to the type of balancing procedures that can benefit you best. This is your body's natural innate wisdom and awareness working. Kinesiology balances address your unique physical, emotional, spiritual and nutritional needs, facilitating a balanced state of being. This is when we can destress, heal, feel more connected and repair best.

I regularly hold workshops in Tauranga and around the country, teaching all these amazing modalities

A Kinesiology session may:

- Relieve long standing pain, improve posture and flexibility.
- Clear emotional and physical stress to increase your vitality.
- Encourage better digestion, sleep and allow for increased clarity with a more positive outlook on life.
- Connect and align to your vibrational potential.

"Diane is an awesome practitioner. I've had the blessing of receiving a treatment while on a flash visit to NZ and I highly recommend her. Some of the qualities I look for when I'm seeking help are compassion, emotional safety, reassurance, respect and Integrity. Diane offers these qualities to the highest degree. She assists you to choose your plan to fulfill your dreams, goals and values. To anyone who hasn't tried kinesiology yet you don't know what you are missing."

– Helen F, Brisbane

90 minute Consultations in clinic or via zoom.

DIANE ROSENBERG

Registered Natural Health Practitioner
 Certified Kinesiologist/Colour Therapist
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 Find me on facebook
 Clinic rooms in Pyes Pa and Papamoa



Noeline Levinson

Family Focus



I also assist mums during their pregnancy and birth using homeopathy. I give free talks to midwives, antenatal groups, play centres, mum's groups. And of course I also offer one on one consultations.

Secondly, I offer Sound therapy, based on the Tomatis method, for pregnant mums.

The baby's ear is the first sense to be fully developed in Utero. Sound is responsible for the development of the brain pathways, and also assists with the growth of every organ, via the vagus nerve.

The baby hears mother's voice, through the spinal column, using bone conduction. The sound therapy is the most beneficial activity a mum can do, to enhance the bond between her and baby and to prepare the baby's brain for learning.

I am an acute prescribing homeopath, and what that means is that I only treat acute conditions. Such as colds, fevers, flu, post birth and surgical recovery, etc.

I am teaching a First Aid Homeopathy Course for Mother and Baby, empowering mums who wish to take a more natural route with their babies. Doing this course will educate mum's how to cope with teething, colic, fevers, rashes and all sorts, that are perfectly normal for babies to experience.

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The Journey ThetaHealing™

I began my healing journey by having to heal myself, after some health challenges, finding The Journey and graduating as a practitioner in 2005.

I set up my practice, Lovelight Holistic Health, then qualified as a ThetaHealing™ practitioner shortly after. Since then, I have used these modalities together to enable people suffering from a variety of frequently inexplicable issues, often associated with traumatic events experienced earlier in their childhood, present or past lives, to release these traumas and move on with their lives to become all they wished to be.

Any other issues that arise will be dealt with appropriately, and telephone or email support is available after a session.

A session usually lasts between two and five hours and includes ThetaHealing™ belief changes and a full Journey process. Sessions are always conducted in person and, as I schedule only one session per day, can extend to allow whatever challenges you have to be fully explored and cleared.

I have spent much of my working life as a teacher at all levels, am happily married (for 45 years) to my wife, with whom I



have three grown children and several grandchildren.

If you have any further questions about the healing work I do or about me, please visit my website.

ALAN WILLOUGHBY

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ThetaHealing™ RECONNECTIVE HEALING THE JOURNEY
Physical, emotional, intellectual and relationship healing.

Crystals for Spring

Spring is a magical time of the year. It's the season for new beginnings, rebirth, regrowth, and cleansing. Crystals and gemstones have been used for thousands of years. They are natural energy resonators, each with its own vibrational energy frequency.

Crystals to use this Spring:

Clear Quartz – the most recognized crystal. Use to clear, activate, balance, and purify the energy centres of the body. A healer of negativity associated with one's perspectives and judgments.

Selenite – this powerful crystal quickly absorbs and unblocks any stagnant energy.

Moonstone – A stone for “new beginnings”, Moonstone is a stone of inner growth and strength. It soothes emotional instability, stress, and stabilises the emotions, providing calmness.

It's a harmonious stone, with a feminine energy therefore connected to cycles of rebirth and renewal. It helps us to literally and figuratively shed the protective layers that we have been wearing all winter.

Amazonite – is a throat chakra stone that is tied to communication and expression. And now that it is Spring, we are ready to let ourselves shine again like the sun.

Black Tourmaline – is known for its strong protective properties, absorbing negative energy. It's a grounding stone to help you stay connected to the physical world. You can never have too much protection at any time of the year.

The above crystals and many more are available at The Boho Store (see back page).

Thanks to Amanda of Infinity Spiritual Centre in Hamilton for this article.



Selenite – above.



Amazonite – above.

Moonstone – below.



Clear Quartz
– above.

Black Tourmaline – below.



Kati Ludwig

Coaching – Counselling – Therapy

I am a hybrid-healer who weaves spirit and energy medicine through a scientific background of clinical psychology.

I transform my client's lives to be hopeful, stable and empowered.

You are your own guru. Be inspired by your own story.

Your answers lie within you, you only need the tools to access them.

My mission is to help people to hold space for themselves and to achieve steadfast inner peace. I approach the biology and the hardened industry of clinical dis-ease with a maternal, soulful presence.

I have mastered traditional cognitive therapy, but my piercing eyes and understanding reach into one's body, far surpassing the limits of the mind, in order to meet the soul exactly where it is and

coax it back into its full vitality.

KATI LUDWIG

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kati
LUDWIG

Colleen Smith

Holistic Massage

Advanced Massage & Energy Healing

Kia ora Koutou – My name is Colleen: I am a Healer and Advanced Massage Specialist and have been working in the Healing field for over 25 years.

I am also an open channel for spirit and am blessed to work with some very high energies.

I currently offer Healing, Massage, Lymphatic Drainage and Reflexology.

Holistic Massage – can incorporate anything from Energy Healing and Relaxation, through to deep tissue massage, and work on injuries. Each session is tailored specifically to the needs of the person I am treating.

The environment I work in is also very important to me and the session is, quite simply, all about you.

It has long been acknowledged that Massage combined with a healer's touch, can move through far more than just the physical layers.

Elohim Healing – balances the Chakras, clears your major energy lines and balances your body's blueprint, while grounding and balancing you. Importantly it is also one of the few healings to release any negative energy.

Physical and emotional release



techniques are also included, creating a powerful and complete healing.

Elohim serves as a major clear out of the old and aligns us with the new energies which we and the earth have now moved into. A total re-set.

Personally there is no greater reward than helping someone shed that which does not serve – freeing them up to be much more of their true self.

COLLEEN SMITH

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Glenda Ruddenklau

Certified CranioSacral Therapist

My journey with CranioSacral Therapy and energy healing was motivated from looking for a solution to my own long-standing health problems which mainstream medicine was not addressing.

Energy healing and CranioSacral Therapy were the turning point to massively improved health and energy levels.

As a result I trained, and for the last 25 years been very happy to use these two modalities to assist people of all ages – from newborn babies to 90 year olds. The treatment is very gentle, safe and effective.

It releases soft tissue, structurally re-aligns the body, frees up spinal and meningeal membranes, improves function of spinal and cranial nerves, and all the consequent body systems. It also lowers stress. In addition I work very specifically in the area of SomatoEmotional Release.

Further details of everything, including conditions that can be treated by CranioSacral Therapy and Reiki energy healing, are on my website.

I work in Papamoa Beach, Bay of Plenty, and Oamaru, North Otago.



I have also been teaching Reiki for 25 years for people wanting to learn energy healing for themselves. Reiki 1, II and III and Master/Teacher are available.

Teaching is



a love, having been a registered piano and singing teacher for 50 years, and a Polytech tutor.

GLEND A RUDDENKLAU

LTCL AIRMTNZ CST

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Reiki Master/Teacher

Registered Teacher of Singing, Piano & Theory

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Sacred Self Care

Tea ceremony

You can make your own tea by gathering herbs from your garden such as lavender, rosemary, lemon balm and mint.

Dry these (in the hot water cylinder works well) for a few weeks. Once they are dry, take time and care to prepare the herbs in a glass jar (recycled is preferable). Be mindful of every movement you make while placing the herbs in the jar.

When the tea is dry, consciously boil a jug of water – watching the water as it enters the kettle. Focusing on its replenishing, purifying nature. Without it we cease to exist.

A tea steeper is best for the next step. Fill your tea steeper with the tea from your jar. As you fill your cup breathe in the aromas.

Notice the water changing colour and notice how you feel. Hold your hand over the cup and be grateful for the water that gives life.

Before you take a sip notice how you feel – are you relaxed or tense?

Relax every part of your body. Close your eyes and take your first sip – be completely mindful of how it feels.

Feel the warmth open up your heart space.

Altar to your inner child

Your inner child is the childlike aspect of your personality. The joyful smile on your lips as you see images in the shape of the clouds. The silly giggle that escapes your lips when something tickles your toes.

Your inner child is the expression of your childlike self and a source of strength. Why not celebrate this with an altar?

Find that feather on your walk through the park, or an interesting shell. Add some stickers from the \$2 Shop or a crazy hair tie, a pretty coloured leaf, some coloured pencils or a snail shell. Celebrate the things that make you smile and create a sacred space in your house to remind you to laugh, play and reconnect with your inner child.

Every time you see it – Stop! Breathe! Reconnect to the source of your strength and the foundations of who you are now!

Enjoy!

– Vicki Shannon



Jess Stewart

Natural Wellness for Mum & Baby

Hi! My name is Jess Stewart, I'm a local mum, a Qualified Medical Herbalist and creator of Hey Mama Natural Remedies. My passion and purpose behind Hey Mama is all about supporting Mums in their Motherhood journey using a gentle, natural and holistic approach.

For me, becoming a Mum was one of the steepest learning curves of my life. It was simultaneously one of the most empowering and joyous experiences, while also being the hardest and most challenging I have ever faced.

I wanted to use my personal experiences of motherhood and my knowledge as a Herbalist to help other Mums look after themselves – naturally and holistically. To help them regain their balance, energy, vitality and to feel empowered and connected in their Motherhood journey.

I have developed a range of natural products designed specifically for Mums to use during pregnancy, birth and into the postpartum period to help support their



physical, mental and emotional wellbeing. I also created a range of natural products to help support the health and wellbeing of your beautiful babies and growing family too!

I understand the ups and downs of Motherhood – the physical, mental and emotional challenges you go through. If you would like to know more about how natural remedies can support you through this time, please get in touch. I would love to support you!

Wishing you abundant health & happiness,

JESS STEWART

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Hey Mama
NATURAL REMEDIES

Michelle Blakely

Wholehearted Holistic Health



As a Registered Natural Health Practitioner with over 20 years experience specialising in Holistic Health, I love helping and empowering people to have a full and rewarding quality life. It's a privilege to help others reach their full potential.

"Taking time for yourself, being mindful and having tips for optimal daily wellness can bring about positive solutions for physical, mental, and emotional well-being."

If you're feeling exhausted, overwhelmed, low in energy, anxious, worried or anything else that feels a bit stressy ... talk to me.

There is no need to suffer.

Treatments can provide unique support for your body, with a proactive health approach for all ages, in numerous areas including sleep, pain, sinus and respiratory issues, gut health, metabolism, circulation, allergies, hormones, anxiety, mood, mental health and many stress related issues.

I offer in-clinic body treatments

and coaching work, as well as online consultations, courses, covering all aspects of wellness for all ages, effective in shifting the body into harmony both physically and emotionally.

- Reflexology – incl Maternity, Fertility, Lymphatic, Endocrine
- Energy & Frequency healing
- Light Therapy
- Massage
- Aromatherapy
- Chakra balancing
- Ear candling – surfers & congestion
- Specialty Facials

Our bodies are equipped with an innate way to heal given the right environment and support. I love seeing positive results through treating the body as a whole.

Contact me for a 30-minute Complimentary Health Consultation with 20% off your First Treatment!

MICHELLE BLAKELY

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Te Pae O Rehua

The Beam of Beauty

Repairing and Restoring the Mauri – one Uri at a time

I've always had a strong knowing that trauma was about so much more than others were open to or have been limited by through their own experiences.

So, imagine my relief when my Compassionate Inquiry teacher Dr Gabor Matè, confirmed what I've always known with just one simple truth;

"Trauma isn't what happened to you, trauma is what happened inside of you in response to what happened to you."

Gabor's work is very similar and very much aligns to how I've always naturally worked, and my knowing of what is needed for humanity as a collective.

This method supports and guides people to the truth and inherent wisdom within that has been lost or become disconnected during one's life and their experiences.

The relational container of safety and co-regulation developed in this space reveals and gently guides to the surface truth that has been too painful to see and feel, while being acknowledged, witnessed and held for the first time.

When we feel safe enough to move through the world in an organised way we can connect through four pathways; Self, Others, the World and Spirit.

Every human has a true authentic self.



Trauma is the disconnection from it and healing is the reconnection to it.

MISSY

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Alternative and Holistic Health Service



Sunflower Oracle Online
Like the magazine – but more!
sunfloweroracle.nz

How To Behave Towards Annoying People



of what's wrong. Fortunately, the opposite is also true; by focusing on what we love, we'll see more of that.

If you want to see, hear and feel more of the things you love about your partner, friends, children or colleagues, try appreciating the aspects of their personality that you like or admire. You can effect changes by just doing this in your head. However, I've found it's much more powerful to do it out loud.

Stephanie Philp offers some advice on how and why your brain's Reticular Activating System can help or hinder your relationships with others.

Do you know any annoying people?

I have some friends who, while I'm sure they love each other dearly, continuously bicker when they're together and moan about each other when they're apart.

Maybe you know people like this?

It's tiring to be around such folk because they relentlessly focus on what's wrong; with the other person, the relationship, the situation.

What do you focus on?

No doubt you already know that you get more of whatever you focus on — no matter whether that's positive or negative.

There's a scientific reason for this

There's a part of your brain called the Reticular Activating System (RAS). The RAS filters the information that gets through to your conscious mind, based on your expectations, your interests and what's of value to you. For example; you buy a car. Next day you notice many other cars of the same make and model are around. Hearing someone call your name even in a noisy, crowded space.

So by focusing on what we believe is problem behaviour, we'll notice more

Tell the person concerned what you appreciate

Also, let them know your reasons. Some examples:

"I really appreciate your lovely smile. It lights up your entire face, and I can't help but smile back."

"Thank you so much for washing the dishes tonight. It meant I could relax a little after a hard day."

"I was frustrated when I got stuck in traffic and was late for work. Just knowing you understood made me relax and leave all the stress behind."

Don't worry if you get a surprised or sarcastic response

If you don't normally talk in this way, then the people you're addressing may be a little suspicious of your motives! Continue on anyway, and then notice how they behave differently.

You'll get more of the things you appreciate

When you're focusing on the things you like, there's less time to think about the things you don't like. You might even get some compliments in return, or notice others appreciating you for who you are instead of complaining about possible bad habits.

— Stephanie Philp
www.insideyourmind.com

Dionne Norman

Little Reiki Retreat

It's great that you're here! I love working with people to help them to re-align to a happier sense of well-being, through the healing energy of Reiki.

Based in the beauty of the Lower Kaimai in Tauranga, amongst the boulder river and native bush, I teach all course levels of Usui Shiki Ryoho Reiki:

- Reiki First Degree
- Reiki Second Degree
- Reiki Master
- Reiki Teacher

I offer Reiki treatments and I'm a registered member of Reiki NZ Incorporated. I adhere to the New Zealand Charter of Health Practitioners Accreditation Board Inc for Reiki NZ Incorporated, Code of Ethics and Rules of Practice. I'm also a Healing Touch Practitioner and a member of Healing Touch New Zealand and Healing Beyond Borders (Colorado, USA).

I've dedicated my life to sharing the love of Reiki, by uplifting and inspiring others on their spiritual and healing path with Reiki. It's a journey that I believe will be filled with love, laughter and fun.



It'll be an honour to work with you as you venture on your own Reiki journey of alignment and discovery.

I look forward to meeting you soon.

DIONNE NORMAN

Little Reiki Retreat
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We offer:

crystals | Vegan body care products | Scented candles
Palo santo and sage | HandCrafted pottery | Artwork
Local artisan products | Refills for your cleaning and
washing products

Location:

Piccadilly Arcade, 47 Devonport Road, Tauranga;
Tuesday - Saturday, 10am-4pm

1% of sales are donated to The Reforestation Fund
to help community groups look after the environment.

www.boho.nz | hello@boho.nz