

## Me hākinakina i a koe e hapū ana.

Te tikanga me hākinakina te wahinee rua haora rima pai heneti ki te 5 haora i a wiki, engari kia māmā te haere. He momo haukori tēnei, ki te toro, ki te hākinakina ki te whakamakara rānei. Te hākinakina i te wā e hapū ana ka kite i te heke haere o te mate i te wā e hapū ana, e piki haere ana te toto, otirā te taumahā o te tinana i te wā e hapū ana.



### Haukorikori tinana

Tēnei mea te haukorikori tinana he kaupapa ka whakamahia ngā whakamakara tokomaha otirā ka whakahiki i te manawa i te hau hoki. Wētahi o wēnei haukorikori tinana ko te;

Hikoī | ko te tū pahikara | ko te kaukau.



### Ko te toro haukorikori

Me ata haere tinana toro (te yoga) ka taea ki te tapiri atu ki te hākinakina whakamahana me te whakapakari tinana.



### Tinana maihara korikori

Te tikanga me whakakorikori tinana kia e rua i a wiki, ia rā whai muri mai, e whakamahia ana i ngā maihara matua ia wāhanga o te tinana. Ka taea ki te whakamahi wēti māmā, tinana wēti otirā tūtorotoro tākae.

Aim Te whakapae kia whakamahia te tahi ki te rua rāuna o te tahi tekau mā rua ki te tahi tekau mā rima tuaruatanga o ia korikori. Ko wēnei korikori tinana me whakamahia kia ata haere te mahi kia marino te neke, kia marino hoki te hā te hau hoki, (te hā ki roto, te hā ki waho)

Kaua e hiki wēti taumaha kaua hoki e pupuri tō hā kia roa. Kia kaua e whakamahi hākinakina ai koe e takoto whārōro ana i runga i tō tuara i ngā wiki tuatahi tuarua tuatoru te whakapae kia kaua e hupeke hikoi kia kaua hoki i whara te tiraki pūtautau.

Mehemea he tau hou koe ki te mahi korikori tinana me ata haere te korikori a te wā ka piki haere tō mahi. Timata kia iti te haere kia rima miniti ia rā. Ka piki ake ki te rima miniti anō ia wiki kia tae rāno koe ki te toru tekau miniti ia rā.

## Ngā tohu tūpatotanga ki te whakamutu i te whakapakari tinana

Mehemea kei te hēmanawa haere koe, e heke haere ana tō hā, maeae te mähunga, anini te mahunga, maemae te pūkākano ke te puta mai te toto i to wahinetanga ia koe korikori ana te whakapae me mutu me haere hoki ki te tākuta. Me titiro i te tikangatanga o tō tinana ki tō tākuta, mehemea ka timata haere ki te rongo maemae hou ia koe e hapū ana.