



**TARUNA
COLLEGE**
Connect, Nourish, Sustain

Foundation Course in Anthroposophic Nursing

Starting in April 2024 Taruna College is offering an 18-month programme for registered nurses.

Come and be re-inspired in your nursing work and practice as we deepen our understanding of our profession's unique healing potential and universal cultural significance.

Our studies will introduce principles of an integrative nursing approach including:

- **Working with plants and other substances in various therapeutic external applications**
- **Nursing process informed by concepts of a spiritual anatomy and physiology to add to our knowledge of the physical body**
- **Effective self-care along with strategies that support sustainability in day-to-day life and professional practice.**

If you are interested please visit our website: www.taruna.ac.nz or contact us on 06 8777174





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