

2021

ARCHITECTURE

DIGITAL MARKETING

ECO STORE

FITNESS

HEALTH & WELLNESS

INTERIOR DESIGN & HOME ORGANIZATION

PREGNANCY, BIRTH & POST-NATAL

PRE-SCHOOL



The Kamaroi Green Pages is produced by the Kamaroi Parent Association. All current Kamaroi parents are invited to list their businesses, products and services. Please contact Dana Mrkich to add your details: dana@danamrkich.com

ARCHITECTURE



Mark Baxter
Baxter & Jacobson Architects

Let BJA design your renovation or new home. Our approach is work creatively with your needs and values and can bring Steiner's *living* architectural impulse to the design.

As school architects and parents we understand family needs. We can offer a free initial consultation.

W: www.bja.net.au
E: mark@bja.net.au
M: 0408 770 294

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Matt Day
Day Bukh Architects

Focussed on designing ecological and sustainable buildings for the Australian context.

We endeavour to help our clients consume less, consume wisely, and to allow for future generations to do the same.

W: www.daybukharchitects.com.au
E: matt@daybukharchitects.com.au
M: 0400 661788

We offer a free consultation meeting to discuss your potential project. A 10% discount for the Kamaroi Community.

Steven Kenessey
Morph Architects Pty Ltd

Morph Architects Pty Ltd, is a Sydney based architectural practice located on the Northern Beaches.

We believe that practical, commonsense solutions generally result in healthy, energy efficient designs which also promote wellbeing within an uplifting environment. More than this, Morph Architects draws on nature's mode of doing as a model for its design methodology and strives to create spaces that are in tune with the rhythms of the day and the cycles of the seasons.

W: <https://morph.net.au/>
E: steven@morph.net.au
P: 8210 5164
M: 0411 374 135

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DIGITAL MARKETING



Mish Stampfli *Grateful Life*

Grateful Life is a digital marketing and promotional service that supports businesses and brands to communicate their message.

Created especially with small business in mind, Grateful Life gives you back the time to focus on your core business.

Whether it's social media management, website creation, website updating and e-newsletters, Grateful Life can help by managing these digital assets for you, when you need, and how you need.

Working within the conscious business space, and with over fifteen years experience in promotions and marketing, I'm here to help small businesses take away the burden of digital marketing & promotion.

W: www.gratefullifebiz.com
E: gratefullifepr@gmail.com

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ECO STORE

grassroots eco store

Taryn Miller *Grassroots Eco Store*

A magical little store located at Glenaeon Rudolf Steiner School Castlecrag campus.

We stock a beautiful collection of products such as Steiner art & craft materials, practical school necessities like lunchboxes, raincoats and slippers, quality children's and parenting books, enchanting wooden and felt toys, natural products for your home and body along with beautiful gift ideas for all ages.

All products are handpicked as the best ethical, local, natural and sustainable products for our families and community to enjoy.

Open During School Terms (Times are subject to change):

- Mon, Tues, Thurs, Fri: 8.30 - 11.30am, and 2 - 3.45pm
- Wed: 8.30am - 12.30pm

A: Glenaeon Castlecrag Campus, 121 Edinburgh Road Castlecrag

W: www.grassrootsecostore.com.au

IN: @grassroots_ecostore

FB: [@grassroots.ecostore/](https://www.facebook.com/grassroots.ecostore/)

E: shop@grassrootsecostore.com.au

M: 0409 022 327

Deliveries can be organized to Kamaroi for pickup

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dana@danamrkich.com

FITNESS



Nicky Greenlees-Jones **Babes with Babes Fitness**

- Fun & functional fitness for Mums.
- Outdoor sessions for Mums & Bubs or Bumps
Or Personal training at Primal Movement studio in Brookvale
- Evening boxing & strength classes
- Lunchbox Nutrition Workshops for groups or private class

W: www.babesfitness.com.au
IN: @babeswithbabesfitness
FB: [@babeswithbabesfitness](https://www.facebook.com/babeswithbabesfitness)
E: Nicky@babesfitness.com.au
M: 0402 991 484

Come along to any sessions with a friend & both get 1/2 price class

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HEALTH & WELLNESS



Natalie Anderson

Dip Holistic Pulsing Practitioner and Teacher
Dip Reflexology Dip Wholistic Aromatherapy

0466 325 204



Natalie Anderson **Holistic Pulsing**

Holistic Pulsing - a gentle integrative healing method for wellbeing that rocks! Relax your body. Unwind your mind. The gesture Holistic Pulsing offers the body is one of utter softness, bringing quiet relief to body, mind and soul. Deeply relaxing and nurturing, the gentle rhythmical rocking movements and light fascia stretching, soothes the nervous system, softens tension, lifts fatigue and enlivens energy flow, bringing a profound sense of equilibrium, integration and peace.

Natalie has a special interest in sensory processing and integration and empowering parents with a holistic approach to family wellbeing to support a child's development to self-sufficiency, managing transitions and self-regulation.

W: www.sydneyholisticpulsing.com.au
E: sydneyholisticpulsing@gmail.com
M: 0466 325 204

Contact Natalie for an appointment in Balgowlah or Brookvale at a special Kamaroi rate

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Eliza

BLACKWOOD

NATUROPATH

Eliza Blackwood
Naturopath

Eliza Blackwood is a highly recommended Naturopath with over 20 years of professional experience. She has worked both in Sydney and overseas caring for a diverse range of people, solving health issues and helping families grow up with health. Eliza resides on Sydney's northern beaches and enjoys caring for local families, children and people who are looking for answers to their health issues.

Eliza specialises in preconception care, fertility, pregnancy and beyond. She also has a special interest and success with skin and digestive issues. Utilising a holistic approach, all aspects of your diet, health and lifestyle are assessed.

Eliza offers her Naturopathic services in both CBD Sydney and online.

Best contact or online bookings is through the websites:

W: www.elizablackwoodnaturopath.com.au

W: www.cbdnaturalhealth.com.au

P: (City) 9299 1311

P: (Brookvale) 9979 8887

**Kamaroi families receive 20% off their initial consultation fee.
Please also ask about multiple family member discounts**

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Rowena Dubberley
Apple Tree Wholeness

- One day puberty workshops for girls
- One day sacred cycles workshops for Mothers and Daughters
- Shamanic journeying course
- Introduction to Shamanism course
- Certificate Course in Shamanism and Transformational Mask
- One on One Shamanic Healing
- Transpersonal Art Therapy
- Nature-Based Counselling

W: www.appletreewholeness.com.au

E : rowena@appletreewholeness.com.au

M: 0431 214 461

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dana@danamrkich.com



Margaret Faustmann
Heartfelt Nurturing

Heartfelt Nurturing has a mission to look after the primary nurturer of the family, by offering deep, wholesome care in the comfort of your own home, in the form of Indian Head and Shoulder Massage, Reflexology or Energetic Healing. These treatments allow you to feel RELAXED as tension is released from your body, RECHARGED as your energy is allowed to flow more freely and REBALANCED as your mind, body and spirit are able to work together with greater ease.

Margaret also offers non-judgmental, practical solutions for overwhelm: doing housework or looking after your young children while you nurture yourself with rest, a rejuvenating walk, a childfree shop or coffee chat with a friend. Working together towards finding a way to feel supported, to help you feel happy and healthy more often. Remember that by nurturing yourself you are nurturing your family.

Kamaroi families and friends receive 2 hours of support (Nurturing treatment, Housework, Childcare) for only \$100.

E: Heartfeltnurturing@gmail.com

M: 0405 183366

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YOGAABOUTYOU

Alena Gavrilova
Yoga About You

At Yoga About You we introduce you to principles of Ryoho Yoga, also called Japanese or Oki Yoga. This style integrates traditional Indian hatha yoga teaching with the Japanese meridian based healing arts, 5 element theory and balancing of yin and yang.

The aim of Ryoho Yoga is to re-establish a connection with oneself and nature. Learning to recognise our real and deep needs can help us better understand ourselves, others and our environment. We can learn about our bodies and how they interact and are influenced by seasons, natural laws, what we eat, how we move and how we connect with others.

Classes are held in Narrabeen and Collaroy.

W: www.YogaAboutYou.com.au

E: alena@yogaaboutyou.com.au

M: 0406 707 207

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dana@danamrkich.com



Laura Graham
Earthing Oz

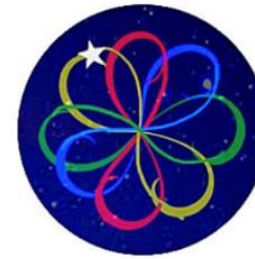
At Earthing Oz we believe in the natural healing power of earthing, or grounding, for optimal health and well-being. We stock a range of indoor earthing products which deliver the same health benefits as walking barefoot on the beach.

We also educate about the health risks of electromagnetic radiation from using mobile phones and wireless devices and we sell radiation protection products for phones, devices, homes and offices to help reduce EMR exposure and maintain optimal health.

W: www.earthingoz.com.au
E: admin@earthingoz.com.au
T: 1300 832 326

Please use the code KAMAROI at the checkout to receive a 10% discount on your order

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Being You Holistic

Ana Carolina Ladeia
Being You Holistic

Holistic Counselling Therapy: Become more of the person you want to be. Reconnect to your essence and allow yourself to heal.

As a humanistic and holistic therapist Ana Carolina's counselling sessions are based on mindfulness and holistic awareness to help you create a nourishing and meaningful life.

Specialist Skills

- * Play-therapy
- * Therapy of movement (for children)
- * Parenting
- * Anxiety
- * Relationship issues
- * Loss and grieving
- * Personal growth and development

M: 0425 695 027

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dana@danamrkich.com



Natalie Mohajerani
Well Being Evolution
Healy: The Wearable for Energetic Wellbeing and Balance.

- Would you like to restore balance between your mind, body and soul?
- Feel more joy and vitality, and improve your sense of wellbeing?
- Supports physical, mental, emotional wellbeing, as well as balancing chakras, meridians, and supports learning
- Harmonizing your body by using micro-current frequencies, bringing your body back to balance

Equipment Hire is available.

W: www.wellbeingevolution.global
 E: natalie@mohajerani.com.au
 F: HealyQuantumHealingExplorers
 M: 0402 278 784
 More info: www.havetosee.net/YGS6ZG

First session for Kamaroi community is FREE

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Dana Mrkich
Holistic Coach/Energy Intuitive

For over 20 years Dana has worked with thousands of clients all over the world, helping people get clear on their truth, release recurring soul/ancestral patterns and embody who they really are.

Author of A New Chapter, Dana is deeply passionate about the awakening of humanity so that together we can create the best possible reality. She offers:

- Soul Sessions via Zoom
- Online Transformational Courses: She Fire, Let Love In and Create a Life you Love
- She Fire Women's Circle (online): New themes every month with inspiring content, processes to do, guided meditations, live broadcasts, a private online forum and more!
- Regular blogs on the shifting energies, astro happenings and how it's affecting us personally, socially and globally

W: www.danamrkich.com
 IN: [@danamrkich](https://www.instagram.com/danamrkich)
 FB: [@danamrkichnews](https://www.facebook.com/danamrkichnews)
 E: dana@danamrkich.com

Kamaroi families receive 20% off Sessions and Courses

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Bettina Sepp Wallace
Naturopath

Having worked as a registered Naturopath in Germany, England and Australia, Bettina brings her wealth of knowledge and her caring, holistic approach to every consultation. With more than 13 years of naturopathic experience and a further 10 years of nursing and medical laboratory experience, Bettina has developed a well-rounded knowledge of both alternative and western medical practices.

Bettina uses a variety of diagnostic approaches depending on the individual's need such as Iridology, Tongue diagnosis, Tooth Meridian diagnosis, Indicans testing, Acupressure, Nutrition, Herbal medicine, Homeopathy, Detox programs, and Immune boosting programs.

Her treatment is a combination of Herbal, Nutritional and Homeopathic natural medicine.

Specialised in:

- Gastro-intestinal health
- Female hormones
- Detoxification programs
- Stress, anxiety and depression
- Low energy levels
- Lymphatic drainage

W: www.marcaurel.com.au/therapists/bettina-sepp-wallace/

M: 0449 685 311



Belinda Yates
Holistic Skin

Holistic Skin inspires you to nourish your body, nurture your soul, and truly honour and look after yourself from the inside out. We take self-care to a whole new level, offering beautiful, relaxing facial rituals using natural organic skincare while gently guiding you in your health and wellness goals to ensure you live the happiest, healthiest life possible with radiant glowing skin.

Let yourself unwind and be nurtured in a tranquil and relaxing environment. Book an appointment today.

IN: [@holistic_skin](https://www.instagram.com/holistic_skin)

FB: [@holisticskinbelindayates](https://www.facebook.com/holisticskinbelindayates)

E: belinda@holisticskin.com.au

M: 0412 596 994

INTERIOR DESIGN & HOME ORGANIZATION



Cris Fernandes
Spaces + Senses

I support my clients to create homes in which their body and soul feel secure, cared, loved, and NURTURED.

The journey starts with an understanding of your lifestyle and family's routine. Then together we can redefine storage, declutter, and create spaces with beauty and functionality. Together we will find a home for every item in your home, find or relocate furniture and sell unused items... all using a more sustainable approach and lots of indoor plants!

Transform your home, Transform your life.

W: www.spacesandsenses.com.au

I: [spacesandsenses](https://www.instagram.com/spacesandsenses)

M: 0410 140 990

Kamaroi families receive 1 hour extra for free!

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PREGNANCY, BIRTH & POST-NATAL



Nadine O'Mara
Conscious Life Yoga Conscious Birth

Nadine provides support for women and their families throughout pregnancy, birth and the postnatal period. She provides support as a doula, a birth educator offering birth mentoring and refreshers, and as pre/post natal yoga teacher.

Nadine also runs Mother & Baby Yoga classes using Steiner inspired songs and Soul Mama Circles for mothers and babies.

W: www.consciouslifeyoga.com.au

IN: [@nadineomaraconsciousbirth](https://www.instagram.com/nadineomaraconsciousbirth)

FB: [@Nadine Ilsa O'Mara](https://www.facebook.com/NadineIlsaO'Mara)

E: nadine@consciouslifeyoga.com.au

M: 0402 752 465

Kamaroi families receive 10% off doula and/or birth mentoring

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PRESCHOOL



Shanti Graham **Let's Play Daycare**

- Steiner Preschool
- Government Funding (Families are able to get rebates and assistance with fees AKA CCS or Gov. Rebates)
- Located in Belrose - 6-minute drive from Kamaroi
- Operation: Monday - Friday, 8am - 5pm
- Check out our Instagram/Facebook for visuals
OR schedule a tour

W: letsplaydaycare.com.au

IN: [@letsplaydaycare](https://www.instagram.com/letsplaydaycare)

FB: [@LetsPlayDaycareAustralia](https://www.facebook.com/LetsPlayDaycareAustralia)

E: info@letsplaydaycare.com.au

P: 9451 3449

M: 0404 097 722

A: 1 Ashworth Ave, Belrose 2085, (Entrance Via 24 Lockwood)

Due to COVID19, the Government has made daycare free until the end of June 2020. If families enrol now, you will receive free daycare until the end of June (enrolment confirmed with T&C's).

Families who enrol this year will receive 10% off the full fees until October once Free Daycare Scheme ends

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