

# 2022

**ARCHITECTURE**

**BARBER**

**ECO LIFESTYLE, HOMEWARES & GIFTS**

**FILM PRODUCTION**

**FITNESS**

**GRAPHIC DESIGN**

**HEALTH & WELLNESS PRACTITIONERS**

**STEINER PLAYGROUP**



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](mailto: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](http://www.bja.net.au)  
E: [mark@bj.net.au](mailto:mark@bj.net.au)  
M: 0408 770 294

**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](http://www.daybukharchitects.com.au)  
E: [matt@daybukharchitects.com.au](mailto: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](mailto:steven@morph.net.au)  
M: 0411 374 135

## BARBER

*Melissa Lefley*  
*The Alley Barbershop and Shave Parlour*

- Professional haircuts with sincere service
- Traditional gentleman's grooming
- Specialising in fades, scissor work, clipper cuts and shaves with 15 years experience
- Small family business
- Bookings essential

W: <https://www.thealleybarbershop.com>  
E: [melissa.hilton@live.com.au](mailto:melissa.hilton@live.com.au)  
M: 0488 599 605

**\$10 off any service for Kamaroi families**

## ECO LIFESTYLE, HOMEWARES & GIFTS

**grassroots  
eco store**

*Taryn Miller*  
*Grassroots Eco Store*

A magical little shop 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.

[Shop open during School Terms](#) (check our website for current opening hours)

Or shop online anytime! [grassrootsecostore.com.au](http://grassrootsecostore.com.au)

A: Glenaeon Castlecrag Campus, 121 Edinburgh Road Castlecrag

W: [www.grassrootsecostore.com.au](http://www.grassrootsecostore.com.au)

INSTA: [@grassroots\\_ecostore](#)

FB: [@grassroots.ecostore](#)

E: [taryn@grassrootsecostore.com.au](mailto:taryn@grassrootsecostore.com.au)

M: 0409 022 327

**Deliveries can be organized to Kamaroi for pickup**



**Deborah Saffir**  
**Rudolf Steiner Book Centre**

Located on the ground floor of Rudolf Steiner House in Sydney, the Centre is quite literally the doorway to Anthroposophy in Australia.

Books by, about, and based on Rudolf Steiner are all to be found here, in all the rich variety of his work:

- Spiritual development
- Health and nutrition
- Bio-dynamic agriculture
- Parenting, education and child development
- Philosophy, natural sciences and much more
- The arts – music, speech, drama, visual arts, eurythmy

The Centre also stocks a range of beautiful children's books and toys, as well as Stockmar paints, beeswax and crayons, Lyra pencils and other art and craft materials, plus Weleda and Dr Hauschka natural skin care and gifts.

Our experienced and helpful staff can assist you in finding exactly what you need in any of these areas.

A: 307 Sussex Street, Sydney NSW 2000

W: [www.rudolfsteinerbookcentre.com.au](http://www.rudolfsteinerbookcentre.com.au)

E: [info@rudolfsteinerbookcentre.com.au](mailto:info@rudolfsteinerbookcentre.com.au)

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

P: 9264 5169

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# Poème

**Eglantine Velin**  
**Poeme Lifestyle**

- Tender and poetic felt homewares and toys in vibrant seasonal colours.
- Sustainably and ethically handmade in Nepal.
- Soft and practical storage, rugs, decorative pieces, cushions, lampshades and toys

W: [www.poemelifestyle.com.au](http://www.poemelifestyle.com.au)

E: [bonjour@poemelifestyle.com.au](mailto:bonjour@poemelifestyle.com.au)

M: 0405 718 476

**Special offer to Steiner schools: -15% with code "Steiner15" on all felt items**

All current Kamaroi parents are invited to list their businesses, products and services in the Green Pages. Please contact Dana Mrkich to add your details:  
[dana@danamrkich.com](mailto:dana@danamrkich.com)

## FILM PRODUCTION



**Jefferson Grainger  
Grainger Films**

- Award winning film company based on the Northern Beaches in Sydney with over 20 years of industry experience working with internationally recognised companies.
- End-to-end high quality film production services including conceptualisation, filming, post-production, graphics and virtual reality.
- Digital content creation for commercial brands as well as film and tv productions.

W: [www.graingerfilms.com](http://www.graingerfilms.com)

INSTA: [@grangerfilms](https://www.instagram.com/grangerfilms)

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

E: [chris@graingerfilms.com](mailto:chris@graingerfilms.com), [jefferson@graingerfilms.com](mailto:jefferson@graingerfilms.com)

P: 9008 2929

M: 0411 456 209 / 0423 575 704

**We are always willing to work with our friends and community and help find solutions for all budgets.**

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## 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](http://www.babesfitness.com.au)

INSTA: [@babeswithbabesfitness](https://www.instagram.com/babeswithbabesfitness)

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

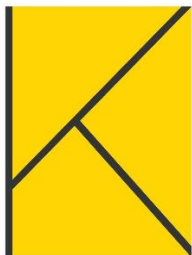
E: [Nicky@babesfitness.com.au](mailto:Nicky@babesfitness.com.au)

M: 0402 991 484

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

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[dana@danamrkich.com](mailto:dana@danamrkich.com)

## GRAPHIC DESIGN



## DESIGN

**Karin Segundo**  
**K-Design**

Graphic designer with over 15 years of experience, I feel my work is a contribution to our ever evolving planet.

W: <https://k-design.me/>  
E: [karin.segundo@gmail.com](mailto:karin.segundo@gmail.com)  
INSTA: [@kdesign.me/](https://www.instagram.com/kdesign.me/)  
M: 0404 600 409

***Open to consider exchange for services/products our community is involved in.***

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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](http://www.sydneyholisticpulsing.com.au)  
E: [sydneyholisticpulsing@gmail.com](mailto:sydneyholisticpulsing@gmail.com)  
M: 0466 325 204

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

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# ELIZA BLACKWOOD

NATUROPATH

**Eliza Blackwood**  
**Naturopath – Nutritionist – NES Health Practitioner**

I'm Eliza and I've been providing holistic, naturopathic solutions for patients for over 20 years. I have been working as a professional Naturopath in Sydney's CBD for over 10 years and overseas. I am now located on Sydney's Northern Beaches and am also available online for people anywhere.

From solving simple or previously unexplained and complex health issues, and in helping families grow with natural fertility and family health, my experience has helped solidify my passion for an alternative health approach and its success.

I treat people holistically and intuitively to help people unravel long term issues. Nothing is black and white when it comes our health. Due to the holistic nature of our bodies, an issue or disease will have many contributing factors. It is my job to find those factors, prioritise and treat people in a way that fits them be it dietary and lifestyle suggestions, herbal medicine or nutritional therapy, functional testing or even referral advice. I help people of all ages and there is no issue too big, or too small.

Book in online or contact me with your questions

W: [www.elizablackwoodnaturopath.com.au](http://www.elizablackwoodnaturopath.com.au)

E: [hello@elizablackwoodnaturopath.com.au](mailto:hello@elizablackwoodnaturopath.com.au)

P: 1300 892 469

**Kamaroi families receive 30% off their initial consultation fee.  
Please also ask about multiple family member discounts.**

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**Rowena Dubberley**  
**Apple Tree Wholeness**

- Shamanic Counselling - maps of wholeness, shamanic journeying, nature-based rituals.
- Shamanic Courses
- Transpersonal Art Therapy
- Rites of Passage work - puberty and sacred cycles workshops.

W: [www.appletreewholeness.com.au](http://www.appletreewholeness.com.au)

E : [rowena@appletreewholeness.com.au](mailto:rowena@appletreewholeness.com.au)

M: 0431 214 461

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[dana@danamrkich.com](mailto:dana@danamrkich.com)



**Lila Garcia**  
**Luna Women's Circle**

Every school term, for 6 consecutive Thursdays 12:45-2:30pm we hold space for anyone identifying as female wishing to be held, heard and deeply seen (no children please, infants in arms are welcome).

Practice self awareness, radical presence and conscious choice-making through meditation, guided inner work and deep listening.

We meet in Frenchs Forest.

For more info please call:

M: 0414 059 158



**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 Belrose, Narrabeen and Collaroy.

W: [www.YogaAboutYou.com.au](http://www.YogaAboutYou.com.au)

E: [alena@yogaaboutyou.com.au](mailto:alena@yogaaboutyou.com.au)

M: 0406 707 207





## 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 unveil the beliefs that hold you back, so you can walk your path with autonomy and create a nourishing and meaningful life.

### Specialist Skills

- \* Play-therapy
- \* Developmental Movement Therapy (for children)
- \* Parenting
- \* Anxiety
- \* Relationship issues
- \* Loss and grieving
- \* Personal growth and development

M: 0425 695 027

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introducing  
healy

The Wearable for Energetic Wellbeing and Balance

Quantum Frequency Revolution  
The Wearable for Energetic Wellbeing and Balance

- Would you like to restore balance between your body, mind 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.

• Call me to experience "The Healy Effect".  
First Session for Kamaroi Community is **FREE**  
Equipment Hire is available  
Contact me for more information  
Natalie Mohajerani 0402278784  
Email: natalie@mohajerani.com.au

**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](http://www.wellbeingevolution.global)

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

E: [natalie@mohajerani.com.au](mailto:natalie@mohajerani.com.au)

M: 0402 278 784

More info: [www.havetosee.net/YGS6ZG](http://www.havetosee.net/YGS6ZG)

**First session for Kamaroi community is FREE**

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**Dana Mrkich**  
**Holistic Coach/Writer/Workshops Facilitator**

For over 20 years Dana has worked with thousands of clients all over the world, helping people get clear with their self-awareness, full potential and mental/emotional wellness.

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 Courses
- She Fire Library: Workbooks & Meditations (online)
- Corporate Wellness Workshops
- Regular blogs and Sanctuary Space zooms on the shifting energies, astro happenings and how it's affecting us personally, socially and globally

W: [www.danamrkich.com](http://www.danamrkich.com)

INSTA: [@danamrkich](https://www.instagram.com/danamrkich)

E: [dana@danamrkich.com](mailto:dana@danamrkich.com)

**Kamaroi families receive 20% off Sessions**

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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/](http://www.marcaurel.com.au/therapists/bettina-sepp-wallace/)

M: 0449 685 311

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## STEINER PLAYGROUP



### *Lila Garcia* *Sunshine Garden Playgroup*

It takes a village to raise children and to support and inspire parents too. Welcome to yours! At Sunshine Garden we value friendship, nature connection and all-weather play.

For 1-3 year olds: A weekly Outdoor Steiner inspired program for parents and their toddlers. Come play in the garden, sing, bake, learn nature crafts, stories and celebrate seasonal festivals. We meet in Frenchs Forest on Tuesday, Wednesday or Thursday 9:30-11:30am.

For 3-5 year olds: Bush playgroup, a nature connection morning where we walk to a beautiful spot in nature, explore, play, sing and slow down to notice the little details of our wondrous bushland. Mondays from 9:30-11:30am.

To join our waitlist visit [www.sunshinergartenplaygroup.weebly.com](http://www.sunshinergartenplaygroup.weebly.com)

INSTA: [@sunshine.garden.playgroup](https://www.instagram.com/sunshine.garden.playgroup)

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