

2020



*Kamaroi
Community
Green Pages*

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 & BUILDING



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@bjanet.au
M: 0408 770 294

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/>
FB: [@Steven-Kenessey-Architect-Morph-Architects-2003592069723405/](https://www.facebook.com/Steven-Kenessey-Architect-Morph-Architects-2003592069723405/)
E: steven@morph.net.au
P: 8210 5164
M: 0411 374 135



Gordon Xue
Cubic Construction Management

Custom architectural home builder based on the lower north shore.

Renovation, extensions and new house construction.

A dedicated and professional management team with highly skilled carpentry team.

W: www.cubiccm.com
E: gordon@cubiccm.com
M: 0410 543 828

Kamaroi families receive FREE construction costing assessment for your building plans

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EVENTS



Shaun Thomson
Panda PA Hire

Make your event the party you've been dreaming of with a quality PA system!

Our two most popular systems are 1. Our indoor party system, including a cordless microphone for speeches and sub and lights for a fantastic party atmosphere later on, and 2. Our fully portable battery operated 800w system, with less than a 5 minute set up, cordless microphone for speeches and enough sound for over 100 guests on the dance floor - perfect for outdoor events such as beach or garden weddings. See our website for full details.

Pick up from Manly Vale for Sydney events or Shellharbour for South Coast events, with delivery and setup also available - phone or email Shaun today to discuss your requirements!

W: <https://www.pandapahire.com.au>
E: info@pandapahire.com.au
M: 0410 868 612

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FOOD

Lo-an Duong
HyViet

Greek Organic Saffron
Greek Organic Olive Soap
Greek Organic Saffron Tea

M: 0421 024 004

HEALTH & WELLNESS



Natalie Anderson

Dip Holistic Pulsing Practitioner and Teacher
Dip Reflexology Dip Wholistic Aromatherapy

0466 325 204

sydney
holistic pulsing
relaxation
integration
transformation

holistic pulsing training
restorative reflexology
essential oils practitioner
aromatherapy
mindful massage
family wellbeing
balance chart

Spring Willow Healing
6/318 Sydney Rd Balgowlah 2093
sydneyholisticpulsing.com.au
sydneyholisticpulsing@gmail.com

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.

Eliza BLACKWOOD

N A T U R O P A T H

Eliza Blackwood
Naturopath

Eliza Blackwood is a highly recommended Naturopath with over 18 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 Brookvale

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 10% off their initial consultation fee.
Please also ask about multiple family member discounts.**



Rowena Dubberley
Apple Tree Therapy

- Transpersonal Art Therapy
- Nature-Based Counselling
- Shamanic Healing
- One on One, Workshops and Courses.

W: www.appletreetherapy.com.au

E: rowena@appletreetherapy.com.au

M: 0431 214 461



Margaret Faustmann
Heartfelt Nurturing

My wish is to help Mothers to find balance and peace in their lives.

- Indian Head & Shoulder Massage
- Heartfelt Head, Heart & Hands Nurturing
- Foot Reflexology
- Energetic Healing

For all treatments, you are fully clothed.

Treatment times range from 30 minutes to 75 minutes.

If you wish to bring your child, there is a Steiner-inspired play area where they can occupy themselves.

Home visits may also be possible on request, especially for those with sleeping babies.

W: www.facebook.com/heartfeltnurturing

E: heartfeltnurturing@gmail.com

M: 0405 183 366

Kamaroi families receive first treatment FREE with the purchase of a Gift Voucher to give to a friend. Offer ends Sep 2019.

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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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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
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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dana@danamrkich.com



Dana Mrkich
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 Skype or 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
FB: [@danamrkichnews](https://www.facebook.com/danamrkichnews)
E: dana@danamrkich.com
M: 0410 136 401

Kamaroi families receive 20% off Sessions and Courses

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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 She Births educator offering two day holistic birth weekends or birth mentoring, 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
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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dana@danamrkich.com

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

LEGAL

HAMER & HAMER BALGOWLAH *Solicitors*

Danielle Manion **Hamer & Hamer Balgowlah Solicitors**

Hamer & Hamer caters to the legal needs of families and small to medium size businesses. Our main areas of practice are conveyancing and property law, business and commercial matters, wills and estates, commercial leases, family and defacto law.

Danielle's area of practice is wills & estates.

W: www.hamerlawyers.com.au
IN: @hamerandhamerbalgowlah
FB: @hamerandhamerbalgowlah
E: danielle@hamerlaw.com.au
P: 9949 4022

Kamaroi families receive a 10% discount

TRAVEL



Dayana Brooke **The Sustainable Traveller™, eco travel company**

Book your travel with the world's only full service travel company specialising in sustainable and eco tourism, recently made finalist for two national travel industry awards in 2019. For: corporates, businesses, couples, groups, retreats, and families.

- Fully accredited with ATAS
- Affiliate of Savenio and Virtuoso for exclusive hotel rates, cruises, airfares, tour offers and Tesla transfers
- Book with Us and we plant a tree and contribute to global environmental projects with 1% For The Planet with every booking
- Support NGOs and community projects
- Carbon Offset
- Make your travel count, and give back to nature, wildlife and conservation

Our vision is to be the guiding force that helps make all travel sustainable, making our planet a richer, better place for future generations.

Kamaroi Families receive a complimentary 30 minute travel discovery session and booking deposit of \$99

W: www.thesustainabletraveller.com
IN: [@thesustainabletraveller](https://www.instagram.com/thesustainabletraveller)
FB: [@thesustainabletraveller](https://www.facebook.com/thesustainabletraveller) LI: [@dayanabrooke](https://www.linkedin.com/company/dayanabrooke)
E: dayana@thesustainabletraveller.com
M: 0410 976 507