

# Sweet Porridge



*27 April 2022*

*Little Yarra Steiner School is situated on Wurundjeri Country. We respectfully acknowledge the Wurundjeri Woiwurrung People of the Kulin Nation as the Traditional Custodians of the lands on which we work, learn, and play, and pay respect to their Elders past, present and emerging. We are honoured to share in the continued care of this land, with its wetlands and river, its stones that sleep in the depths of the Earth, its plants and trees that reach for the Sun, and all the creatures that know it as home. We respectfully acknowledge the ancient and enduring culture of those who have walked this land in the past, which will continue to enrich the lives of our community into the future.*

## **On Love and Compassion**

Wherever love and compassion are active in life, we can perceive the magic breath of the spirit blowing through the sense world. – Rudolf Steiner

*Dear community,*

*These last few months have been such a transition, from being cooped up in our homes due to pandemic limitations to gradually moving more freely, restrictions lifting and a whole term of schooling without lockdowns...surely that is a triumph in itself.*

*Breathing out into this new chapter of transition we also face big changes, internally, individually and as a community. Learning to live more freely again, trying to catch up on milestones we have missed: births, birthdays, family gatherings, weddings, simply being together is so wonderful.*

*Suddenly our children surge forward with great force, catching up on two years of limitations, two years of having missed vital small steps in their development, particularly our teens who have been stuck in a time-warp, now speeding ahead trying to catch-up on what they have missed and so desperately needed. Seemingly overnight, teenagers have jumped ahead and grown two years (in a month or two) and as parents some of us may be struggling to recognise this and continue to parent the 'younger' version of our child. This can lead to conflict and misunderstandings.*

*So how can we support ourselves and our families during these new challenges we are facing?*

*First and foremost with a lot of love, compassion and empathy. By taking time to listen and simply be there when and if they need us. By continuing our connection with people in the community around us. And by practicing self-care as parents, because we need to look after our own well-being to be able to be there for our children, our families and friends.*

*May your journey into autumn and winter be full of colour and wonder.*

*Best wishes  
Sonja*



## *To Autumn*

*Season of mists and mellow fruitfulness,  
Close bosom-friend of the maturing sun;  
Conspiring with him how to load and bless  
With fruit the vines that round the thatch-eves run;  
To bend with apples the moss'd cottage-trees,  
And fill all fruit with ripeness to the core;  
To swell the gourd, and plump the hazel shells  
With a sweet kernel; to set budding more,  
And still more, later flowers for the bees,  
Until they think warm days will never cease,  
For summer has o'er-brimm'd their clammy cells.*

*Who hath not seen thee oft amid thy store?  
Sometimes whoever seeks abroad may find  
Thee sitting careless on a granary floor,  
Thy hair soft-lifted by the winnowing wind;  
Or on a half-reap'd furrow sound asleep,  
Drows'd with the fume of poppies, while thy hook  
Spare the next swath and all its twined flowers:  
And sometimes like a gleaner thou dost keep  
Steady thy laden head across a brook;  
Or by a cyder-press, with patient look,  
Thou watchest the last oozings hours by hours.*

*Where are the songs of spring? Ay, Where are they?  
Think not of them, thou hast thy music too,—  
While barred clouds bloom the soft-dying day,  
And touch the stubble-plains with rosy hue;  
Then in a wailful choir the small gnats mourn  
Among the river sallows, borne aloft  
Or sinking as the light wind lives or dies;  
And full-grown lambs loud bleat from hilly bourn;  
Hedge-cricket sing; and now with treble soft  
The red-breast whistles from a garden-croft;  
And gathering swallows twitter in the skies.*

**John Keats**



*"I sit beside the fire and think  
Of all that I have seen  
Of meadow flowers and butterflies  
In summers that have been  
Of yellow leaves and gossamer  
In autumns that there were  
With morning mist and silver sun  
And wind upon my hair"*

**JRR Tolkien**

# The Old Woman and the Little Mouse

A TALE FROM SWEDEN

THERE ONCE WAS an old woman who sat spinning at her wheel. While she sat spinning, she sang a little song:

*Spin, spin,  
Spin my spinning wheel.*

All of a sudden, a little mouse scurried out from a hole in the wall behind the oven.

“Whatever do you want, little mouse?”

“Excuse me, ma’am, but I have a question from my mother—what are you going to do with the wool you are spinning?” “Well,” said the old woman, “I am going to knit a sweater for my husband, the farmer. His is so old and worn that it no longer keeps him warm.”

“Pip,” said the little mouse, “I will tell mother.” And the little mouse scurried into the hole in the wall behind the oven. The old woman continued to spin and while she sat spinning, she sang a little song:

*Spin, spin,  
Spin my spinning wheel.*

Soon, the little mouse scurried out of the hole in the wall behind the oven. “Whatever do you want now, little mouse?” asked the old woman.

“Well,” said the little mouse, “I have a question from mother: what are you going to do with your husband’s old sweater when you knit him a new one?” “Well,” answered the old woman, “I will mend it and use it myself, as my old sweater is so old and worn that it doesn’t keep me warm any longer.”

The little mouse listened carefully and then said, “Pip, thank-you, ma’am, I will tell my mother,” and then scurried off into the hole in the wall behind the oven. The old woman carried on spinning, and while she sat spinning, she sang a little song:

*Spin, spin,  
Spin my spinning wheel.*

After a little while, the mouse scurried out from the hole in the wall behind the oven.

“Whatever do you want now, little mouse?” asked the old woman.

“Well,” said the little mouse, “I have a question from my mother: what are you going to do with your old sweater when you use your husband’s old one?” “Ah,” answered the old woman, “I will give it to our old dog, to have in his basket, as his old blanket no longer keeps him warm.”

“Pip,” answered the little mouse, “I will tell mother.” And the little mouse scurried back into the hole in the wall behind the oven. The old woman carried on spinning, and while she sat spinning, she sang a little song:

*Spin, spin,  
Spin my spinning wheel.*

Then all of a sudden, the little mouse scurried out from the hole behind the oven.

“Whatever do you want now, little mouse?”

“Well,” said the little mouse, “I have a question from mother: what are you going to do with your dog’s old blanket when you give him your old sweater?” “Well,” said the old woman, and her blue eyes sparkled as she smiled at the little mouse. “You can have it if you like.”

The little mouse was so happy that she jumped up in the air and did a little mouse dance, and while she danced, she sang:

*Now I will sleep tight,  
warm and snug all through the night.*

## The End



# Community Creations

This page is a space for creations from the school community to be shared.  
Contributions welcome, email to [sweetporridge@lyss.vic.edu.au](mailto:sweetporridge@lyss.vic.edu.au).

**IT'S NOT JUST  
AUTUMN THAT'S TOO  
COOL THIS YEAR!**



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COMPETITION**

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[www.cjdennissociety.com.au](http://www.cjdennissociety.com.au)

ALL WELCOME



Little Yarra  
STEINER SCHOOL

# MUSIC REGISTER

## Instruments for Sale

Term 2 – 2022

### VIOLIN

½ size violin, with hard case & shoulder rest. \$40 ono. Olesia 0403 763 953

½ size, "Joseph Violti" violin, hard case, shoulder rest, bow, \$99, Susan 0400 980 463

½ size Chinese student violin for \$65. Malini 0491 641 693

½ size "Chamber student" violin, with case and bow. Good condition. \$140. Marilena 0448 995 538

¾ size "Chamber 2 student" violin, bow and case. Good condition. \$150. Marilena 0448 995 538

¾ "Prelude Stradivarius copy", Chinese handmade instrument. Comes with a hard case, bow and shoulder rest. The violin case has a crack and could be mended. The sound is very good as it is. \$200.

Kelly 0414 391 039

¾ size "Chamber Student 101" violin, with bow and case, \$400. Ingrid 0415 261 932

Full size 4/4 "Huxley" violin, with bow and case. Good condition. \$60. Marilena 0448 995 538

Full size "Chamber Student" violin, with bow, chin rest and hard case. Good condition. \$300.

Rachel 0427 726 969

Full size "Suzuki NS-20" violin, Excellent condition. Hard case but no bow. \$250 ono.

Olesia 0403 763 953

Full size 4/4 "Prelude" violin. Copy of Stradivarius. High quality, very good condition. Comes with bow & case. Valued at \$2500. Selling for \$1500. Aladdin Jones 0490 123 199 or Tessa Priest 0405 390 348.

### VIOLA

¾ size "Raggetti" viola, good condition. Obligato strings. Good bow and shoulder rest. Nice mellow tone. Light weight hard case. \$250 negotiable. Damien 0418 622 647

13 inch "St Antonio" viola. Very good condition with a new shoulder rest and hard case. A new bow is needed. \$150. Dana 0418 210 656

14 inch "Chamber" student viola with shoulder piece and bow. Excellent quality including case. \$500. Contact Murray 0458587942.

### CELLO

1/2 size cello- Hofner- beautiful sound. \$900. Includes recently purchased new bow and a hard case. Contact Liz: 0419 774 566

½ size Chamber student cello and bow. Comes with a soft case, in good condition except for some surface scratches, \$550. Contact Natasja 0498 266 385.

**3/4 Chamber Student Cello Model with bow (approx. 3yo instrument) Beautiful sounding Cello. Used by intermediate player: playing grade 4. Purchased and set up by Nic at Bows for strings Glen Waverley. Hard case included. Case has partial broken zip. Still perfectly usable. \$950. Lisa 0410692929**

### **DOUBLE BASS**

**Large 1/4 size double bass with soft case and bow, excellent condition, professionally set by the wonderful luthier Nicholas at *Bows for Strings*, \$1000 ono, Glenn 0434 006 089**

### **WOODWINDS**

**"Yamaha" YAS-26 Alto Saxophone, gold lacquer. 2 years old, perfect condition. Has 1 year warranty left on it from Ozwinds in Ormond, \$1300. Dan 0402 726 750**

### **OTHER INSTRUMENTS**

**Trombone - good condition. Soft case & mouthpiece included. \$195. Contact Liz: 0419 774 566**

**Full sized red piano accordion, excellent condition, with hard case. \$400. Kim 0417 312 602**

**If you wish to add an instrument for sale, please email details to [sweetporridge@lyss.vic.edu.au](mailto:sweetporridge@lyss.vic.edu.au). Once you have sold or bought an instrument through the Music Register please advise us via email and we will remove the item from this list.**

**Please note that music teachers are happy and able to view or value instruments being purchased by LYSS students during their child's individual lessons or after hours in consultation with the child's music teacher. Please do not leave instruments for inspection or collection by a potential buyer at the music department or school office as we cannot ensure the instruments' safety and have limited storage room.**

**World peace is one project that we have to do together**

**Yoko Ono**



## What is wet-on-wet painting?

In his Colour Lectures, Rudolf Steiner talks about the importance for each artist (student) to know each of the colours, to understand them individually, and also how they interact with each other. He specifically says that we need to experience the colours in our feeling life in order to understand them. Once we understand them in their trueness, then we can *really* use them.



“Let us try to sink ourselves completely into what we receive through colour from the rich and varied world around us. We must feel what is in colour if we wish to penetrate into its true nature, bringing insight into our feelings. We must question our feelings about what is living in the colour which surrounds us.

— Rudolf Steiner, Colour Lecture 1

Painting lessons create opportunities for students to develop an intimate understanding of the colours through their imaginations, movement, and imitation. When the teacher brings the lessons in partnership with short verses and stories (which help to personify the colours), the children live into each experience fully. “Different temperaments and constitutions reveal themselves through what and how the children paint.” *The Educational Tasks and Content of the Steiner Waldorf Curriculum*, Rawson & Richter

In grade one the lessons are simple colour experiences guided by the teacher. *It is purely artistic work - there is no expectation of the children creating a specific form or picture of something.* These experiences are ordered in such a way that allows the children to begin to understand the dynamics of the colours by themselves, and in relation to each other.

The painting lessons begin very simply, with yellow by itself. Then the children will experience only blue. Eventually the two, yellow and blue, will be brought together on the page and the children will experience them together. Next, red is introduced by itself. Eventually red and yellow will be presented together, and then red and blue. Each of these experiences offers the children something new to live into, all the while expanding their understanding of the nature of each of the colours. A natural result of bringing 2 primary colours together in a painting lesson is of course the creation of the secondary colours - orange, green and purple. A wonderful moment in any painting lesson!

As the year progresses, the teacher guides the children as they experience all 3 colours on the page together, culminating towards the end of the year with the children learning to create a colour wheel. The colour wheel becomes the foundation of many future paintings the children will create in each progressing grade.

*“If we occupy children with the arts and craft in the right way, we shall do more for the spirit than by teaching those things considered spiritual and cultural”*

Rudolf Steiner (cited in Wittig, 2005)

## Craft Activity

*Opening verse for handwork:*

*May our hands complete our task with patience,*

*May our work be done with care,*

*May our fingers work as friends together,*

*May we our friendship share.*



## Beginner Crochet Washcloth Pattern

Skill Level: Basic

### Materials

- Size 6 mm crochet hook (or any hook size to get the correct size)
- Cotton, linen or bamboo yarn
- Yarn needle
- Scissors

Finished Size: approximately a 15 x 15 cm square

### Notes

Crochet pattern is written in standard Us terms.

Gauge is not critical to this washcloth pattern.

If you'd like to change the size of these washcloths chain any even number.

### The Stitches In This Washcloth

#### Single Crochet (sc):

- Insert a hook from front to back in the second chain from the hook or designated stitch
- Bring the yarn over (YO) hook & pull yarn back through chain from back to front (2 loops on hook).
- YO and pull through both loops on the hook.

#### Half Double Crochet (hdc):

- YO (yarn over) Insert hook from front to back of the designated stitch, YO the hook & pick up a loop.
- YO the hook and pull back through all three loops on the hook.

### Instructions

Ch 26

Row 1: In the second ch from the hook sc, sc into each ch across, turn. (25)

Row 2: Ch 1, in the first st hdc, sc into the next st, \*hdc into the next, sc into the next st, rep from \* across ending with 1 hdc in the last st, turn.

Row 3: Ch 1, in the first st sc, sc into every st across, turn.

Row 4 – 27: Rep rows 2 & 3

Finishing: Fasten off, weave in loose ends with a yarn needle

Closing verse:

*Our hands have completed the task with patience,*

*Our work has been done with care,*

*Our fingers have worked as friends together,*

*And we our friendship shared.*

# Children's Books / Parent & Educator Literature

15-20% of children are Highly Sensitive – and they are often labelled shy, introverted, fussy or faddy. The real story is very different though and this intelligent, practical book helps parents know what to do, when to back off, and how to ensure their child is given the right sort of treatment at school.

This book is the follow up to the author's internationally best-selling personal development guide *The Highly Sensitive Person*.

It is the first and only book for parents of highly sensitive children.

It provides parents with insights and information so they can understand High Sensitivity, and help their highly sensitive child thrive in the world.

It is important for these children to be understood so they can be helped to avoid the common traps of shyness and withdrawal that many highly sensitive fall into as they develop.

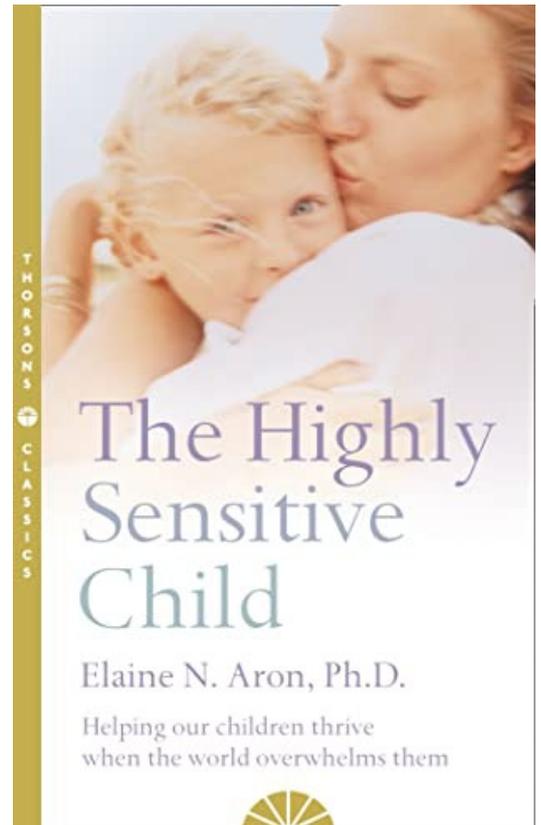
Contains questionnaire for parents to find out if their child has the traits common in highly sensitive children.

Discusses HSC's at different ages – infant, toddler, school-age and adolescent....

**Written by Elizabeth Reppel.**

**Illustrated by Anne Stockton, with script by Kristin Ramsden.**

**Published by Wynstones Press, United Kingdom, 2007**



## The Compassionate Connection

The Healing Power  
of Empathy and  
Mindful Listening

David Raketel

**"This book explains not only the healing power of compassionate human connection, but in the most accessible and practical ways, how to cultivate our capacity to create that connection and thereby empower others to find their best selves."—John Makransky, author of *Awakening through Love***

All of us have an innate capacity for compassion. We recognise when others are hurting, and we want to help, but we're not always good at it. There is another way. In *The Compassionate Connection*, Dr. David Raketel explains how we can strengthen our bonds with others—all the while doing emotional and physical good for ourselves. Dr. Raketel discovered that we become the most effective helpers when we use the tool of human connection. Drawing on his own research and practice, as well as thirty years of published studies in medicine, sociology, psychology, meditation, and neuroscience, Dr. Raketel "stacks the deck" in favour of healing and introduces the concept of bio-psycho-*spiritual* authentic awareness. Not only are our bodies and minds connected, but also it has been scientifically proven that our capacity to feel beauty, awe, and compassion enhances our health and wellbeing.

# LYSS Community Advertisements

Please consider support for businesses from our school community when you next need a product/



We are a small local gardening service based in the Yarra Valley

## Services we offer

- Garden maintenance
- Lawn mowing
- Garden clean-up
- Mulching and weeding
- Minor chainsaw work
- Whipper snipping

Additional garden services by consultation

If you're looking for a friendly, reliable and local service please give us a call 0493 099 984 or send us an email at mylittlegardenhelper@gmail.com

[www.mylittlegardenhelper.com.au](http://www.mylittlegardenhelper.com.au)

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instagram: a.green.design

## Beans and Bananas Fruit and Vegetable Coop

-Supporting your Health and Local Valley Businesses-

Beans and Bananas Fruit and Vegetable Coop offer fortnightly Organic and Biodynamic Fruit and Vegetable Boxes to the community!

- Our Coop prices offer significant savings on quality produce.
- Trial up to 3 boxes before deciding to join.
- Biodynamic eggs available upon request.



Contact [beansandbananascoop@gmail.com](mailto:beansandbananascoop@gmail.com) for further information or to arrange a trial!



**SPECIAL INVITATION to Rudolf Steiner students, parents and teachers.**

**\$30 DISCOUNT off your first healing session.**

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**Natural healing therapies which positively and powerfully transform your life. We all have an incredible ability to heal ourselves. Together we effectively release trauma, and replace subconscious limiting beliefs with positive conscious wisdom. Ultimately, empowering you to be your true best; physically, mentally, emotionally and spiritually.**

**Assists and support the following and more: Examples of balance types plus many more:**

- Learning difficulties and co-ordination
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- Depression
- Stress / overwhelm
- Muscles, ligaments, joints, tendons, fascia
- Physical and emotional trauma
- Headaches and migraines
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- Addictions
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**Sweet Porridge edition - Term 2 2022**

**Closing date for submissions**

TERM 2 2022

Friday  
Friday

20 May  
17 June

**Date of Publication**

TERM 2 2022

Wednesday  
Wednesday

25 May  
22 June

Email [sweetporridge@lyss.vic.edu.au](mailto:sweetporridge@lyss.vic.edu.au)

# LYSS Community Advertisements

Please consider support for businesses from our school community when you next need a product/

## MELGANICS

We lovingly provide;

- \*Organic & Biodynamic fresh fruit & veg
- \*Dry goods, bulk, dairy, vegan, fridge produce
- \*Local available seasonal fresh produce

### STORE HOURS:

- \* Tuesday 2.30-6.30pm (Top up Tuesday)
- \*Friday 3.30-6.00pm (The Valley Market ECOSS)
- \*Saturday 10am-1pm

Located @ ECOSS - 711 Old Warburton Road, Wesburn

## MKNORDIKA

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### Advertising Rates for Sweet Porridge

Small ad – 25 words	\$ 3
Business card size or 100 words	\$ 6
Quarter page	\$ 10
Half page	\$17
Full page	\$30
Community Notices	Free of Charge
All year	by arrangement

or at the School Office. Please email all content to [sweetporridge@lyss.vic.edu.au](mailto:sweetporridge@lyss.vic.edu.au)

## Native Seed Propagation Workshop



Next date: Saturday, 14 May 2022 | 10:00 AM to 12:00 PM

Workshop for adults who would like to learn about propagating native plants from seed.

Location  
Healesville Living & Learning Centre, 1 Badger Creek Rd, Badger Creek 3777

BYO cup and a snack for morning tea. Tea/coffee/milk provided.

Cost  
\$15 HEWI members, \$20 non-members

Contact HEWI  
[03 5962 5115](http://03.5962.5115) [admin@hewi.org.au](mailto:admin@hewi.org.au)



We have some great markets to enjoy in the Upper Yarra. Pop on down, support locals and connect with your community. Please check market websites for updates as market schedules may change due to weather or COVID-19 restrictions.

### [The Valley Market Warburton](#)

1<sup>st</sup> Sunday

11am-3pm

Thomas Avenue, Warburton

### [Upper Yarra Community Market](#)

2<sup>nd</sup> & 4<sup>th</sup> Sunday

8am-2pm

Car Park adjacent to Recreation Reserve,  
Yarra Junction

### [Warburton Community Market](#)

2<sup>nd</sup> Sunday

9am-2pm

St Mary's Anglican Church, Warburton

### [Millgrove Community Market](#)

3<sup>rd</sup> Saturday and 5<sup>th</sup> Sunday

7am – 3pm

Memorial Park Reserve near CFA, Millgrove

## Recipes

Got a good one to share? Please email to [sweetporridge@lyss.vic.edu.au](mailto:sweetporridge@lyss.vic.edu.au)

### **Fill Good** is shining bright!

Right here, in the beautiful Yarra Valley we have our independent producers.

They may be small, but they are mighty, vibrant and full of life.

It seems our Valley is fertile ground for local enterprise.



What a wealth of creativity and empowerment we find when we work together to keep great things going and growing!

Just like the times of the past, when there was less strain on our earth. Fill Good does not have multiple suppliers for the same product. What is certain amongst our Fill Good community, is that it's ensured that our local small producers will come to us feeling safe, seen and supported. None of this would be possible without you.

Ordering online is easy and quick. We pack all your goods by hand into brown paper bags. Pick up is from Don Valley or we Deliver to you. Free Delivery for orders over \$120 or a 5% pick-up discount. For a call or an email, I am found here: Chris [Info@fillgood.com.au](mailto:Info@fillgood.com.au) or 0413 593 570. Or shop away dear friend via the link and share in our local bounty [www.fillgood.com.au](http://www.fillgood.com.au).

# Melbourne Rudolf Steiner Seminar

## Full-time and part-time courses in Rudolf Steiner Education

**Part-time certificate courses.** Each evening we have a movement or artistic activity, supper and then a lecture/discussion. The evening also offers an enjoyable social experience. These are non-accredited courses. Enrol for these courses on-line at: [www.steinerseminar.com](http://www.steinerseminar.com)



- *Nourishing Early Childhood* (Certificate), which explores the life of the very young child from 0-7. Duration: 1 year.
- *Understanding Child Development and Rudolf Steiner Education* (Certificate), which considers child development and education during the Primary years. Duration: 2 years
- *Rudolf Steiner High School Education* (Certificate)
- *Biodynamics* (Note: this will be offered from 11:00am – 3:00 pm on a Thursday, subject to numbers).

**Full-time accredited Steiner Teacher Training course:** Advanced Diploma in Rudolf Steiner Education (course code 10527NAT) This is an accredited course, offering a rich and comprehensive grounding in the picture of the human being given by Rudolf Steiner in the first year, with a focus on the pedagogy and curriculum given in Steiner schools in the second year. VET Student Loans and Austudy are available for eligible students. This course offers a pathway to a Bachelor of Education at the Australian Catholic University, Deakin, and Charles Darwin universities. Information: Ph. 03 98765199 [www.steinerseminar.com](http://www.steinerseminar.com) email: [office@steinerseminar.com](mailto:office@steinerseminar.com) Address: Melbourne Rudolf Steiner Seminar, 37A Wellington Park Drive, Warranwood, 3134

Starts  
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# THE ART OF LIFE

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Learn more at [www.artoflifecourses.com](http://www.artoflifecourses.com)

**Dates for 2022**  
Fridays - April 22 - May 13  
4.30 pm - 6.30 pm (AEDT)  
with recordings available

# Melbourne Rudolf Steiner Seminar

## What's on in Term 2

This course introduces Steiner's



Online registrations at [steinerseminar.net.au](http://steinerseminar.net.au)  
Melbourne Rudolf Steiner Seminar, 37A Wellington Park Drive, Warranwood  
email: [office@steinerseminar.com](mailto:office@steinerseminar.com) 03 9876 5199



**Dr Frederick Swann**  
**(B. App. Sc. Chiropractic)**  
**(B. App. Sc. Clinical Science)**

*Dr Fred Swann has been working as a Chiropractor since 2000.*

*He is a director at Tree of Life Integral Centre in Kew, Melbourne, and is now the new owner of*

*The Innate Connection Croydon.*

*At The Innate Connection, our mission is to provide excellent neurologically based chiropractic care to all who seek it. By doing so, we aim to lift the collective consciousness of society to experience and expect a higher level of wellbeing. Dr Frederick Swann and his team are passionate about helping patients to live healthy lives without the use of medication or surgery.*

*Dr Fred Swann is also the co-founder of Integral Energetics, a training and development program which has been developed to deepen ones understanding of the Energetic Field and its relationship to the body, the psyche and spirit.*

*Dr Fred has specialized in network spinal analysis (NSA) and has also trained in torque release technique, as well as other low force chiropractic methods. He has studied biofeedback and neurofeedback and used technology to assess psychophysiology and stress for over a decade, and he uses a mindfulness-based approach to state training, assisted by the technology.*

*Dr Fred has a particular interest in non-ordinary states of consciousness and how these states can be of benefit for healing the body from trauma and injuries, and also the generation of embodied flow states, to enhance performance and life enjoyment.*

*In addition to over twenty years in private practice, he has spent time consulting to athletes in professional sport about flow state and the body, and the implications for improved performance and recovery.*

*Dr Fred has a lot of friends and family in the local community and is excited to have the opportunity to be able to serve everyone at **The Innate Connection**.*

The Innate Connection  
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8740 3444



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