

Sweet Porridge



October 2026



Your 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.



LITTLE YARRA STEINER SCHOOL

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Welcome back to the final term of the school year!

For this issue of Sweet Porridge, we turn our attention to a world we rarely see: the hidden life beneath our feet.

Under the grass, among the roots and fallen leaves, countless tiny creatures are quietly at work. Earthworms create pathways through the soil, fungi help return nutrients to the earth, and seeds begin their journeys towards the light. Each plays a part in the intricate web of life, reminding us that even the smallest contributions can make a meaningful difference.

There is something beautiful in this quiet, unseen work. Much like the natural world, growth in our children often happens gently, in ways we may not immediately notice. Throughout the year, experiences, friendships, challenges and discoveries have been taking root, gradually shaping who they are becoming.

As we enter Term 4, we have an opportunity to celebrate this growth, nurture our connections and enjoy the final chapter of another school year together.

In these pages, you'll find stories, poetry, nature discoveries, creative activities and seasonal inspiration for your home and garden. We hope they encourage you and your family to explore, create and look a little more closely at the extraordinary world around you.

Wishing everyone a joyful, inspiring and fulfilling final term!



Poems

The Worm

by Ralph Bergengrenor

When the earth is turned in spring
The worms are fat as anything.

And birds come flying all around
To eat the worms right off the ground.

They like the worms just as much as I
Like bread and milk and apple pie.

And once, when I was very young,
I put a worm right on my tongue.

I didn't like the taste a bit,
And so I didn't swallow it.

But oh, it makes my Mother squirm
Because she thinks I ate that worm!



Putting in the Seed

by Robert Frost

You come to fetch me from my work
to-night
When supper's on the table, and
we'll see
If I can leave off burying the white
Soft petals fallen from the apple
tree.
(Soft petals, yes, but not so barren
quite,
Mingled with these, smooth bean
and wrinkled pea;)
And go along with you ere you lose
sight
Of what you came for and become
like me,
Slave to a springtime passion for
the earth.
How Love burns through the
Putting in the Seed
On through the watching for that
early birth
When, just as the soil tarnishes with
weed,
The sturdy seedling with arched
body comes
Shouldering its way and shedding
the earth crumbs.



The Spring Adventure of Fluffy Tail the Rabbit

Suzanne Down

The old hollow tree had fallen to the ground a long time ago, and soft, soft moss had covered it up so well you could hardly see the little doorway that led inside.

One day, Fluffy Tail the Rabbit was hopping along that very same old hollow tree looking for good things to eat, when he nearly fell right through the small round doorway.

‘Oh my’, he called out, ‘I wonder who lives here?’

He peered inside the dark hallway. He did not see a thing. ‘Is anyone at home,’ he called into the hallway.

Up in the tall oak tree nearby, Robin was watching Fluffy Tail. She sang out...

‘Welcome spring today ho hey,

I’m glad you’ve come along this way,

Your help is needed, follow me,

Into the hollow tree and see’

Robin flew down and perched on the hollow tree. ‘Fluffy Tail, don’t be afraid, come with me, your help is greatly needed!’

Fluffy Tail looked in the long dark hallway, he twitched his nose and thought...

‘I will be brave,

I will be strong,

I’ll follow true to Robin’s song.’





So in flew Robin, Fluffy Tail close behind, down, down the old hollow tree. Down, down the great big roots into the earth. Down, down the sweet smelling early spring soil, until, there, in the distance Fluffy Tail could see the golden glow of a lantern.

Right away he felt better, and as they got closer the narrow pathway opened up into a great room full of ladybugs and beetles of all colors and sizes. In the corner by the lantern was a round woman dressed in browns and greens with the kindest face Fluffy Tail had ever seen.

‘Thank you Robin, for bringing a fine helper,’ the woman said, ‘and welcome to you Fluffy Tail!’

All at once Fluffy Tail knew who she was. She was the great and wonderful Mother Earth. He bowed to her with gratitude.

‘Fluffy Tail, she said, ‘as you can see I am preparing everyone for Spring. But I have so many beetles and ladybugs to clean, I will never be ready on time. With your fine fluffy tail, you could help me! Will you do that?’

Fluffy Tail went to work at once, he washed and polished blue beetles, green beetles, red and black ladybugs, even yellow ladybugs with his soft and very fluffy tail. The bugs gleamed and glistened! You could see your face in them, they were so shiny! Fluffy Tail was tired, but it felt so good to be helpful.

Before long, all of them were clean and shining bright, ready for Spring! Dear Mother Earth asked Fluffy Tail to lead the procession through the hollow tree and out into the meadowland. The tiniest red ladybug asked Fluffy Tail if he could ride on his back. Fluffy Tail blushed a sweet pink of happiness, and said, ‘of course little ladybug’.

One by one they marched up the long hallway, through the sweet earth, marching over the roots and along the inside of the hollow tree. One by one they proudly marched out the little hidden doorway into Spring.

Fluffy Tail led them all, hippity hop, thumpity thump, wiggling his tail all the way. Once they reached the spring meadow, the little ladybug flew up and all around singing, ‘hurray for Spring!’ How happy they all were.



The Secret Life of Soil

Discovering the hidden world beneath our feet



Have you ever wondered what lies beneath your feet?

When we walk through a garden, explore a forest, or play in the schoolyard, we rarely stop to think about the extraordinary world hidden beneath the ground.

At first glance, soil might seem like nothing more than dirt. But look a little closer, and you'll discover a bustling world filled with tiny creatures, intricate networks, and countless living organisms, all working together to sustain life above the ground.

In fact, a single teaspoon of healthy soil can contain billions of microorganisms!

A Living World Beneath Us

Soil is much more than a mixture of sand, clay, minerals, water and air. It is a living ecosystem.

Deep within its layers, earthworms tunnel through the darkness, fungi stretch their delicate threads between particles of soil, and countless microscopic organisms quietly carry out their essential work.

These tiny inhabitants form an interconnected community known as the *soil food web*.

Just as animals and plants depend on one another in a forest, the creatures living in soil have important relationships that help keep the earth healthy.





Meet the Underground Workers

Earthworms – Nature's Gardeners

Earthworms are some of the most familiar underground inhabitants. As they move through the soil, they create tunnels that allow air and water to reach plant roots.

They also help break down organic matter and mix nutrients into the soil. Their castings (worm droppings) contain nutrients that plants can use.



Fungi – The Hidden Connectors

Although we sometimes see mushrooms growing above the ground, much of a fungus may remain hidden in the soil or decaying wood.

Some fungi produce networks of fine threads called hyphae, which help break down fallen leaves, branches and other organic matter.

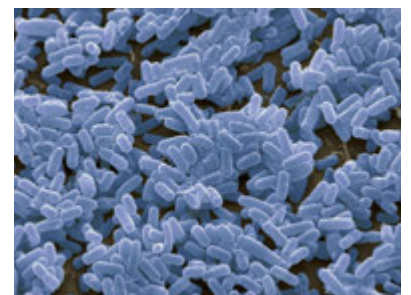
Certain fungi also form remarkable partnerships with plant roots, helping plants absorb water and nutrients in exchange for sugars produced by the plants.



Bacteria – The Tiny Recyclers

Bacteria are so small that we cannot see them without a microscope, yet they play a vital role in keeping soil healthy.

Many help decompose dead plants and other organic materials, releasing nutrients that can be used again by living plants.



Tiny Soil Creatures – The Helpers We Rarely See

Mites, springtails and other tiny invertebrates live among the soil particles and fallen leaves.

Some feed on decaying plant material, helping break it into smaller pieces so that microorganisms can continue the recycling process.



Who Lives Beneath Your Feet?

Beneath the grass, under fallen leaves, and deep in the soil, there is a whole hidden world full of tiny lives. Some dig tunnels, some break down old leaves, and some help make the soil rich and healthy for plants to grow.

Meet the Underground Neighbours



Earthworm

A wriggly helper that makes tunnels and loosens the soil.



Slater

A gentle recycler that helps break down dead leaves.



Ant

A busy builder that creates tunnels and chambers underground.



Millipede

A many-legged decomposer that loves dark, damp places.

More Tiny Helpers



Beetle larva

A young beetle growing beneath the ground or in rotting wood.



Springtail

A tiny leaf-litter jumper helping keep soil healthy.



Snail

A slow traveller of damp places, often found close to the earth.



Fungi

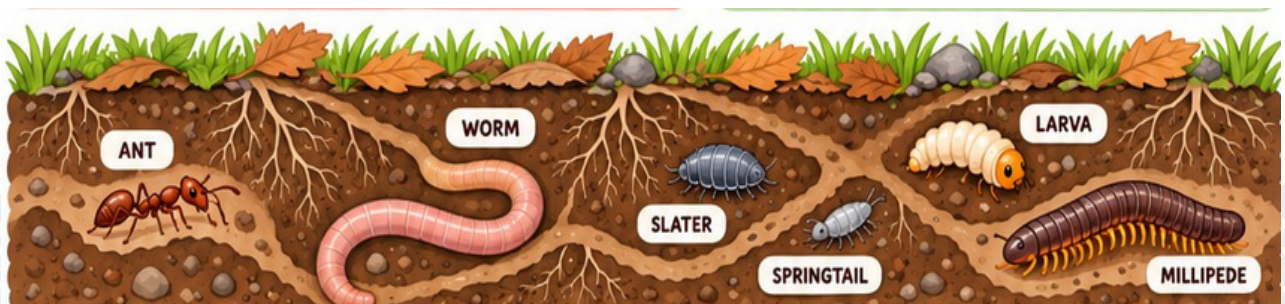
Not an animal, but an important hidden helper returning nutrients to the soil.

Did You Know?

- Healthy soil is full of living organisms.
- Earthworms breathe through their skin.
- Fungi help recycle nutrients in forests and gardens.

Nature Challenge

- ☐ A worm tunnel in the soil
- ☐ Fallen leaves breaking
- ☐ Down Ants at work
- ☐ Fungi on a log



Craft Corner

Layers of the Earth – Nature Collage

Create a beautiful cross-section of the earth using torn paper, paint, and natural textures. Add roots, soil layers, stones, and tiny underground creatures to create the hidden world beneath our feet.

You will need

- Thick paper or light cardboard
- Coloured paper in brown, tan, cream and grey tones
- Glue stick and scissors
- Pencil or black fineliner
- Watercolour, crayons or pastels
- Twigs, dried grass or leaves



Collage of layers of soil, roots, and hidden underground life

Try this

Label the layers in your collage to the topsoil, subsoil, clay, and rock or add tiny creatures such as worms, beetles, and ants.

Method

1. Begin with the sky and the grassy earth at the top of your page.
2. Tear or cut strips of paper in different earth colours to create the soil layers. Glue them one under another.
3. Add a tree trunk and roots, letting the roots travel down through the different layers.
4. Draw or collage tiny underground creatures such as worms, beetles, ants, or grubs.
5. Add pebbles, textures, or little details to show how each layer is different.
6. If you wish, label the layers or write a few words about what is happening beneath the earth.



Recipe

Rainbow Root Vegetable Fritters

Beneath the soil, nature grows some of our most colourful and nourishing foods. These golden root vegetable fritters are easy to make, delicious, and perfect for lunchboxes, picnics, or a light family meal.

Ingredients

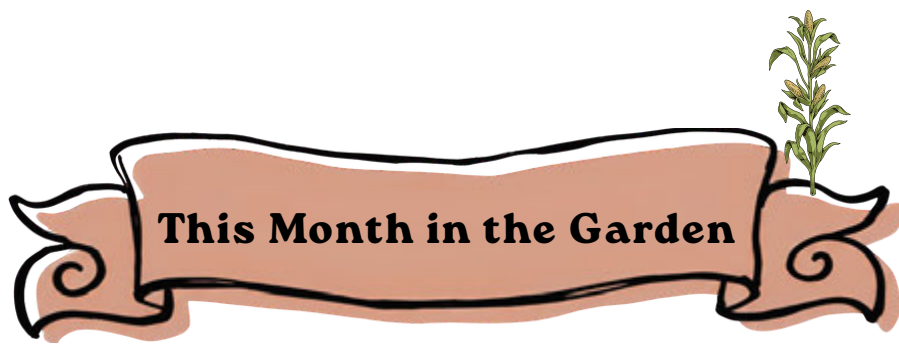
- 1 medium sweet potato, peeled and grated
- 2 medium carrots, peeled and grated
- 1 small beetroot, peeled and grated
- 2 eggs
- 1/2 cup plain flour
- 2 spring onions, finely chopped
- 2 tbsp fresh parsley, finely chopped
- 1 tsp ground cumin (optional)
- 1/2 tsp salt
- A pinch of black pepper
- 2–3 tbsp olive oil, for frying



Method

1. Grate the sweet potato, carrots, and beetroot into a large bowl.
2. Place the vegetables in a clean tea towel and squeeze out as much liquid as possible.
3. Return to the bowl. Add eggs, flour, spring onions, parsley, cumin, salt, and pepper. Mix well.
4. Scoop about 2 tablespoons of mixture per fritter and flatten gently.
5. Heat olive oil in a frying pan over medium heat. Cook fritters in batches for 4–5 minutes on each side, until golden brown.
6. Drain on paper towel and serve warm with yoghurt, avocado, or a squeeze of lemon.





October is an exciting transition into the warmer growing season. As the soil warms and heavy frosts become less frequent, there is plenty to sow and plant. In colder pockets of the Yarra Valley, keep an eye on late frosts and protect tender seedlings.

What to Plant

Tomatoes

Plant seedlings outdoors, ideally in late October. Use cloches or other protection during late cold snaps.

Capsicums & Chillies

Transplant established seedlings into sunny, sheltered garden beds.

Eggplant

Plant seedlings when the soil is reliably warm, often in late October or early November.

Zucchini & Squash

Sow seeds directly or plant seedlings in rich soil enriched with compost.

Cucumbers & Melons

Sow seeds in warm mounds or transplant hardened-off seedlings.

What to Plant

Sweet Corn

Sow in blocks or grids of at least 15-20 plants to help good pollination.

Beans

Sow bush and climbing beans once soil temperatures are steady.

Roots & Tubers

Direct sow carrots, beetroot and radishes; plant certified seed potatoes.

Leafy Greens

Keep planting lettuce, silverbeet, spinach, rocket and Asian greens

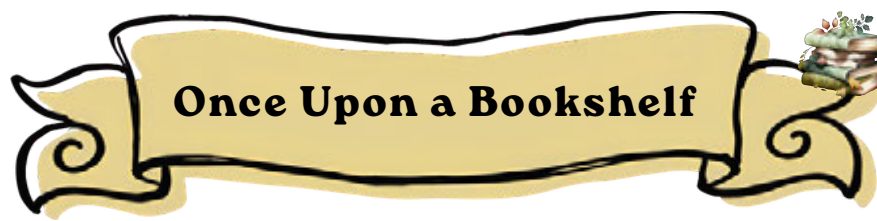
Herbs & Flowers

Plant basil, coriander and parsley, with calendula and alyssum to attract beneficial insects.

A gentle reminder for spring

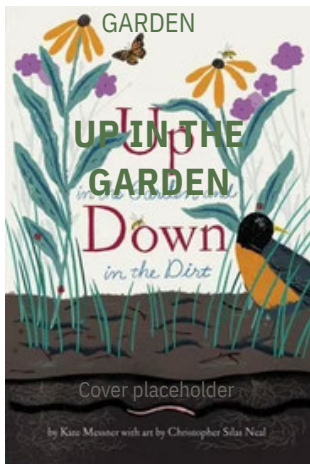
Frost is still possible in parts of the Yarra Valley. Harden off indoor-grown plants gradually, wait for warmer soil before planting heat-loving crops, and keep fleece or cloches handy.





Little Wonders Beneath the Earth

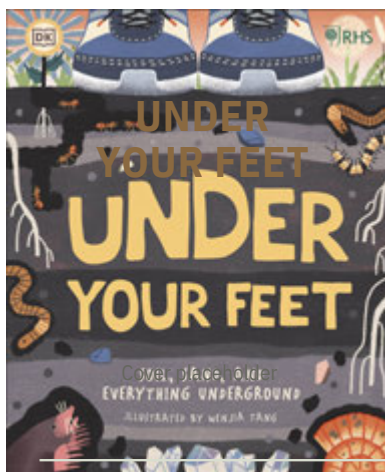
Stories and discoveries for curious minds, from busy garden creatures to the extraordinary world beneath our feet.



Up in the Garden and Down in the Dirt

Kate Messner · Illustrated by Christopher Silas Neal

A lyrical journey through a garden as a young girl and her grandmother discover life above and below the soil. From earthworms to growing vegetables, the changing seasons reveal a bustling hidden world.



Under Your Feet: Soil, Sand and Other Stuff

Royal Horticultural Society · Illustrated by Wenjia Tang

A colourful nonfiction exploration of soil, fungi, worms and microscopic life. Fascinating facts and hands-on experiments invite young readers to discover what makes the earth beneath us so alive.



Compost Stew: An A to Z Recipe for the Earth

Mary McKenna Siddals · Illustrated by Ashley Wolff

A playful, rhyming alphabet book about turning leaves and everyday scraps into rich compost. A wonderful introduction to caring for the earth and feeding the garden naturally.

Music Register

Instruments for Sale

(Please email sweetporridge@lyss.vic.edu.au to add or remove an instrument)

Please note that music teachers are happy to assess if the instrument is the correct size for your child and advise if there are any repairs required prior to purchase. When discussing this with the seller please explain this may take a week as the teacher will need to fit time in for this around their busy schedule. If you require a valuation, it is best to take the instrument to a valuer for a valuation none or our staff are qualified to value. Please make sure that any instruments are clearly labelled with a contact phone number for collection

VIOLINS

- **1/4 Size Violin** – Hard foam case, good condition. \$250.
Contact Crystal – 0416 361 012
- **1/2 Size Enrico Violin** – Hard case, shoulder rest, bow, rosin and new strings. \$120.
Contact Kaku – 0435 798 714
- **1/2 Size Skylark Violin** – Bow, shoulder rest, rosin and hard case. Good condition. \$70.
Contact Vasudha – 0451 944 051
- **Full Size (4/4) Prelude Violin** – Copy of Stradivarius. Bow and case included. Valued at \$2,500. Selling for \$1,500.
Contact Aladdin Jones – 0490 123 199 or Tessa Priest – 0405 390 348
- **Full Size (4/4) Gliga III Violin**, Romania 2011 – very good condition, including the case and C.O.Reichel bow. \$250.
Contact Claudia – 0400 339 235

VIOLA

- **1/2 Size Gliga III Viola** (Romania, 2010) – Includes case, bow, shoulder rest and rosin. \$250.
Contact Naomi – 0421 424 544

CELLOS

- **1/4 Size Salieri Cello** – Bow and semi-hard case included. Excellent condition. \$550.
Contact Monique – 0401 353 698
- **1/4 Size Chamber Student Cello** – Bow and soft case. \$400 negotiable.
Contact Cat – 0403 334 808
- **1/4 Size Cello** – Hard foam case and bow included. \$350.
Contact Crystal – 0416 361 012
- **1/4 Size Chamber Student Plus Cello** – Great condition. \$700.
Contact Nadine – 0423 539 718
- **1/4 Size Chamber Cello** – Hybrid Case – Good condition. \$575.
Contact Amber – 0417 590 359
- **1/2 Size Chamber Student Cello** – Bow, rosin and hard case included. Very good condition. \$750 ono.
Contact – 0458 254 828
- **1/2 Size Chamber 300 Cello** – Hybrid hard case included. Excellent condition. \$1,000.
Contact Victoria – 0411 016 299
- **1/2 Size Cello** – Serviced.
Contact Rosemary – rbrennanherrera@gmail.com
- **3/4 Size Skylark Cello** – Case and bow included. \$400 negotiable.
Contact Luna – 0433 337 161
- **3/4 Size Arco Cello** (Animato Strings) – Hard foam case and bow included. \$550.
Contact Liz – 0401 054 881 or lizmynes3357@gmail.com
- **Full Size (4/4) Enrico Student Plus II Cello** – Near new. Bow and hard foam case included. \$800.
Contact Liz – 0401 054 881 or lizmynes3357@gmail.com
- **3/4 Size Chamber Student 300S Cello** – Semi-hard case included. \$750 ono.
Contact Kelly – 0414 391 039

GUITAR

- **Yamaha Steel 6 string guitar** – Good Quality. Well loved, playable, nice action (but needs new strings). No case. Very good condition. \$250. Please email Max on nsu.maxx@gmail.com. Thanks for your interest.

BASS GUITAR

- **SX Electric bass guitar** – With soft case and practise amp. Plays well and good for beginners. Very good condition. \$250. Please email Max on nsu.maxx@gmail.com. Thanks for your interest.

BANJO

- **Oakridge 5 string (steel string) banjo** – With humble 'Mother of Pearl' inlay, hard case & currently has nylon strings (for that 'Old-Timey' sound, Yee Hah!!). very good condition. \$250. Please email Max on nsu.maxx@gmail.com.

PIANO

- **Victor Upright Piano**, fully reconditioned, all felt on keys and some of the ivory on keys professionally renewed, some strings replaced, concert pitch tunes, in very good condition, plays well, beautiful warm sound, no longer needed as we have another piano. \$1100. Pick up from Yarra Junction. Sonja 0417 434 272.
- **Korg D1 88 Note Weighted Key Stage Piano** with case and stand, brand new condition. \$999 ono. Contact Stephanie on 0490 533 697.



Little Yarra Steiner School
Yarra Valley's Independent K-12 Steiner School

Playgroup

Looking for a warm, welcoming space for your little one to play and grow? Join our playgroup community! Our playgroup is designed for children who are two turning three in 2026- a gentle, nurturing space to explore, play, and connect.

Tuesday or Wednesday Mornings
Register Your Interest using the QR Code
or contact our registrar
registrar@lyss.vic.edu.au
(03) 5967 1953



www.lyss.vic.edu.com

Living Colour Workshop

Perception, Experience, and Practice

with artist Deanne Eccles

24 - 25th October 2026



Kingfisher Dreaming by Deanne Eccles

Drawing upon the colour research of Johann Wolfgang von Goethe and Rudolf Steiner, the painting methodology of Gerard Wagner, and artist and tutor Deanne Eccles' own Body Sense Perception and Response methodology, participants will encounter colour through observation, sensory experience, movement, gesture and painting.

This 2-day face-to-face immersive weekend workshop develops a more conscious relationship to colour and its influence perception, mood, and movement. Join us to explore the intelligence of sensory experience and the body's capacity to perceive before the mind reaches a conclusion.

Early bird pricing \$465 until 11th October.

Find out more and enrol at

<https://teachsteiner.org/LivingColour>

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The Christian Community in the Yarra Valley

Our activities are held at:
Little Yarra Steiner School
205 Little Yarra Road, Yarra Junction

Saturday Service - 29th August 2026

10am: The Act of Consecration of The Human Being

(please arrive at least 5 mins before)

11am: Morning-tea & Conversation - please bring a shared plate if you can.

11.30am: Talk: The Human Being was Made for Joy and Woe (Blake) -
contemplation with Cheryl Nekvapil.

All are welcome to join us for the service and/or for the talk.

Monday Night Study Group - 10th August, 14th September ...

The **2nd Monday every month, 7pm for a social 30 mins, 7.30pm start**, Movement Room, Primary School. We are currently studying Emil Bock's The Rhythm of the Christian Year. PDF's are available for those that do not have the book.

Wednesday Night Study Group - 26th August, 23rd September ...

The **4th Wednesday every month, 7pm for a social 30 mins, 7.30pm start**, Movement Room, Primary School. Study is on the Gospel readings of the Festival we are studying on the Monday night.

All Welcome. Each study group evening may be attended independantly. Donations for attendance are gratefully received for the work of The Christian Community, Melbourne and in Australia.

For more information please contact: Rev. Darryl Coonan: 0447 881 957 or Lisa Ni Conchuir 0412 209 761

**Our Community is very grateful to
The Little Yarra Steiner School for their support. Thank you!**



Connected Travel with Nada

Specialising in Family Travel with Tweens and Teens

- Planning a family holiday with tweens or teens?
- Dreaming of Europe or exploring Asia Pacific together?
- Want a trip where everyone's needs actually get met?

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Join my Facebook Group: **Travel with Tweens & Teenagers: Family & Multigenerational Holidays** by scanning the QR code



nada.cottrill@connectedtravel.com.au



<https://nadacottrill.connectedtravel.com.au/>



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- ✓ Pre-bookings welcome



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WELCOME



MEDITATION FOR CHILDREN

Saturday Oct 31st & Nov 28th
10am-11.30am



- ✦ Creative guided meditation
- ✦ Animal/nature affirmation cards
- ✦ Artistic activity
- ✦ A touch of yoga

Located in Wesburn

Contact Tammy 0490 402 331

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- ☒ Psycho-social skills
- ☒ Organisational and problem-solving skills
- ☒ Employment readiness

Contact

0404 552 949 | maura.wilson@spin.net.au

I ♥ ndis




I am a retired teacher, librarian and qualified Equine Assisted Learning (EAL) practitioner, fully insured and WWCC verified, welcoming self-managed clients. I have also worked as tutor to both adults and children, and have experience in both Special Needs and ESL settings. Flexible to individual needs, I can offer a low demand morning routine, social exposure and community connection.



Equine Assisted Learning offers a gentle, safe space for psycho-social capacity building and self regulation skills

Family Constellation Therapy

*Opening inner doors
so life can flow again.*

Family Constellation reveals hidden family dynamics and patterns that may be influencing your emotions, relationships and choices.

It may support you with:

-  Repeating relationship or family patterns
-  Feeling stuck or overwhelmed
-  Grief, anxiety or inner conflict
-  Finding clarity during times of change



For anyone

who feels ready to understand, release and move forward with more clarity and connection.



Sessions with Sandra Rosa - Sacred Connections
Online or in-person (Yarra Valley)

☎ 0410 951 128

✉ sandrarosa.info@gmail.com

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*Unlock a calmer, brighter
future for your child and family!*



As a parent of 4 LYSS students, I've seen first-hand how energy healing (Reiki) can transform stress, anxiety, depression, and learning challenges into confidence and well-being.

I also offer Kinesiology, where your body guides the way to lasting change, releasing old traumas, patterns and conditionings.

Take the first step—book a session with Jennie de Vine and feel the difference! Ph 0438 706 135

Don't forget to fill your own cup

*You are allowed to slow down.
You are allowed to receive.*

You are allowed to take time out, without needing to give anything back

**Join us for nourishing monthly
Cacao Ceremony &
Sound Journey Events**

Mt Evelyn Public Hall ~ Sunday Afternoons

Experienced Facilitators

Ange - SAnaMEAA is a Holistic Health Coach and Energy Healer, passionate about self-care, self-love, and the healing power of nature, guiding others to live more balanced & fulfilling lives.



Anita - AnSaRA is a Breakthrough Coach and Chakra Energy Healer, known for creating powerful shifts, breaking patterns, unwinding trauma, helping to create clarity & empowerment.

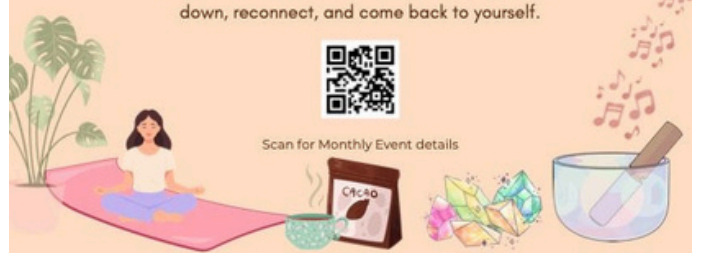
www.soulfoodhealing.com.au

www.whhnz.com

We create heart-led experiences to help you slow down, reconnect, and come back to yourself.



Scan for Monthly Event details





COMMUNITY MARKET DAY



ECOSS Valley Market

Date & Time

4th Saturday of the month, 10:00 AM – 2:00 PM

Location

Yarra Valley ECOSS, 711 Old Warburton Road, Wesburn

Highlights

Local produce, artisan foods, sustainability, permaculture, community workshops.

ecoss.org.au



ECOLOGICAL &
SOCIAL
SUSTAINABILITY



Millgrove Market

Date & Time

Selected Saturdays, 8:00 AM – 2:00 PM

Location

3060 Warburton Highway, Millgrove

Highlights

Handmade crafts, local produce, plants, community atmosphere.

ourranges.com.au

Warburton Valley Market

Date & Time

Monthly (check current dates)

Location

Warburton Arts Centre, 3409 Warburton Highway, Warburton

Highlights

Handmade goods, local artists, food stalls, live music.

warburtonvalleymarket.com.au



Upper Yarra Community Market

Date & Time

2nd & 4th Sunday of the month, 8:00 AM – 2:00 PM

Location

1 Park Road (adjacent to Recreation Reserve), Yarra Junction

Highlights

Fresh produce, handmade crafts, plants, family-friendly atmosphere.

www.upperyarracommunitymarket.com.au

YARRA VALLEY
ecoss Presents:

Earth Worm render w/shop

Creative fun with Sioux Dollman

Saturday 24th October

10am-4pm



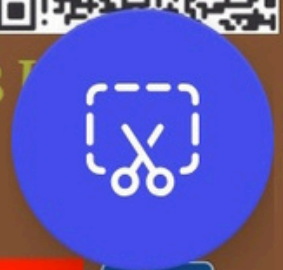
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Reimagining Mental Health

Integrative, Anthroposophic Medical and Therapy Conference 2026

STRENGTHENING OUR SKILLS TO LIVE WELL

Join us for a lively weekend exploring the nature of mental health itself and ways to meet its challenges in our communities. Our keynote speakers are:



Dr Judit Kedves and Dr Philipp Busche

Philipp is the head of Internal Medicine at the Arlesheim Hospital in Switzerland, and the director of the hospital's in-person physician training course together with its online Clinical Case Course. Judit is a specialist in Internal Medicine at the Ita Wegman Ambulatorium in Basle. She is also the programme director for the Foundation Studies in Anthroposophic Medicine at the Arlesheim Academy, an online one year study program for health professionals wanting to learn more about anthroposophic medicine and therapy.



The Arlesheim Hospital was the first anthroposophic hospital founded over one hundred years ago by Dr Ita Wegman. It has maintained its focus on anthroposophic, integrative medicine for its wide ranging activities today.



Dr Richard Drexel is a GP originally from Hamburg, now living and working in New Zealand in practices within mainstream and anthroposophic medicine. He has a special interest in developing new medicines from the substances and sources found here in Oceania.

Lisa Devine is a psychologist whose multifaceted work life bridges the worlds of teaching and counselling, as well as being an eurythmy therapist and priest of the Christian Community in Sydney and tutor in the Arlesheim Academy Foundation Studies.

FRIDAY 30 OCT to SUNDAY 1 NOV
MICHAEL CENTRE, Warranwood, VIC

Conference cost \$490

Book through HUMANITIX

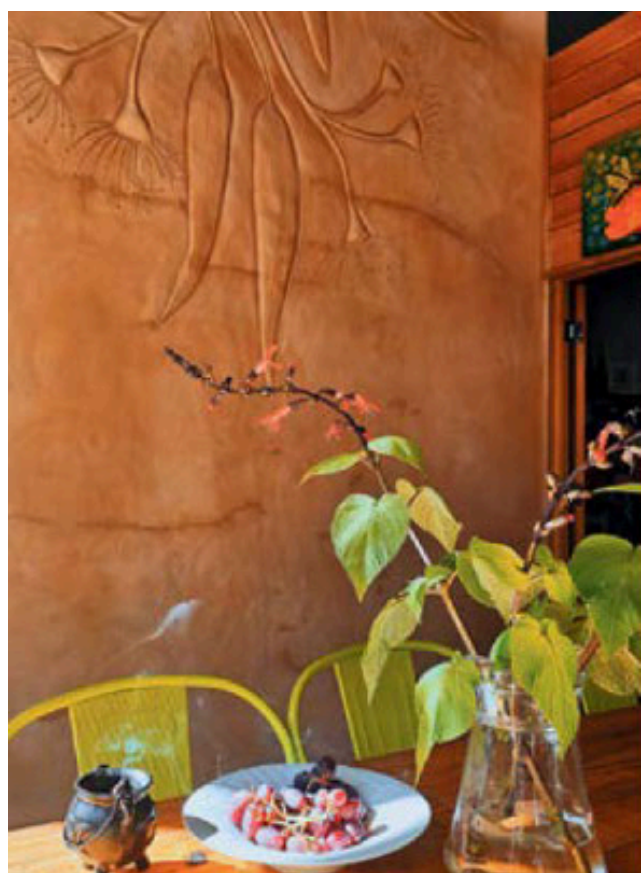


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- Full page: 190 x 277mm – \$30
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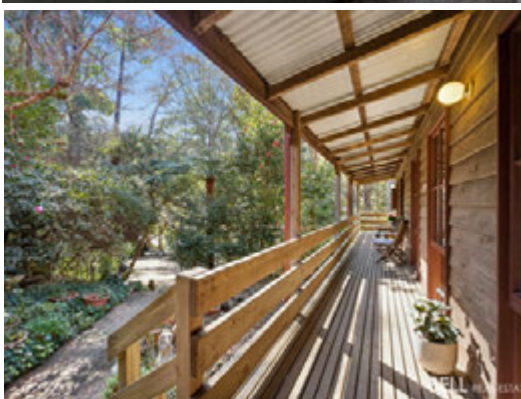
Association of Little Yarra Steiner School.

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Please email all content to

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BELL REAL ESTATE

Warburton

\$700,000 — \$770,000

'White Rabbit Cottage' - A private sanctuary with timeless charm

Tucked away and set amongst lush, established gardens, this charming home feels like a world of its own. Inside, soaring ceilings create an incredible sense of space, while timber features flowing throughout the home add warmth and timeless appeal. The inviting lounge provides a cosy place to unwind, while the stunning separate dining room is bathed in natural sunlight and enjoys picturesque garden views. The lower level offers two generous bedrooms, both with built-in robes. Upstairs, a delightful nook provides the perfect space for a library, reading corner or home study. Beyond this, the spacious master bedroom is a peaceful retreat, with picture-perfect windows drawing in beautiful natural light throughout the day. 'White Rabbit Cottage' is a truly special find.



Rebecca Doolan
M 0401 832 068
P 5967 1277

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For Sale

 2 |  2 |  2 |  841 m²

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- Wood burning fireplace for the cooler months
- Additional lower level room for storage, hobby room or potential 3rd bedroom
- Great riverside location offering privacy & peace



21 Wombat Crescent, East Warburton

TOTAL APPROX. INTERNAL FLOOR AREA 109 SQ.M

TOTAL APPROX. FLOOR AREA UNDER ROOFLINE 152 SQ.M

Whilst every attempt has been made to ensure the accuracy of the floor plan contained here, measurements of doors, windows, rooms and any other items are approximate and no responsibility is taken for any error, omission, or misstatement. This plan is for illustrative purposes only and should be used as such by any prospective purchaser.

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For Sale

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Yarra Junction
(03) 5967 1800

Warburton
(03) 5966 2800

Professionals Yarra Valley
sales@mcmath.com.au

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Beyond real estate, Suzie and her family are deeply connected to the local community. Her partner, Shar'lee, teaches Kinder/Prep at Little Yarra Steiner School, where their daughter Jazz also attended.

Backed by a strong track record of referrals from buyers and sellers alike, **Suzie is a fantastic guide to support you through your next property transaction.**



If you would like to chat about your property journey obligation free, don't hesitate to *reach out.*

Suzie Brannelly

0422 847 773

Professionals Yarra Valley

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