



Spring

12 September 2024

Mā te whakatū, ka mōhio,
Mā te mōhio, ka marama,
Mā te marama, ka mātau,
Mā te mātau, ka ora!

*With discussion comes knowledge,
With knowledge comes light and understanding,
With light and understanding comes wisdom,
with wisdom comes wellness!*



21 June this year heralded the winter equinox, the day in the year where the sun's light is least able to reach us. In the Lower School our tamariki walked the winter spiral, echoing the act of winter which draws us into ourselves and then gives us a sense of the outward gesture that will return us to the warmth and light of spring as the sun becomes more present in the southern hemisphere again.

I know the time that has passed between the winter equinox and the present moment has provided a challenge for many. You may be one of many who have been drawn deeply into an internal experience, consciously or subconsciously, having grappled with the implications of our current reality, world events, family challenges, winter illnesses, oneself. This winter impulse of drawing inwards will often lead to a certain fatigue by the time spring is ready to engage with us once more. The internalised process can certainly bring intensity, even turmoil, but hopefully with this we have been able to effectively process that which we have taken in deeply over the winter. In this internal process and through striving, within the darkest days of our year, we retain the possibility to transmute such challenges into wisdom, hope and opportunity.

Spring then presents a new challenge but one that is much easier to ignore unless we approach it with consciousness. If winter provided us with new, rich, albeit challenging awarenesses, how do we now take these and apply them consciously to our lives at a time when the gesture of spring is drawing us back out into the world? How do we let our personal winter wānanga blossom upward and outward as the native clematis, Puawānanga, does when spring arrives? ("Pua" meaning blossom and "wanānga", learning.) How does our learning/wisdom manifest and play a practical part in our lives?

Springtime asks for a new discipline from ourselves. Rudolf Steiner told us that the spirit of the spring festival is "know thyself". So at a time when spring begins to draw us out of ourselves once more there is a natural impulse to recognise who we are becoming, to "know thyself". In spring the tendency is to look towards the material world more and forget our inner nature, spiritual nature, the challenge is to apply the spiritual wisdom gained from our winter wānanga and balance that with the materialism which is pulling us back out into the physical world.

In today's world this is more fitting than ever as individually and collectively we strive to balance moral and spiritual wisdom with practicalities of the economy, resource distribution and bureaucracy. This is the task of our time however, now as important as ever, the integration of higher spiritual wisdom with the fundamentally neutral nature of the material world. It is a discipline we must carry into our own lives to consciously live in accordance with the soul truths we discover within ourselves, to put our learned wisdom into practice. Spring is a time ripe with the opportunity to turn conscious thought and feeling into conscious action. Our responsibility to ourselves and each other is to co-create the meaning which we apply to the material world in the light of spiritual wisdom, through taking physical action.

Kia whakairia te tapu
Kia wātea ai te ara
Kia turuki whakataha ai
Kia turuki whakataha ai
Haumi e. Hui e. Tāiki e!

*Restrictions are moved aside
So the pathways are clear
To return to everyday activities*

Darryn Breakwell

Spring Festival

Ka tangi te pīpīwharauora, ko te karere a Mahuru

When the cuckoo cries, that is the herald of spring

Tēnā koutou e te whānau whānui o Taikura!

Kua rongo koutou te karanga a te Pīpīwharauora? He tohu tērā mā tātou...kei te hoki mai a Tamanuiterā ki uta, kua tae mai te Koanga! Nau mai haere mai te katoa, ki tō tātou ahurei hei whakanui i a Koanga!

Have you heard the call of the Pīpīwharauora? It is a sign for us all that Tamanuiterā is returning and Spring has arrived!

The children and staff warmly invite you to our Spring Festival on Friday 20 September.

We are looking forward to singing, dancing and spending time together. We hope all whānau who attend take the time to visit the Class 12 Projects on display in the hall, and support the H3 sausage sizzle and nacho stall.

Changes:

In response to feedback received over the past few years sharing ongoing concerns of wastage of foliage we will no longer be decorating the spring poles collectively with foliage. These will still be decorated for the festival but this task will be completed the day prior as part of our school spring clean in preparation for the festival.

Here Comes the Sun

Pipi Manu E

♩=60 A D A A D A D A

Pi - pi pi - pi ma - nu e Pi - pi-wha-ra-u ro - a E pi pi - pi a - na e Mo

4 E D A A D

pā pā mā mā wha - rau - roa Kei whea kei koe e pa e

6 E D A A D

Kei whea kei koe e ma e Ki-mi a - tu ki-mi mai kei whea kei ko - ru a e

9 A D A D A D A

Pi - pi pi - pi ma - nu e pi - pi-wha-ra-u ro - a E pi pi - pi a - na e Mo

12 E D A E D A

pā pā mā mā wha - rau - roa Mo pā pā mā mā wha - rau - roa

14 [Spoken (Pitch rough guide)]

Ku - i ku - i whi - o ko-ro-whi ti ko-ro-whi ti Kui Kui a

Here comes the sun (Doo-d-doo-doo)

Here comes the sun

And I say, "It's alright"

Little darling, it's been a long cold lonely winter

Little darling, it feels like years since it's been here

Here comes the sun (Doo-d-doo-doo)

Here comes the sun

And I say, "It's alright"

Little darling, the smile's returning to the faces

Little darling, it seems like years since it's been here

Here comes the sun (Doo-d-doo-doo)

Here comes the sun

And I say, "It's alright"

Sun, sun, sun, here it comes (3x)

Little darling, I feel that ice is slowly melting

Little darling, it seems like years since it's been clear

Here comes the sun (Doo-d-doo-doo)

Here comes the sun

And I say, "It's alright"

"It's alright"

Sun.. sun.. sun.

Here it comes

On the morning:

- Parents are invited to the gym at 8:45am, for an introduction to our festival by Pippa
- At 9:00am classes will arrive into the gym
- Welcome
- Whakataka te hau
- Waiata - Taikura e

- Maypole dancing
- Community Waiata: Here comes the sun
- Community dance
- Mummers play

- Community Waiata: Pipi Manu E
- Karakia kai
- Picnic morning tea on the field, weather permitting

Music at Taikura

We have tuition available on-site for guitar, ukulele, bass, banjo, piano, flute, violin and cello.

Lessons are available from class 3 to class 12. They are a wonderful opportunity to impart resilience, perseverance, and creativity. It is strongly preferred that these lessons occur outside of Main Lessons and need to be arranged in close consultation with teachers whose lessons are affected. Lessons are available throughout the year, however, spaces are limited.

If you and your child are interested in lessons, please do get in contact with me via my email: thomas.pearson@taikura.school.nz

Taikura Lower School Orchestra and High School Orchestra

The music department is keen to have students in class 4-7 and 8-12 join our Lower School and High School orchestras. The Lower School orchestra meet on Wednesdays during the day and High School orchestra on Monday mornings. We are looking forward to our Carol Evening in December and have spaces for new members.

If your child is interested in joining, please do get in contact with me via my email: thomas.pearson@taikura.school.nz

Public Health Nurse Update

We are currently seeing a rise in Pertussis (whooping cough) in our Hawke's Bay region, those most vulnerable in a school community are pregnant mamas and newborn pēpi up to one year old. If any whānau have concerns or a persistent worsening cough that last longer than a couple days I am happy to support. If there are any questions please don't hesitate to make contact.

Ngā mihi

Hariru Hawkins hariru.hawkins@hbdbh.govt.nz

Public Health Nurse

Whānau & Communities Group / Te Matau a Māui
Hawke's Bay



Upcoming Events

Class 5 whānau hui - TONIGHT Thursday 12 September at 6:00pm

Little Yarra visit - Monday 16 September - evening performance - details on page 11

Spring Festival - Friday 20 September

Class 12 Projects - Friday 20 & Saturday 21 September

Last day of Term 3 - Friday 27 September 3:00pm

School Board Meeting - Monday 21 October at 5:00pm

Hawke's Bay Anniversary - Friday 25 October - SCHOOL & KINDERGARTEN CLOSED

Labour Day - Monday 28 October - SCHOOL & KINDERGARTEN CLOSED

Class 12 Parent Evening - Wednesday 30 October at 6:00pm

Class 12 Projects

The Class 12 Project Displays will once again be open to the community after the Spring Festival on Friday 20 September from 10:30am in the school hall. This is a lovely time to connect with the students before their speech, and discuss their chosen topic and learning.

The Class 12 Speeches will be delivered the following day, Saturday 21 September, and this is a wonderful occasion in which to support our young people and listen to their journey over the last few months. The speech topics are always diverse and to watch the students stand and speak for 15/20 minutes on a topic offers an insight into our education. We would love to see our community there supporting our students through an important milestone. I hope to see you there.

Morag Wilson
Class 12 Project Teacher

Class 12 Project Speech Timetable - Saturday 21 September 2024

08:30 am	Milo Wade	How has the evolution of military aircraft affected war?
09:00 am	Cadence Diedericks	The process of designing and crafting a surfboard
09:30 am	Jacob Mawson	Capturing surfing through a lens
10:00 am	Chris Deed	How does an athlete's programme improve my athletic performance?

Morning Tea

11:00 am	Joshua Dipper	How technique improves athletic performance
11:30 am	Hayley Wood	How does weather affect small private planes?
12:00 pm	Ian Bailey	How do volcanoes affect human society?

Lunch

02:00 pm	Kaito Wallis	Sustainable transport and infrastructure
02:30 pm	Ashley-Rose Cooper	Ancestry through art
03:00 pm	Sara Bruce-Gordon	My journey towards singing

Kings Seeds – Class 1 Fundraiser

Get your spring planting underway and support Class 1 at the same time! We are running a Kings Seeds fundraiser for our class, selling seed packets for a range of flowers, organic vegetables, vegetables and herbs. There are over 60 seed varieties to choose from, ranging from \$3-\$5 per packet. To place your seed order, come to the tables outside Class 1 at pick up time, fill out the form at the office, or look out for us at Friday market. You can also use the seeds to raise plants for the stall at the Fête this year! Thank you and happy planting.



Class Three Odes to Clary

Clary was a beautiful cat. He was very old and loved by heaps but sadly he passed away. It is very sad but he will be remembered. At least it was at school. Rest in peace Clary. I hope you had a great life.

Love Amo

I never really saw Clary the school cat, but I am told he was a tabby with brown and grey fur. I know he was adorable and plum. Clary was also an old, scratchy cat and sadly he passed away yesterday, but wow he must have had a great life because he died at Rudolf Steiner school! The school filled with festivals, winter warmers and all sorts of amazing, crazy things!

Elspeth

I am sad for Clary. I miss him even though I didn't really see him but I still miss him. I feel sorry for the people that liked him so much. I know how it feels.

Lily

Clary, you were my best cat friend and enemy. Miss You Clary. Rest in peace

Love Hugo M

A school cat called Clary. One teacher found Clary lying just on the deck, dead.

Oliver T

Yesterday Clary died of old age. He was a very old tabby cat. Mrs Jordan found him by the place where you put your speedy bike.

Tommy

Clary the school cat died a few days ago. I am very, very, very sad even though I only got to see him once or twice.

Ella K

Me and Ianto and Amo fed Clary every day. Clary died yesterday.

Jonah

Unfortunately Clary passed away. Mrs Jordan found him. I think he had a good life.

Hugo C-R

Clary, who was one of my favourite cats, died. That made me very sad. It was when Freja L told me that he had died I felt like WHAT! I wanted to know where and when he died but I was too sad to say it. And I also wanted to say wow he died, but in a sad way. But I was too sad to say that either.

Freja S

Clary, I wish you were 99 when you died at school. Rest in peace Clary.

Love Aarley

Clary's death was a sudden one. You will be missed. Your life was long and I can't wait to see you up there. Rest in peace.

Loki

Me and Clary were best friends. Clary was a tubby, grey cat. He was so cuddly and fluffy. I loved him. He fell asleep in my lap.

Ianto

Tomy



First XI at the Hockey NZ Lower North Island Tournament

The team had had a stellar season up to travelling to Gisborne to defend the trophy they won last year.

The first game was against Tauhara College from Taupo. Tauhara scored first in the third minute, and we managed to level the score in the eighth minute with a goal from Chris Deed.

After that the flood gates opened and numerous players from Taikura scored with the final score being 9-1, a win for Taikura.



The team had a double header on Monday and the second game in the early evening was against Gisborne Boys' High School 2nd XI. Taikura scored first and then Gisborne Boys fought back with a goal in the 10th minute. Taikura scored a further nine goals in the game to win 10-1. There were many very tired legs after two games in one day.

Tuesday saw the team playing Rotorua Lakes High School and this was a crunch game with a must win as this team was our nearest rivals in pool play. The end of the first quarter saw neither team score. The second quarter saw Tyler and Chris slot in three goals in two minutes and Mika top the quarter off with a goal just before half time. Rotorua scored first in the second half and Kaito scored late in the 3rd quarter and again in the 49th minute. Rotorua Lakes did not give up and scored at the very end of the game. Taikura secured the win 6-2.



Wednesday was the final pool game against Tararua College from Paihatua. Kaito opened the scoring in this game in the first 10 seconds of the game, and we scored again in the first quarter. Tararua scored in the second and last quarter of the game and Taikura managed to score another three goals. Taikura won the game 5-2.

This meant that the team had qualified top in Pool A and played the second team in Pool B on Thursday. This game had tremendous support for the team with Class 10 coming from their camp to show their support and it certainly lifted the players. In this game we were lucky to have the umpire straight from the Olympics umpiring the game and it was needed. The game was against Newlands College, a large college from Wellington. Newlands played an 11-player defensive game and relied on run aways to score. The score at half time was nil-all and Taikura needed to adjust their style of play to counter the defense of the opposition. The deadlock was broken in the 41st minute with a deflection over the goalie's head by Jacob Mawson into the goal. This was followed by two more goals with the game ending 3-0 to Taikura. This was most probably the hardest game of the season for the team. The team had progressed to the final but were very tired by this point. They went out for dinner and were all in bed by 9.30pm.



Finals day saw the team playing Katikati college from Tauranga region. This is a team that they had played in the semi finals the previous year and they played a very similar style of hockey to Taikura. The first quarter Taikura dominated in the mid field and strikes at goal but were unable to score. In the 19th minute Mika opened the scoring, and this was followed by two more goals being scored until the final goal of the season was scored by Pippa van Duin in the 59th minute of the game.

The tournament saw Tyler Dipper, Kaito Wallis and Chris Deed as the tournament top goal scorers and Taikura won back the trophy and were the Lower North Island champions for the 2024 season. Throughout the season and tournament the team has had tremendous support from the school and from the players' whānau, thank you.

Anne Hilton, Coach

Class 10 Adventure Challenge Camp

The 2-week Class 10 adventure challenge camp was a unique opportunity to step beyond the classroom and immerse themselves in hands-on, experiential learning adventure.

The first week of camp focused on low and high ropes courses in Taupō, which emphasised building trust, working together and resilience. The students faced their fears and worked collaboratively, navigating physical and mental obstacles. These activities helped develop their problem-solving skills and taught them to rely on their peers for support. By encouraging students to push past their comfort zones, the ropes courses foster a sense of accomplishment and self-confidence. There were many highlights during these two days, the beautiful teamwork, and the communication used between the belayer and the climber. Gabe's ability to give all of the high ropes a go was motivational, many who saw him do each activity were able to use him as inspiration to give it a go. Tyler was also phenomenal on the vertical playpen and was able to complete it in 1 minute. Even though we celebrate all those people who found this challenging and were able to keep doing the challenges again and again (Manu, Maddison, Harvey, Lukas, and Moana) it is also the students who had fears of height who were able to challenge themselves and complete what they could which is also a huge success and they should be really proud of how they stepped out of their comfort zone and challenged themselves (Alba, Louis B, Ruby, Zahara, Charlotte, Violet, Max, Addison and Leigh).

Camp is not only about physical challenges, there is also the cooking which was fully embraced. For the first time ever we had an air fryer show up and Hawaiki, Gabe and Louis B showed off some quickly cooked wholesome food. Sita and Moana absolutely shone in this area, and it amazes me how Sita (without fail) brings her pizza dough all pre-made, packaged up and ready to be used. The lads were also not shy in the kitchen and made huge feasts fit for kings. Camp provides space for new friendships to form and others to deepen. This aspect of camp is a highlight for many, Adam and many of the new students Josh, Alistair and Charlotte really embraced this aspect of camp.

The second week brought students into the depths of nature, where they explored caves and the lush Morere bush, which was made extra special with Sam the Trap Man sharing his knowledge and expertise with the students, this was definitely the best birthday present Jack L received whilst on camp.

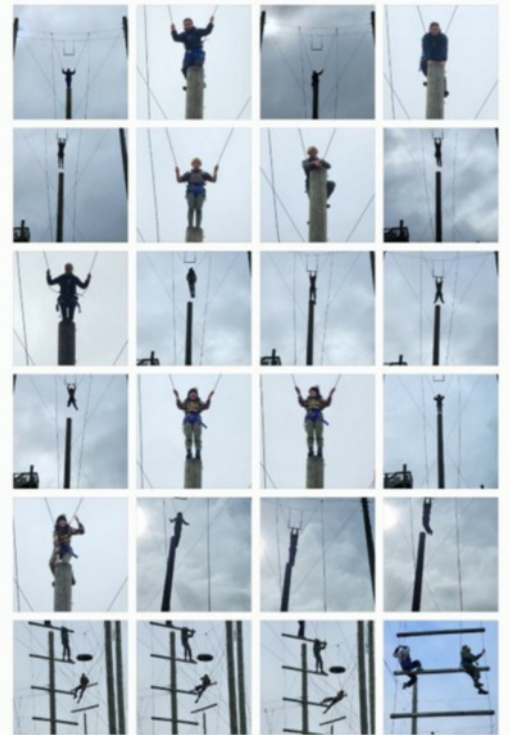
The glow worm grottos provide a magical experience, where students witness nature's delicate beauty in an awe-inspiring way. Just being out walking in the dark was a magical experience that people often do not do anymore.

In contrast, the fun and excitement of the Rere rockslide brought out the joy and spontaneity of simply being outdoors. Although I did not join the group for this activity as I was playing nurse, the stories were a highlight and the smiles and energy from Louis S and Elliot in retelling the stories was a highlight. Stories from the style in which people went down the natural slide (starfish from Gabe) to how a few people (Hawaiki, Moana) tried to move the large rock from the side of the slide and came off second best.



Surfing introduces students to the power and rhythm of the ocean. Learning to ride the waves requires patience, determination, and a willingness to embrace failure as part of the process. As students conquer their initial challenges, they gain a deeper understanding of their capabilities, while also experiencing the thrill of being in harmony with the sea. There were many students who took up this challenge; Elliot, Stella, Maddison, Sita, Hawaiki, Mateo, Louis S, Harvey, whilst these people surfed Jack L built a massive driftwood Teepee, with a bit of help from Ruby, Gabe and Violet. Manu also took the opportunity to get some fishing done.

It is amazing that through these diverse experiences, students not only grow physically but also strengthen their resilience, build meaningful connections with peers, and deepen their appreciation for the natural world. The two-week camp is more than just an adventure—it's a journey of personal and communal growth that stays with students well beyond the school year. I hope that the connections and memories formed on this camp live on. I want to thank Clayton for organising the second week's camp and for rallying your whānau to help out. Rachel for driving the third minivan and for supporting both camps, your presence was delightful, supportive and helpful. To Markus, without your ability to shift work around and drive on Monday - Wednesday we would have struggled to keep this week from going ahead. Thank you all for your support. Lastly to the students, you were brilliant. I thoroughly enjoy spending time with you all.



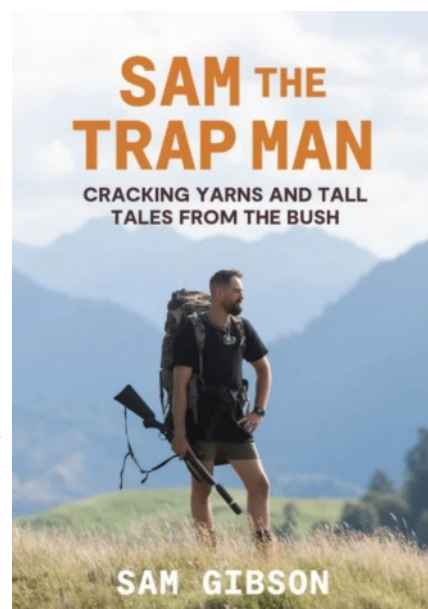
Gee Reisima, EOTC coordinator



Stories from the Library

The Lower School was very fortunate to have past Taikura student 'Sam the Trap Man' share his story with us at assembly on Monday. Sam is a wonderful storyteller, and he is passionate about our native bush and the amazing and unique creatures that live there. Sam shared with us a few of his favourite types of bush kai, and the best way to handle a kiwi. Sam very generously gifted the Taikura whare pukapuka with a copy of his book, "Sam the Trap Man, cracking yarns and tall tales from the bush". It is an excellent story about hunting, fishing and conservation in New Zealand, with some amazing photos, and Sam's personal journey at its heart. In the acknowledgements Sam wrote "I would like to acknowledge the amazing Steiner school system that was willing to see me for who I was, and allowed me to find a path through education that ensured I thrived". I can think of no greater endorsement for the work that our staff do here at Taikura, thank you Sam for sharing your story with us.

Paula Rose, Librarian



Alumni Success

Mark Gilbert has recently qualified for the world BMX Pump Track championship in South Africa in November 2024 as an Aotearoa representative.

Hamish Gilbert, Harry Lawson and Vianni Caro-Watts have been selected to represent Hawke's Bay in the Men's National Hockey League Championship this month.

On behalf of Taikura, we wish them all the best at their competitions.

Anne Hilton, Academic Dean

Inter-School Cross Country Results

Year 5 boys: 1st Reuben Diedericks 17th Elijah Williams **Year 5 girls:** 27th Johanna Moenchmeier

Year 6 girls: 11th Ella Frohlich **Year 6 boys:** 3rd Oak Collins 9th Phillip Ostergren 20th Toby McGavock

Year 7 boys: 2nd Timo Allison 13th Oscar Pearce 18th Zaiden Williams

Year 7 girls: 3rd Keala Fraser 17th Lena Feldmann **Year 8 girls:** 9th Isabella Ratana 21st Veni Menzies

Year 8 boys: 12th Ijsbrand Stork 24th Justus Moenchmeier



Little Yarra Ensemble Live In Concert!

Monday 16th September
Doors 6:20pm - Koha entry

Taikura Rudolf Steiner School Hall Hastings

6pm Music Fundraiser!

Tea, Coffee + Cake (cash only)

Not to be missed!



Little Yarra
STEINER SCHOOL

From Victoria,
Australia
One night only!

COMMUNITY NOTICES

Seeking Accommodation

Rural based kindergarten family with a 4 & 1 year old seeking week night accommodation. 3-4 weeknights per week. 1-2 bedrooms ideally and within 15mins of school. Email mihana.diaz@gmail.com

Wellness Riders Skateboarding Film Event

at Keirunga Theatre Havelock North, Saturday 14 September at 1pm & 5pm. \$10 per ticket! Be inspired by our amazing youth riders (including many Taikura students & coaches) & other skaters from around the world in a series of short films! All profits from this fundraising event support our club! Please email sarinah@wellnessriders.com to book your seats!



Celebrating Balance

22. September 24

The Equinox is the balance
of night and day, of dark and light,
of work and rest – the natural midline.

In this workshop we will focus on everything
that nourishes our sacred masculine and feminine
to help us return to our natural balance.

Join in and celebrate the nature of balance
in all its beauty with ancient knowledge,
yoga, breathing, meditation and
sound and in the company
of beautiful souls.

TAIKURA
community
special
\$20

3pm – 5pm

Taruna, Havelock North

\$30pp

RSVP

silke@viveholisticwellness.co.nz

Silke
get in balance

Firewood Raffle

Kia ora whānau, here are a couple of the participants for the Finnish Ambassador program, working to do the wood for the raffle. These boys are willing to work for their funding. The raffle is for a caged trailer load of plane tree, burns hot.



\$25 a ticket 100 tickets . Drawn under supervision once all tickets are sold.

Results will be texted out and published in the Grapevine. Wood will be delivered and stacked.

Buy tickets from the office Tuesdays and Thursdays or contact me directly.

Te Whiti Seeds 021 1278279

Bank account 38-9012-0030937-01


FBI Faithful Bible Investigators

FBI is run in the mornings of the second week of the July and October holidays. It involves games, songs, skits, Bible times, quizzes, prizes and more! If you can't make it these holidays, register your interest to be reminded about future holiday programs.
*5-6yo welcome at our discretion, preferably with an older sibling or friend.

Detectives

FREE
Kids' Holiday Program (ages *7-13)
Mon 7th - Fri 11th October
9am-12pm


For more information,
contact Maria Henderson
022 0966 300 or
maria@oac.org.nz

Register here 

Riverbend BIBLE CHURCH
354 Te Aute Rd, Havelock North

<https://form.jotform.com/242408732205854>

The poster features a cartoon detective character on the left, a large fingerprint graphic in the center, and a QR code on the right. The text is arranged in a clear, hierarchical layout, starting with the event name and details, followed by the program title and dates, and ending with contact information and a QR code for registration.

The background of the entire page is a repeating pattern of dark green leaves and stems on a light green background. The leaves are simple, rounded shapes, and the stems are thin lines with small circular nodes.

**THE CHRISTIAN COMMUNITY
INTERNATIONAL YOUTH INITIATIVE**

**INFORMATION EVENING
FOR PARENTS & YOUTH***

**7pm FRIDAY, SEPT 20th
AT 617 HERETAUNGA ST EAST,
HASTINGS**

We are seeking volunteers (ages 13-20) to become part of the team to prepare and fundraise for the International Youth Camp in the Philippines in January 2026.

The 2 week camp will be on an island in the mountains, working together to build with natural materials the beginning of a Steiner school.

*Bring an interested friend!

Contact Hartmut Borries
hartmutborries@gmail.com
021 259 8555



**Mother & Child Art
Workshop
Saturday 12th October
1.15pm-3.30pm
Keirunga Arts Venue**

Guided by Amanda Sowersby a
local qualified Artist &
Artistic Therapist.



Contact Amanda
amanda@artandalchemy.co.nz
0211449168



Experience the magic of a unique bonding workshop designed for mothers and children to unleash their creativity together. You will be guided through the art activities, exploring the wonders of pastel techniques and clay modelling, deepening your connection together while expressing your artistic visions. Held amongst the tranquil beauty of Keirunga Gardens within The Homestead. All art supplies and afternoon tea will be provided. Join us for a memorable activity in this serene setting.

Location: The Homestead Keirunga Arts Venue, Havelock North \$52 per duo

<https://events.humanitix.com/mother-and-child-art-workshop/tickets>



**Children's & Teens
Term 4 Art Classes.
One on one Artistic
Therapy sessions
available. Held at
Keirunga Arts Venue,
Havelock North**

Guided by Amanda Sowersby a
local qualified Artist &
Artistic Therapist.



Contact Amanda
amanda@artandalchemy.co.nz
0211449168



**Term 4: 21st October-16th December
8 weeks \$192**

Monday: 3.30pm - 4.30pm/ 4.40pm-5.40pm.

Wednesday: 3.30pm-4.30pm. (ends 11th Dec)



ECSTATIC DANCE DJ ORA

WITH SPECIAL GUESTS KELLY WHITEWOOD OFFERING A
CACAO CEREMONY & AARON GREGORY - SOUND BATH

STARTS
6.30PM
UNTIL 8.45PM

FRIDAY
13TH
SEPTEMBER

ENQUIRIES: BOOKINGS@ARTANDALCHEMY.CO.NZ

LOCATION: 'THE HOMESTEAD' KEIRUNGA ARTS VENUE, HAVELOCK NORTH

[HTTPS://EVENTS.HUMANITIX.COM/ECSTATIC-DANCE-WITH-DJ-ORA-AND-FRIENDS/TICKETS](https://events.humanitix.com/ecstatic-dance-with-dj-ora-and-friends/tickets)

Children's Holiday Art & Yoga Workshops with Amanda Sowersby

AGE 6-14 YEARS.
WEDNESDAY 2ND OCTOBER YOGA & ART 9.30AM-2PM
THURSDAY 3RD OCTOBER - ART 9.30AM-12.30PM
MONDAY 7TH OCTOBER 9.30AM-12.30PM
TUESDAY 8TH OCTOBER 9.30AM-12.30PM
\$50 HALF DAY \$75 LONGER DAY


HELD AT KEIRUNGA ARTS VENUE, HAVELOCK NORTH




Children's holiday yoga & art workshop
Full day session yoga & art, half days just art.
Yoga session is gentle and fun with games.
Art exercises of painting or drawing, morningtea/lunch break with a nature
walk amongst the gardens and oaks, then finishing with clay modelling.
This is a fun creative and connective experience.
Spaces will be limited book in to reserve a place for your child.

Amanda Sowersby is a qualified Artist, Artistic Therapist, Holistic Healer &
Yoga Teacher, specialising in healing art and traditional art styles.
Amanda's intention for her workshops is to create a safe, loving environment
where people can shine through their artistic abilities.

email: bookings@artandalchemy.co.nz

 Amanda Sowersby Art & Artistic Therapy

 @amandasowersby

0211449168



RestOra

Friday 6th September 6pm-7.30pm

October 20th 4pm-5.30pm

Keirunga Homestead

Havelock North

bookings@artandalchemy.co.nz

Restorative stillness, sound,

meditation & Tea

\$30



- Raureka
- Taradale
- Marewa

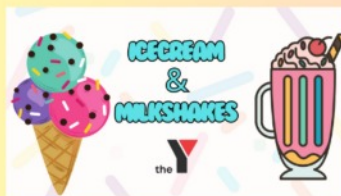


- WINZ Subsidies available
- Limited Spaces
- Full Day Care

the Y SPRING HOLIDAY PROGRAMME

30th September - 11th October 2024
Bookings Essential

Care from
7:30am - 6pm



For Ages
5 - 13 yrs

Bookings at www.ymcahb.org.nz or oscaradmin@ymcahb.org.nz
weather appropriate shoes and clothing is a must - dont forget lunch!!



Kia Ora Taikura Rudolf Steiner School,

Kathmandu is pleased to invite you to an exclusive shopping program.
We are offering a one-off Gear up discount on purchases across the entire range.

Promotion Information:

To be held at Kathmandu Napier and Hastings store from:

3rd October 2024 – 13th October 2024

During this event we will offer our guidance and expertise, from important information on correctly fitting backpacks, different sleeping bag options, choosing the correct footwear, to technical information on clothing and apparel.

This is an ideal opportunity to learn more about what is needed for your upcoming adventure to ensure you will be safe and comfortable.

How to take advantage of this offer:

Simply present this flyer at the participating store/s on the above dates to gain access to your community discount. Terms & Conditions:

- Offer only valid at Kathmandu Stores listed above Only.
- Purchases are strictly for Taikura Rudolf Steiner School Students only.
- Discount offer cannot be used in conjunction with any other offer.
- The store manager may revoke or restrict this offer at their discretion.

Thanks 😊😊😊



Kathmandu Team