With the break over the Christmas holidays and the beginning of a new year we tend to have a fresh start with some ‘New Year’s resolution’ after our reflections over the year past. One element that we all seem to experience is the situation that we are in general very busy and that we have to meet many different demands that our every-day life constantly seems to ask of us.

We become stressed and the pressures are passed on and we often rush ourselves and hurry our children along. Our relationships can suffer through this and we can feel compromised.

Giving consideration to ‘Less is More’ we want to explore and better understand what is essential for our children to be able to experience qualities in life that support their healthy growth and development.

For 25 years Dr Lakshmi Prasanna worked as a paediatrician and travels now extensively to work as a School doctor and teacher trainer.

Please note Lakshmi together with Patries Orange, Therapeutic Eurythmist will facilitate a workshop on Human Physiology, The Heart & the Liver on Feb 13 & 14 at Castlecrag.

**Date and Time:** Friday Feb 12th 9.15am - 11am

**Venue:**
Marion Mahony Griffin Hall
Castlecrag Campus