

# NEWS & EVENTS



Circles  
of learning

## *Good Health – a doorway to freedom*

When your health fails, everything else gets put on hold because you often become focused on your illness or pain and moving forward can be difficult. Regardless of how busy you are, maintaining your health is the most valuable thing to make time to do. And it's simple...open the windows and doors and breathe in the fresh air (away from air conditioning), get outside into the sunshine, go for a walk, drink water and eat fresh food. Food that comes from the earth, not from packages.

Good health allows you to be free to focus and enjoy the things in life you love most.

[Click here](#) to read more



## *Worth a Moment*

Recently I was travelling alone to places I have never before visited.

Having not done this for some time, I rediscovered that feeling of being faced with many tempting choices and interesting things to do and see, but also having the ever present limitations of time, timing, money, energy and so on. Initially I wanted to...or was it that I felt I should...do it all. However, having the freedom to make whatever choices I wished, in fact it being a necessity that I make these choices myself, somehow resulted in me choosing less. To read more [Click here](#)

cross city tunnel



Phone 02 9327 7750  
PO Box 928, Double Bay  
NSW 1360



Email [info@circlesoflearning.org.au](mailto:info@circlesoflearning.org.au)  
Web [www.circlesoflearning.org.au](http://www.circlesoflearning.org.au)

## *Clever Kid Health & Play program rolling out to PreSchools & Schools*

Nature based and aligned to the PreSchool and School curriculums, the Clever Kid Health & Play programs develop emotional intelligence, high sensory awareness and whole brain learning. Children who have experienced the Clever Kid Health & Play program have benefited by improved health and better learning. They are hands on, practical and fun using creative activities to build self esteem and imagination. For more information [click here](#)

*Children are the best teachers of creativity,  
persistence and unconditional love.*



*-become child-like yourself*



*Judith*