



**As nature sheds its skin the colours are amazing. Senses alive.**

Welcome back after a few weeks break. Autumn reminds us of the constant change and cycles of nature - just like our bodies, we go through cycles too. Everyday a new beginning. Taiji gives us a way of improving body systems, inner health. Enjoy relaxing, feeling gradual changes, you benefit!

Events	Quotes	News
<p>Classes 9am Mon. Lakeside Goolwa  10am Tues. GAC  <b>6 pm</b> Tues. Anglican Hall Goolwa  Wed 8am and 10am Strath  Wed. 9am U3A  Wed. 1pm Milang Ace Space  Sat 8am and 9am Strath</p> <p>If you'd like to have a personalized session or a small group relaxation Taiji session or give a gift voucher to someone, it can be arranged.</p> 	<p>Memorable quotes from classes:</p> <ul style="list-style-type: none"> <li>☺ You're right less is more!</li> <li>☺ When I don't think about it, it works better</li> <li>☺ I felt my neck tension just melt away</li> <li>☺ I drive away from class a lot more relaxed than when I come.</li> <li>☺ After all this time I'm getting a connection through. It's great.</li> <li>☺ No rush </li> <li>☺ Staying present is the key.</li> <li>☺ Soften, relaxing in to my feet.</li> </ul>	<p>Everyday Reflections From 1<sup>st</sup> - 12<sup>th</sup> May Mother's Day special \$15. Give yourself or someone you love the gift of being present.</p>  <p>Moments to relax in a busy world. So far I have sent \$100. To cure for CF (\$2 from each book sold goes to cure4cf)</p> <p>Sending good Chi to students who may be recovering/rehabbing from various things. Take it easy as your body heals. Look forward to you returning to class when the time is right.</p>  <p>Happy Birthday Pat Crouch – 96 tomorrow . Still enjoying Taiji ! Inspiring for us all.</p> 

There are many ways to relax the body – Taiji is only one. We continue to refine this amazing art and along the way our inner health benefits so much. Sometimes we don't even notice how it helps – mind body and soul. Little habits everyday make a difference. We only have one body, its worth looking after. As my own body regenerates and replenishes I look forward to continuing to learn alongside you. Thanks for continuing to be good teachers to me. See you this week. Regards Jen