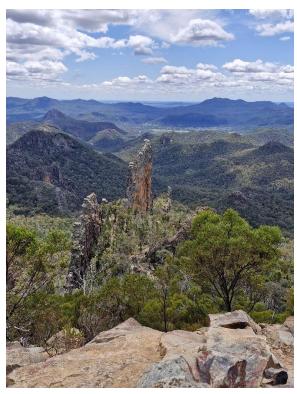
Spring Newsletter 2024





Welcome back! Walking in the Warrumbungles - restoring for the soul and challenging too! Looking forward to the continuing process of health and wellbeing that Taiji helps us with.

Events	Quotes	News
Classes resume this week in Goolwa - Mon. 9am Lakeside residents Tues. GAC 9am Taiji	Memorable quotes from term 3: Feel grounded. Legs feel stronger It's letting go of trying to control.	COVID 19 and other bugs are around - be responsible for you
10.15 am Qigong	We like to control – its hard to let go	My own learning continues with
Tues. 6pm Anglican Hall Goolwa	Let the body talk over the bossy mind!	Darren. Gentle practice, often. Evenually we become more fluid. Doing routine things in a mindful
Strath Good Shepherd Hall Wed. 8am and 9.15am Taiji	Playing is good	way builds presence. Softness continues to grow and inspires me to continue – ever evolving!
U3A Qigong Strath	Developing a new meaning for soft	· ·
10.30 – 11.15am Milang Institute Supper Room	A deeper sense of calmness	Flexibility, awareness and agility can continue to grow – enjoy this!
Wed.1pm Milang Taiji	Reprogram "feel the program", don't think it	In Goolwa the 10.15am Qigong will focus on relaxing, drawing into the feet, energy cultivation, softening
My poetry book Everyday	When you play you feel when you copy you think.	and developing lightnessplaying with simple ideas.
Reflections is available for \$10.	Getting out of mechanically doing, new pathways are possible.	

As we experience and feel more our Taiji brings an aliveness, calmness & relaxed awareness. We are all unique and continue to listen inside...there's a lot going on! Great pathway to be part of. Warm Regards Jen.