





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
<p>Classes resume this week in Goolwa - Mon. 9am Lakeside residents</p> <p>Tues. GAC 9am Taiji 10.15 am Qigong</p> <p>Tues. 6pm Anglican Hall Goolwa</p> <p>Strath Good Shepherd Hall Wed. 8am and 9.15am Taiji</p> <p>U3A Qigong Strath 10.30 – 11.15am</p> <p>Milang Institute Supper Room Wed.1pm Milang Taiji</p> <p>My poetry book Everyday Reflections is available for \$10.</p>	<p>Memorable quotes from term 3: </p> <ul style="list-style-type: none"> ☯ Feel grounded. Legs feel stronger ☯ It's letting go of trying to control. We like to control – its hard to let go ☯ Let the body talk over the bossy mind!  ☯ Playing is good ☯ Developing a new meaning for soft ☯ A deeper sense of calmness  ☯ Reprogram “feel the program”, don’t think it ☯ When you play you feel when you copy you think.  ☯ Getting out of mechanically doing, new pathways are possible. 	<p>COVID 19 and other bugs are around - be responsible for you</p> <ul style="list-style-type: none"> • stay home if you are unwell • respect others in the group • be aware of yourself <p>My own learning continues with Darren. Gentle practice, often. Eventually we become more fluid. Doing routine things in a mindful way builds presence. Softness continues to grow and inspires me to continue – ever evolving!</p> <p>Flexibility, awareness and agility can continue to grow – enjoy this!</p> <p>In Goolwa the 10.15am Qigong will focus on relaxing, drawing into the feet, energy cultivation, softening and developing lightness..playing with simple ideas.</p>

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.