







We spent some quiet time by the Murray near Morgan – peaceful and beautiful. Remembering to be still is a good thing. As we begin a new term of Taiji bringing stillness into each part of our practice is important. Looking forward to discovering more together.

Events	Quotes	News
<p>Classes resume:</p> <p>Goolwa - 9am and 10am Level 1 Tues. GAC</p> <p>6pm Tues. Anglican Hall Goolwa</p> <p>Strath Good Shepherd Hall Wed. 8am and 9am Level 1</p> <p>Wed. 10.15am -11am U3A Strathalbyn Qigong</p> <p>Milang - Wed.1pm Milang ACE space</p> <p>Sat. 8am and 9am Strath</p> <p>All classes in Strath are at The Good Shepherd Hall 2 Chapel St</p>  <p>Everyday Reflections is available from me for \$10. a copy. Looking for a gift for you or someone else. Poems from my heart to yours.</p>	<p>Memorable quotes from classes:</p> <ul style="list-style-type: none"> 🕒 Timing is personal 🕒 Resist the urge to push 🕒 Little bits everyday – it comes in to what I’m doing 🕒 when I don’t think it’s better 🕒 come to stillness..there’s more now maybe we’re comfortable with it 🕒 Walk with your feet  🕒 be prepared to change 🕒 conditioning is deep - takes time to change 🕒 No more intensity. Soften. 🕒 gently develop your feet – awareness grows. 	<p>Special welcome to those beginning Taiji with us. Starting anything new can feel weird..gently persist the benefits are great! </p> <p>COVID 19 is here to stay - be responsible for you, aim to maintain a good immune system.</p> <ul style="list-style-type: none"> • remember to check in • wear a mask to enter • common sense about your own health and • respect others in the group <p>This term should flow through till December! Things can change we are all aware, flexibility is good!</p> <p>My own learning continues with zoom sessions with Darren in Tasmania. I start with an empty cup each session – a work in progress! I love how I keep learning and enjoy sharing this amazing art.</p>

Spring rejuvenates, colour and warmth burst everything back to life...lets rejuvenate ourselves too! Continue gently Jen