



Spring Newsletter 2023



This beautiful Gang Gang was chatting in a tree as we walked up Boronia Peak in the Grampians! Nature was definitely in Spring mode, flowers, orchids, water, everything showing regeneration and growth. Time to continue our own rebalancing, renewing, relaxing, realigning through stillness and movement in Taiji. You know your body best, feel where your body is tight or relaxed. Relax. This gentle process continues. I love your inspirations, comments and personal discoveries as we continue this relaxation of mind body and soul.

Events	Quotes	News
<p>Classes resume this week in Goolwa - Mon. 9am Lakeside residents</p> <p>Tues. GAC 9am and 10am</p> <p>Tues. 6pm Anglican Hall Goolwa</p> <p>Strath resumes 25th Oct Strath Good Shepherd Hall Wed. 8am and 9am U3A Qigong Strath 10.15 - 11am</p> <p>Milang resumes 25th Oct. Milang Institute Supper Room Wed.1pm Milang</p> <p>Personalized or zoom sessions are available - talk to Jen</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"> ☺ Creating some 'spring' is good!  ☺ It's simple really - we overthink it. ☺ Not telling the body - feel it!  ☺ Helps me with my balance every day. ☺ I didn't want to 'play' at first, now I 'feel' more I like to play! ☺ WAIT ☺ How long is a piece of WAIT? As long as it takes! ☺ My mind won't let my legs relax ☺ The more I relax the more tension I feel. Awareness is interesting! ☺ refining - every day new learning 	<p>COVID 19 is here to stay - 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>Off to Tassie for my sisters 60th for a few days with 2 of my other sisters! This only affects Strath and Milang classes which will resume a week later.</p> <p>As you play with Taiji listen and feel how your body is going - let your body talk. Paying attention to present moment isn't easy, but it can be fun to play with!</p> <p>Allow the mystery!</p> <p>Feel into your feet everyday. Give yourself a mini wuji whenever you get a free moment! Finding incidental ways to bring it to everyday routines. Change is good.</p>

Somehow, we start to move through our own resistance. It's a mystery! Continue gently. Regards Jen.