







**Spring is springing new life everywhere! Time to reinvigorate our energy too!**

Everywhere I walk in Spring is full of life – nature doing its growing thing, all our senses alive. A great opportunity to revitalize, nourish and feed our own mind body and soul, lucky Tai Chi can help. Classes begin this week - Welcome Back! Looking forward to seeing you and playing Tai Chi.

Events	Quotes	News
<p>Classes - 9am Mon. Lakeside Goolwa 10am Tues. GAC <b>6pm</b> Tues. Anglican Hall Goolwa Wed 8am and 10am Strath Wed. 9am U3A Senior Citizens Hall Wed. 1pm Milang Ace Space Sat 8am and 9am Strath</p> <p>Notice the time change for the Tuesday evening session, we are continuing 6pm for this term.</p> <p>If you'd like to have a personalized 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>☯ let the hips move the feet</li> <li>☯ You have to feel it not just copy</li> <li>☯ Relaxation is paying attention - not doing</li> <li>☯ Why do we try so hard?</li> <li>☯ Using feet, legs and hips to stand up is great. </li> <li>☯ Release the pressure</li> <li>☯ I walk up steps differently - releasing into my feet, feels better!</li> </ul>	<p>My first poetry book 'Everyday reflections' has just gone to the printers...watch this space! You will hear when it's ready.</p> <p>I was lucky to go to one of Darren's classes in Burnie Tasmania, great to see other Tai Chi classes in action. Great learning for me. </p> <p>In January in Sydney the next workshop is coming up to consolidate the Mindful Walking modules.</p> <p>My teacher John has shifted to QLD, I was lucky to have lessons from him for the last 3 years, a great teacher who I will miss, his parting words were, "just practice every day". </p>