



**Nature shows us everyday, enjoy the natural world we live in.**

Welcome back as nature 'Springs' into new life, the garden regenerates with colour and growth. Taiji comes from watching the natural world - we learn from it. I love how curious we become about trying out and working out what fits for us. We all keep learning!  
 Thanks for your insights/questions/discoveries as we explore this Taiji, this enhances learning for everyone. The process continues – gradually softening,relaxing,regenerating mind body and soul.

Events	Quotes	News
<p>Classes begin this week -                      9am Mon. Lakeside Goolwa                      10am Tues. GAC                      6.30pm Tues. Anglican Hall Goolwa                      Wed. 8am and 10am Strath                      Wed. 9am U3A Qigong                      Sat 8am and 9am Strath</p> <p>Thurs. 24<sup>th</sup> October Qigong Workshop U3A Rendezvous Hanhdorf.</p> <p>I'm considering a Saturday afternoon workshop in Goolwa for a couple of hours. Let me know if you're interested.</p> <p>Personalized sessions are available or small groups.</p>	<p>Memorable quotes from classes:</p> <ul style="list-style-type: none"> <li>☺ letting go is harder than I thought</li> <li>☺ Goldilocks - find the sweet spot. We have to work out our own sweet spot, playing not serious</li> <li>☺ Observe the body - not telling it</li> <li>☺ A tonic to refresh myself</li> <li>☺ Change is good, habits restrict us</li> <li>☺ No rush - it's a process for life</li> <li>☺ Get out of your mind, into your body</li> <li>☺ Being present - stay with the breath In, stay with the breath out</li> </ul>	<p>Pat Crouch, my 96 year old student has decided that she is finishing up. Her eyesight is deteriorating. Thanks Pat, for being an inspiration to us all and we'll miss your stories! Pat continues to be a great advocate for the benefits that Taiji has bought her. Thanks.</p>  <p>The Sydney workshop was awesome. The title was discovering quiescence. Once again another layer of Taiji opened up for me and my deepening practice continues to grow along with my passion in this amazing art. Looking forward to sharing bits of this with you all.</p> <p>My book Everyday Reflections is available for purchase from me or from my website, if you're looking for a special gift, look no further.</p>

Being curious about the body leads to great discoveries.

Being prepared to do something different opens us up new discoveries. I look forward to continuing with you. Jen