



Summer fun in the surf at Goolwa beach. Welcome to a New Year of Taiji!

I'm excited to get back into classes. So much to share after my Taiji workshop in Sydney. Looking forward to continuing our discoveries as we relax and connect back to our bodies. Giving yourself permission to relax and release tension allows the body to loosen and reinvigorate – I'm living proof!

Events	Quotes	News
<p>Classes 9am Mon. Lakeside Goolwa 10am Tues. GAC 6.30 pm Tues. Anglican Hall Goolwa Wed 8am and 10am Strath Wed. 9am U3A starts Feb.6th Wed. 1pm Milang Ace Space Sat 8am and 9am Strath</p> <p>If you'd like to have a personalized session or give a gift voucher to someone, it can be arranged. </p> <p>Happy Chinese New Year for Feb 5th. This year is the year of the pig. </p>	<p>Memorable quotes from classes:</p> <ul style="list-style-type: none"> ☺ Taiji is a lifetime investment for my better health  ☺ Softness comes when we let go ☺ WAIT – relax into it ☺ It's easy to go past the point ☺ internal listening – noisy head ☺ When I'm present I don't get muddled up, my body just does it ☺ Physios love Taiji students – they are not so stiff in the pelvis – yea! 	<p>Thanks for you interest/feedback and purchasing of Everyday Reflections. It's been a great publishing adventure, copies still available from me for \$20.</p> <p>Sending good wishes and ji to Sue as she undergoes a hip operation this week.</p> <p>Welcome to new and continuing students, may your Taiji Journey relax and revitalize you. Remember anything you want to improve on takes bit of effort, find simple ways to make it part of each day. </p> <p>In January in Sydney I completed module 4 of the Mindful walking – awesome weekend of learning.</p> <p>Continuous, patience, relax!</p>

There is so much to keep learning in this amazing art – I enjoy sharing the little bit I know and watching you discover much about relaxing your body as you start to tune inside. Much of our day is spent on external stuff, Taiji allows us to focus internally. Better health can continue to grow. Looking forward to catching up this week. Regards Jen