




Our first Orchid flower for this year - New life, the cycle continues.
 As 2020 continues to challenge and change the world – we are lucky to know about
 being grounded, breathing, relaxing and letting go of tension,
 as we learn to live in a COVID 19 world. Look forward to continuing.

Events	Quotes	News
<p>Classes this week - 9am Mon. Lakeside Goolwa</p> <p>Classes resuming – check changes Tuesday 10am GAC Tuesday 6pm Anglican Hall Goolwa</p> <p>Wed. 8am and 9am Strath Wed 10.15 – 11am U3A Qigong Wed 1pm Milang MOSHCC</p> <p>Sat 8am and 9am Strath</p> <p>Classes in Strath will be at The Good Shepherd Hall  2 Chapel St</p> <p>Complying with social distancing and current COVID plans.</p> <p>Personalized / small group/ Zoom sessions are available speak to Jen.</p>	<p>Memorable quotes from classes:</p> <ul style="list-style-type: none"> 🕒 Follow not lead, the body knows what to do 🕒 stay in the movement, feel, It's not about rote learning 🕒 When muscles relax its natural for tension to go and joints will open naturally 🕒 No force or pressure- why have I been adding force for decades? 🕒 It's a mystery sometimes - that's ok 🕒 I'm working on the mind like I work on my physical fitness -awesome 🕒 deliciousness of personal discovery 	<p>All classes back this term!</p> <p>Remember COVID 19 restrictions apply. In returning to class if you have a fever or feel unwell or your respiratory system is compromised stay home – common sense I'm sure will prevail.</p> <p>Zoom continues, nice to be in the dugout at Cober Pedy and at Gluepot too!</p> <p>Everyday Reflections - Poems that connect us back to ourselves and Nature special deal till September – 2 books for \$20.</p> <p>If you want to brighten a friend's day with a surprise in the post you can purchase from class. Thanks for the awesome feedback on my poetry.</p> 