






Welcome back to Taiji! My long break and travels have been rejuvenating. This photo of sunset at Cable beach was one of many highlights, what a beautiful country we have to explore. Looking forward to resuming from July 25th and getting back into the regular Taiji groove. Winter coolness allows for gentle stretching so muscles, ligaments, tendons and bones can relax. Keeping our range of movement, looking after our own body, mind and soul – a continuing process as we discover the best version of ourselves. See you soon!

Events	Quotes	News
<p>Classes resume from July 25th</p> <p>Goolwa - Mon. 9am Lakeside residents Tues. GAC 9am and 10am Tues. 6pm Anglican Hall Goolwa</p> <p>Strath - Strath Good Shepherd Hall Wed. 8am and 9am Sat. 8am and 9am Strath</p> <p>Milang - MOSHCC Wed. 1pm Milang ACE space</p> <p>Strath Classes are held at The Good Shepherd Hall 2 Chapel St.</p>	<p>Memorable quotes from term 1 :</p> <ul style="list-style-type: none"> 🕒 Balance improves!  🕒 Feeling the feet for the first time yippee!  🕒 Over time, little things change 🕒 it's not how long you practice it's if you're present 🕒 Thoughts are just that – not real 🕒 Your feet become your best teacher 🕒 Breathing works 🕒 it's a relaxing hour - I focus on me 	<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>During our trip I enjoyed time to reflect and continue discoveries in my own practice. Hope you did too.</p> <p>At Lake Argyle they offered 7am Flow Yoga on the clifftop looking over the lake – stretched me in different and good ways! Similarities were</p> <ul style="list-style-type: none"> • do what works for your body • as we free up the body we free up the mind • everything is workable

See you in class. The days are gradually getting longer. Stay warm and treat your body gently as we continue. Jen