



Morning glory – Lyrup

Welcome back as the days start to get a little longer. I love hearing about what you are taking away from Taiji and how it fits with everyday life. Also it helps me with knowing where you're at with your Taiji, thanks. We all keep learning!

As awareness grows we "feel" more inside our body. As one of my students said, "Refining all the time, and feeling the difference in my balance, posture and relaxation".

Events	Quotes	Tips for everyday
<p>Classes begin this week - 9am Mon. Lakeside Goolwa 10am Tues. GAC 6pm Tues. Anglican Hall Goolwa Wed. 8am and 10am Strath Wed. 9am U3A Sat 8am and 9am Strath</p> <p><b>I will be heading away for August.</b></p> <p><b>Classes resume on September 2<sup>nd</sup>.</b></p> <p>The next IHT workshop in Sydney is Sept.29<sup>th</sup> &amp; 30<sup>th</sup> I'm looking forward to continuing building my skills and sharing with other Taiji friends.</p>	<p>Memorable quotes from classes:</p> <ul style="list-style-type: none"> <li>☺ I enjoy that I can do it anytime</li> <li>☺ Easier when I don't try hard</li> <li>☺ Stillness and WAIT – take home</li> <li>☺ I leave feeling relaxed and peaceful</li> <li>☺ Getting to know my body - Freer movement less aches and pains</li> <li>☺ Many benefits – posture, breathing, sleeping more relaxed</li> <li>☺ Taiji takes me into my body, gives my mind a rest</li> <li>☺ Softening outside foot takes pressure off my knees</li> </ul>	<p>As we go into another break remember Taiji can be part of daily routines:</p> <p><b>Lying</b> Relax into the bed, feel tension subside Bend legs, feet flat, breathe</p> <p><b>Standing</b> Feet shoulder width Use your feet legs and hips whenever you pick something up Weight distribution – change it without leaning from side to side</p> <p><b>Sitting</b> Relax into sit bones, uprightness, no strain as you create better postural alignment</p> <p>Release tension any time!</p>  

Tai ji is a continuing process..frequency not intensity is one of the keys. I look forward to continuing with you. Jen