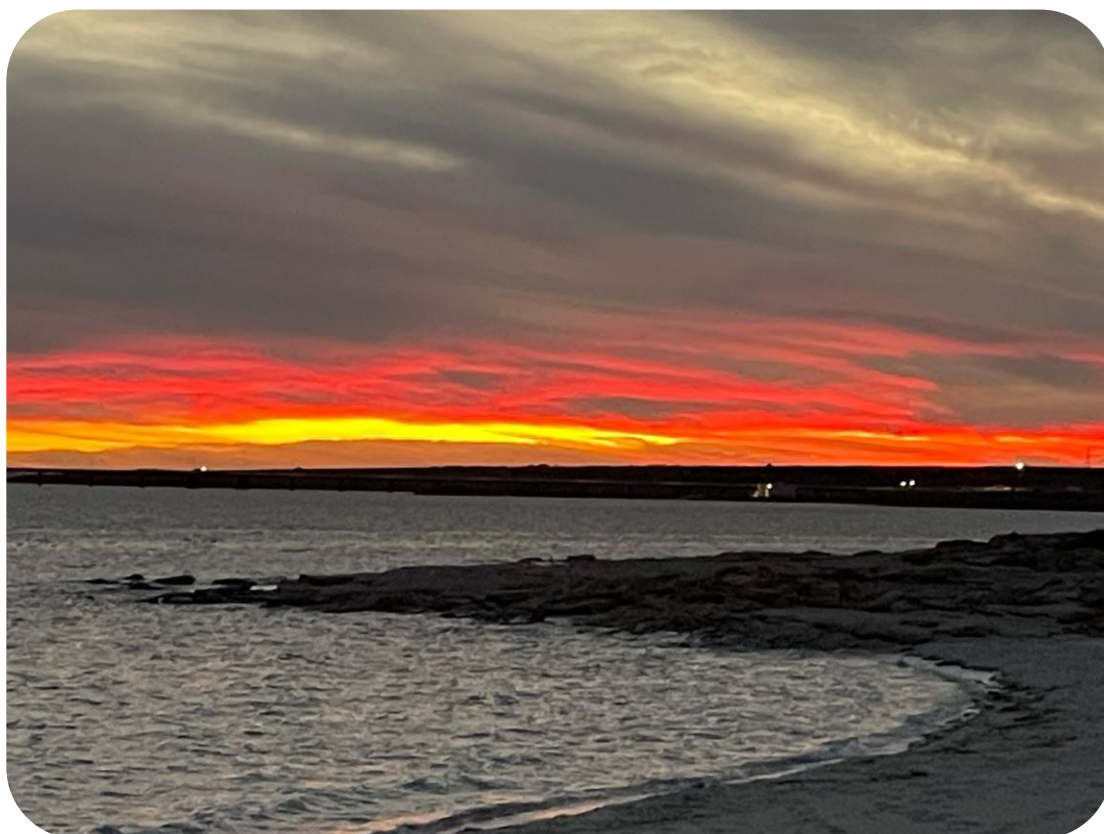




Winter Newsletter 2024



Welcome back! Term 2 was a bit unusual as well – hoping the second half of the year is awesome! Hope your own practice/ discoveries/relaxation has continued.

Taiji continues to inspire me to share practical ideas with you. See you soon!

Events	Quotes	News
<p>Classes resume this week in Goolwa - Mon. 9am Lakeside residents</p> <p>Tues. GAC 9am Taiji 10.15 am Qigong</p> <p>Tues. 6pm Anglican Hall Goolwa</p> <p>Strath Good Shepherd Hall Wed. 8am and 9.15am Taiji</p> <p>U3A Qigong Strath 10.30 – 11.15am</p> <p>Milang Institute Supper Room Wed.1pm Milang Taiji</p> <p>My poetry book Everyday Reflections is available for \$10.</p>	<p>Memorable quotes from term 2:</p> <ul style="list-style-type: none"> ☺ It keeps surprising me!  ☺ Wider is more stable. ☺ the more relaxed you can be the better it is!  ☺ Playing is good 😊 ☺ Ahha..hip rotates a little more foot moves naturally - making sense now! ☺ I was IN the movemnet ☺ ☺ WAIT – really feel this now! ☺ What is lighter? ☺ subtle changes just happen 	<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>just having recovered from this myself I know how unpleasant it is.</p> <p>My own tai chi has been a bit sluggish through my sickness however it has also been my strength. Being still, observing the breath, tuning inside - the body continues to open up my own self discovery. It helped my healing.</p> <p>Be light, agile & relaxed, ever changing, adapting & evolving!</p> <p>In Goolwa the 10am Qigong will focus on energy cultivation, grounding and relaxing..playing with simple ideas.</p>

Flow is a continuous, gentle movement. Bring it to life everyday. Feel more think less. Regards Jen.