





Welcome back! Happy New Year as we head into February 2024. I love the fresh energy of a new year as we each 'reset' and connect back to ourselves. This continuous process of Taiji allows us the space to pause, change, learn and improves our health and wellbeing too! Looking forward to continuing our learning and playing together in Taiji.

Events	Quotes	News
<p><b>Classes resume this week in Goolwa -</b> Mon. 9am Lakeside residents</p> <p>Tues. <b>GAC</b> 9am and 10am</p> <p>Tues. 6pm <b>Anglican Hall Goolwa</b></p> <p><b>Strath resumes 31<sup>st</sup> Jan</b> <b>Strath Good Shepherd Hall</b> Wed. 8am and 9am</p> <p>U3A Qigong Strath <b>resumes 7<sup>th</sup> Feb</b> 10.15 – 11am</p> <p><b>Milang resumes 31<sup>st</sup> Jan.</b> <b>Milang Institute Supper Room</b> Wed.1pm Milang</p> <p>My poetry book Everyday Reflections is available for \$10.</p>	<p>Memorable quotes from term 4:</p> <p>☯ I can balance on one leg now </p> <p>☯ Wider is more stable.</p> <p>☯ WAIT – really FEEL this now! </p> <p>☯ It keeps surprising me!</p> <p>☯ The more relaxed I can be the better it is.</p> <p>☯ STOP - WAIT</p> <p>☯ What is lighter?</p> <p>☯ Arms want to control – they are resisting!</p> <p>☯ Ahha..hip rotates a little more &amp; foot moves naturally!</p>	<p>COVID 19 is here to stay - be responsible for you</p> <ul style="list-style-type: none"> <li>• stay home if you are unwell</li> <li>• respect others in the group</li> <li>• be aware of yourself</li> </ul> <p>This term will be a short one for me. Bruce and I are taking our campervan over to Tasmania for 5 weeks on the ferry March 10<sup>th</sup> – so we have a 6 week term.</p> <p>I will also get to have a few face to face sessions with my teacher who lives in Tassie. Yay!</p> <p>As the term begins let small efforts accumulate. Taiji is like fishing or golf or any pursuit that needs refining...it's a process that with patience and gentle persistence benefits start to be felt in our body.</p> <p>Be prepared continue ever changing, adapting and evolving!</p>