



February 2026

Dear Friends,

We are now in the first month of Spring. I'm sitting looking out over the garden and the sun is shining. The light is stronger and birds are singing. With the sun tracking slightly higher across the sky I notice the sun is picking up the lighter greens of the new buds and fresh growth peeking through the slightly dull winter foliage.

Personally, I feel more energy after the nurture of winter time and beginning to start the projects that I've saved for the longer, warmer days. Now as the new growth arises, we can also begin planning projects and start the ball rolling.

This is the Yang Wood month and relates to the Gallbladder, a time for new grow, blossoming ideas and plans for the coming months. Like new growth try to be flexible and pliable. Don't grow too fast as there may be a late frost. Try drawing up plans for the months ahead and what you want to achieve. On the flip side it is also good think about boundaries and how much time to offer the tasks that can become frustrating and overwhelming. When to say "Yes." and when to say "No!"

Take a little time every day to sit with nature and the ever-changing landscape. Reflect on your own internal landscape and its ever-changing qualities.

My very best wishes

Sara



January 2026

Dear Friends

A little late this month however a happy new year to you all

This month of January though still winter is and earth month, Yin earth. In the Taoist tradition every season of 3 months begins with a yang element month, followed by a yin element month and closing with an earth month. For winter November is represented by Yang Water, December by Yin Water and January by Yin Earth.

This “earth” period for every season brings a sense of underlying energetic change. I was walking outside our home last week and saw the daffodils beginning to emerge. The green shoots coming up about 6 inches above the grass. New growth is slowly coming up under the earth ready for the beginning of spring.

The ideas and excitement for the coming year are felt and they are popping up ready for us to grasp. Some will not flower and a few will. This time is to consolidate the path but still not to act. To prepare and wait for the right time.

Keep quiescent, stay rooted and sense the direction of change that can come in the spring time months. Keep to the fire and quiet just for a little longer and consolidate your energy.

I want, in this newsletter, to thank my teachers. Not all can be mentioned but the main influencers of my training are Alan Peck who taught T'ai Chi so softly, Teacher Hu, who taught with so much knowledge and laughter and now Master Wu, who imparts knowledge with wisdom and trust. Thank you.

I wish you all a wonderful 2026 and hope that we can connect in person very soon.

Sara



December 2025

Dear Friends

We are now in the second month of winter, around 7th December to 7th January. The longest day is fast approaching, 21st December. Light the lanterns and enjoy a time of feasting, family and friends.

In the deep dark we may not look as though we are doing much but like the trees and plants we are quietly regenerating our wellbeing and letting the seeds of ideas and inspirations prepare for the germination in the coming months. If we over tax our ourselves in this time it could impact how the following months feel. Continue the quiet evenings and good wholesome hot food and drinks and be mindful of how tired you are feeling. Take enough time for yourself and recharge the batteries. Make the most of the dark evenings.

Qi Gong and meditation are great ways to support ourselves through the seasons. The forms change depending on the time of year and the way we approach Qi Gong also changes. Sometimes we need to be soft and quiet, slow and very gentle and other times we have more power and want more speed, strength and length in the postures. Listening to how the yin and yang qualities change in a posture is part of the practice. The most yang would be open, long, strong, fast and the most yin would be slow, soft, quiet and more contained. A given posture or sequence can be one practiced in a way that feels right at the time by listening to your needs and inner feelings.

I wish you all a wonderful Solstice and mid-winter celebration before we look forward to the longer days ahead.

Sara



November 2025

Dear Friends.

I'm going to try and write a short monthly newsletter and follow *part* of the Chinese astrological monthly cycle. So here goes....

If we split the year up into the solstice and equinox dates, we see the cycle of the seasons has a clear structure.

As many of you know the solstice days are 21st June and 21st December and represent the longest day and longest night respectively and also mid-summer and mid-winter.

The equinox dates are 21st March and 21st September. On these dates day and night are equal and represent mid -spring and mid-autumn respectively.

Taking this into account November (from around 7th) is the beginning of winter. No matter what the weather is doing in the Chinese calendar the months are related to the inter play of yin and yang meaning in this instance the interplay of daylight and dark-light hours.

As this is the first month of winter and the nights are longer and this is a good time to begin lighting the fire, get those early nights, to warm up the body with stocks, stews and casseroles. If possible, remove all raw and cold food from your diet to help support the Kidney and Spleen energy. Cooked root vegetable are a great source of warmth and nurture.

It's also a time for quiet. To let ideas settle in the background and see what ideas stay with you as springtime approaches. Like the plants, seeds and bulbs, a time for rest and quiet in the dark, withdrawing their life energy back to the root; resting and rejuvenating, contemplating our health and wellbeing and what we individually need to do to support ourselves.

I wish everyone and peaceful and rejuvenating early winter.

Sara