

THEMES (some of these could be combined to give us fewer categories/chapters)

People	Supporters/family	Chinese traditions, mythology	Place (including Matt Grace study)
The Dragon	Community	Positives/achievements	CAKE
Research (benefits of exercise)	Celebration/ Festivals	Renewal/ new beginnings	Power
Rhythm (sound, sensory, uplifting)	Healing	Uniqueness	Connections
Off-the-water	The Boats	Remembrance	Looking forward