

March, 2017



HAPPY EASTER 2017

Happy Full Moon.

Easter always falls around a full moon, that is why it changes dates every Easter. Its a fascinating thing when you think about it. I found this on a Yoga site for you to practice this Easter Full Moon and I hope you enjoy it.

When we rely upon familiar repetition to guide us through life, instead of stepping into the ever new possibilities of the present moment, we remain in a stale pattern of living.

When we learn to fully embrace the limitless potential in the now,

we are continuously renewed and liberated from the stuckness of powerlessness and blame. Living in a state of renewal then becomes easy and natural.

Well how do you become renewed?

1. Try to make something new happen you have to drop something old. Journal about 3 things you find yourself doing repeatedly even though they never work. Some examples are stubbornly trying to be right, arguing against someone who is never going to change or staying home even though it makes you feel lonely.

2. For each repeated response that doesn't work, decide to simply release your mental hold on them today. Jot down a handful of feelings you imagine you would experience in a life free from these stuck habits.

3. Write how it worked out when you dropped an old behaviour from your past that never worked in the 1st place. Look ahead to being better at this tomorrow and reflect on how new creative opportunities you imagine could arise from this change.

4. Reflect on more change that can happen, when you let it. Change your perspective and you change your situation. Life will give you what you need. Every moment is an opportunity to create change and propel yourself forward. A creative life brings joy and fulfilment. Something has to give. Surrender and Be free!!

****Becoming UNstuck**** These are some of the topics we discuss in our Meditation Classes. There is a FREE one that you are invited to after the Hatha Yoga Class on

Easter Monday, 17th March, 2017 at 7.40pm

at the Girl Guides Hall. Everyone is welcome. Come try it for yourself and see if you could do Yoga AND Meditation and you will see yourself fly through the rest of the year!!!!

Meditation Classes:

Term 2	10 weeks	Term Fees \$180.00
Monday	7.40pm to 8.40pm	17th April FREE CLASS
Monday	7.40pm to 8.40pm	17th April to 19th June

Lets not forget the important work we do on the mat!!

Hatha Yoga is the way to continually choose Health, Vitality and Joy in your life. This is my 35th Year of teaching Yoga and you aint getting rid of me yet!! I am more in love with Yoga every day and I hope I can continue to encourage you to look at Hatha Yoga as a way to stay focused on your body, mind and spirit to give you the best life possible.

I know that when I started there were approximately 2 or maybe 2 yoga teachers on the block. I look around now and not only is it on every corner, classes are going on in peoples homes and lounge rooms! This is a dream come true for me as I had an aim (modest ofcourse) that the whole world would practice Yoga and then we could really come from an even playing field. Bring it on.

However, I still aim for full, happy classes and if you can help me fill up the Thursday 9.30am to 11am and the Thursday 6pm to 7.30pm that would be great.

I am looking forward to Term 2 which commences on Easter Monday Night, 17th April, 2017 at 6pm to 7.30pm

I hope you can join me!!

HATHA YOGA CLASS

Term 2	10 weeks	Term Fee \$150.00
Monday	6pm to 7.30pm	17th April to 19th June
Tuesday	9.30am to 11am	18th April to 20th June
Thursday	9.30am to 11am	20th April to 22nd June
Thursday	6pm to 7.30pm	20th April to 22nd June

DROP IN CLASSES EVERYONE WELCOME \$18

SEE YOU THEN :))

His and Her diary for a bit of fun ha! ha!

Her Diary:

Tonight, I thought my husband was acting weird. We had made plans to meet at a nice restaurant for dinner. I was shopping with my friends all day long, so I thought he was upset at the fact that I was a bit late, but he made no comment on it. Conversation wasn't flowing, so I suggested that we go somewhere quiet so we could talk. He agreed, but he didn't say much. I asked him what was wrong; He said, 'Nothing.' I asked him if it was my fault that he was upset. He said he wasn't upset, that it had nothing to do with me, and not to worry about it. On the way home, I told him that I loved him. He smiled slightly, and kept driving. I can't explain his behaviour I don't know why he didn't say, 'I love you, too.' When we got home, I felt as if I had lost him completely, as if he wanted nothing to do with me anymore. He just sat there quietly, and watched TV. He continued to seem distant and absent. Finally, with silence all around us, I decided to go to bed. About 15 minutes later, he came to bed. But I still felt that he was distracted, and his thoughts were somewhere else. He fell asleep - I cried. I don't know what to do.

I'm almost sure that his thoughts are with someone else. My life is a disaster.

His Diary:

Boat wouldn't start, can't figure out why.

Love

Lyn Moes

www.buderimyoga.com