

Buderim Yoga NEWSLETTER

Buderim
Yoga

September, 2016



“The greatest thing in life is to live in the castle of your own clear conscience”

Paramahansa Yogananda

The Yogi's Mantra:

*Look to this day,
for it is life, the very breath of life.
In its brief course lie
all the realities of your existence;
the bliss of growth,
the glory of action,
the splendor of beauty.
For yesterday is only a dream,
and tomorrow is but a vision.
But today, well lived,
makes every yesterday a dream of happiness,
and every tomorrow
a vision of hope.
Look well, therefore, to this day.*

Sanskrit Poem by Kalidasa

Hatha Yoga Term 3, 2016 = COMPLETED

Winter is the tricky Term. There are people that use the cold weather to exit, to take that long awaited holiday, to warmer climates. There are exams, extra pressure at work and the feeling of getting things completed before the end of the year. Others just struggle to get warm and others get the flu. All of these things are reasons that I don't get to see you in Winter. On opening the class with fewer numbers, I am not deterred I use it as a chance to practice some of the Asanas I am trying to achieve. I do get very happy when September and October roll around and we have a straight through run

till the end of the year. If you were away, that is the past, do not let it stop you coming back and rolling out your mat with me for the next 11 weeks till Christmas. We have some fantastic Yoga to keep you fit, flexible and happy. Everyone is welcome!!

SEE YOU AT BUDERIM YOGA

“When you have found your true soul nature of everlasting joy, that indestructible bliss will remain with you throughout all experiences of life”

Here are the dates for TERM 4, 2016

HATHA YOGA CLASS

Term 4 is 11 weeks Term Fee \$165

| | |
|-------------------------|------------------------------|
| Monday 6pm to 7.30pm | 3rd October to 12th December |
| Tuesday 9.30am to 11am | 4th October to 13th December |
| Thursday 9.30am to 11am | 6th October to 15th December |
| Thursday 6pm to 7.30pm | 6th October to 15th December |

Everyone is very welcome to join the Term 4 Hatha Yoga Class and the Term 4 Meditation Class!

MEDITATION CLASS

Term 4 is 11 weeks Term Fee \$200.00

| | | |
|-------------------------|-------------------------------|--------------------------|
| Monday 7.40pm to 8.40pm | 3rd October | <u>FREE CLASS</u> |
| Monday 7.40pm to 8.40pm | 10th October to 12th December | |

HOW'S YOUR BREATHING GOING?

Slow, deep, conscious breathing is an essential component of Hatha yoga and it is one of the primary differences between yoga and other types of exercise. Mindful diaphragmatic breathing also adds numerous benefits to a yoga practice: lowers blood pressure, slows heart rate, improves posture, increases mental focus, reduces stress and stabilizes emotions.

“Your breath is like a barometer that registers both your mental conditions and physical conditions. Breath is the bridge between the body and your thinking process called mind”.

—Swami Rama

Our breath is also the bridge or threshold between the conscious and unconscious mind. Through the inner exploration of conscious breathing we can learn to uncover and reprogram our unconscious physical, mental and emotional patterns. This is certainly not a quick or an easy process, but with perseverance and practice our breath can become our greatest teacher, friend and ally.

Helen Prince (Monday night class) sent this email to me! I love getting Students messages and encouragements! Thank you Helen you really are embracing your practice. Love seeing the improvements.

“Nothing is more important than that I feel good. The better I feel, the more I am allowing all of the wonderful things of life to flow to me.”

Try these Neck Strengthening exercises to improve the neck and create less stress and tightness around the neck.

Neck Strengtheners

- (1)  25 Breaths 10 small circles
Forward
Hand on forehead
push against with tension
x 5 L/R
- (2)  Backwards
Hands at back of head
Keep tension on as you
push back x 5
- (3)  Sideways
Hands on side of head
Keep tension on as you
push to side x 5 L/R
- (4)  Behind
Push hands down
and Rotate head on Neck
x 5 L - A 5 R
- (5)  Lift head sideways
Up to the Left back
Up to the Right back
- (6)  Standing Lion Pose
Deep Exhale
hold Out Long + Hard
Then Roll side from top to bottom

Try these Neck Strengthening exercises to improve the neck and create less stress and tightness around the neck.

Looking forward to seeing you in Term 4, 2016

Many Blessings,

Lyn Moes

www.buderimyoga.com