

Buderim Yoga NEWSLETTER



Term 4, December 2017

Dear Yoga Family,

Thank you for being with me this year and making this the best year so far. Every year is such a joy on the Yoga Mat.

You are great teachers and I love what I learn from you every class. I'm excited to tell you that I have plucked 43 weeks and 5 classes per week including Meditation, out of the sky for 2018 and we can continue our great work together.

There is so much to be grateful for this year and it would be good if you took the time, like I am, to write down all the things, month by month, that 2017 has given you. All the joys and the sorrows, as there's lessons in all of it.

Then it would be very helpful if you wrote down what you would

like to achieve and create in 2018 month by month, and review it in December next year. You only have to go over your photos in your phone to be impressed with yourself ha!

You will be surprised how much you can make come true.

So don't dream small, go for the max!

NORA

One of the things I am grateful for this year is Nora coming to teach Thursday Morning 9.30am and Thursday Evening 6pm. Its a delight to have a new teacher at Buderim Yoga.

Nora is a wonderful teacher, so rock up to one of her classes and try her out. She has included the below post to add to the Newsletter. Thanks Nora for adding this:

Extract from: "The Sacred Science" newsletter....

GRATITUDE:

Did you know that it's almost impossible to be upset and grateful at the same time?

It's one of those universal truths that is easy to prove – just try it yourself. Being thankful flips a switch inside of you that clears out any negative feelings you were experiencing a few moments before.

"Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings." – William Arthur Ward

It may seem counterintuitive to feel grateful when things are challenging in your life. But what if this emotion became more than just a reaction to good news and was something we felt all the time?

New research is showing that a gratitude practice doesn't only make you happier and more fulfilled, but can also save your life. A study from the University of California San Diego's School of Medicine discovered that people who were more grateful had better heart health—specifically less inflammation and healthier heart rhythms.

The study's author, Paul J. Mills, explains:

"They showed a better well-being, a less depressed mood, less fatigue, and they slept better. We found that those patients who kept gratitude journals for eight weeks showed reductions in circulating levels of several important inflammatory biomarkers, as well as an increase in heart rate variability while they wrote. Improved heart rate variability is considered a measure of reduced cardiac risk."

Gratitude is good for you! But don't take our word for it. Try it out for yourself and see if it makes a difference. To aid you in some random acts of gratitude, we've listed 3 heart-opening ideas below. Before we get to those, I'd like to share a little ritual we do in our house to keep the thankfulness alive and radiant. It's our own version of grace that we say at the kitchen table every night. My five-year-old son River knows that before we eat dinner, we say "the grateful things."

Although he's still young, he seems to have a grasp of gratitude that inspires me, and touches deeply into something that I'm not always able to. I documented one of River's recent prayers and included it below for you read. I hope his words inspire you too!

River's Prayer

"Thank you, for this yummy delicious food that comes from your bounty and is gonna go into my body and give me the energy I need to be more kind and more compassionate, and be a better listener at school.

Thank you for the Moon that tugs on the tides and creates the weather, and for the rain that gives the plants water to drink. Thank you for the earth and all the nutrients in the soil, and all the little bugs that we can't see that help bring those nutrients to the plants so they can eat.

Thank you to Father Sun who shines down his rays of light onto all the plants so they can grow and be healthy and give us food to eat..

Thank you to all the hands that touched this food. Thank you to the farmers who grew the food, and to the people who work in the store where we buy the food. And thank you mom and dad for cooking this meal for us.”

3 Easy Ways To Bring More Gratitude Into Your Life:

Creating a daily habit is the best way to start your internal gratitude engine and invite more joy, health, wealth, vitality, and abundance into your life. Here are 3 simple exercises to help you on your path:

1. Gratitude for a new day. Each morning, say a simple “thank you” for another new day of life.

2. Say a daily gratitude prayer for “the grateful things” at a meal-time. Choose a meal each day where you have a moment to sit and reflect on a few things that you’re grateful for in that moment.

3. Write down one grateful thing each day for the next ten days.

Grab a notebook or pad of paper—or if you’re really ready to take this on, find yourself a beautiful blank journal. Begin with a ten-day practice, and each day list one thing you’re grateful for. If possible, try to mix it up, including something from each area of your life over that period. Some gratitude inspiration, to help get you started:

Some gratitude inspiration, to help get you started:

1. What you like about yourself, inside and out.
2. Can you derive some bit of wisdom from a challenge you are currently facing?
3. List your favourite people and what you love about them.
4. Perhaps take a moment to focus on the good parts of your job, the work you get to do, the people you get to do it with, and the compensation you receive for it.
5. What are the things you love about where you live?
6. What is your favourite colour? How does it make you feel?
7. Have you received any kind words or praise lately?
8. What are you good at? Do you have hidden talents?
9. What are you looking forward to in life?
10. Was the sky particularly beautiful today?

The opportunities to find things to be grateful for are endless. They don't have to be big; it can be something as simple as that first ray of sunshine in the morning.

Give it a go!!!

"Infinite peace surrounds my life and permeates all the moments of my existence"

Paramahansa Yogananda

The Life-Changing Loaf of Bread

Makes 1 loaf

Ingredients: 1 cup sunflower seeds ½ cup flax seeds
½ cup hazelnuts or almonds 1 ½ cups rolled oats
2 Tbsp. chia seeds 4 Tbsp. psyllium seed husks
1 tsp. fine grain sea salt 1 Tbsp. maple syrup
3 Tbsp. melted coconut oil or ghee 1 ½ cups water

Directions:

1. In a flexible, silicon loaf pan combine all dry ingredients, stirring well. Whisk maple syrup, oil and water together in a measuring cup. Add this to the dry ingredients and mix very well until everything is completely soaked and dough becomes very thick (if the dough is too thick to stir, add one or two teaspoons of water until the dough is manageable). Smooth out the top with the back of a spoon. Let sit out on the counter for at least 2 hours, or all day or overnight. To ensure the dough is ready, it should retain its shape even when you pull the sides of the loaf pan away from it.
2. Preheat oven to 350°F / 175°C.
3. Place loaf pan in the oven on the middle rack, and bake for 20 minutes. Remove bread from loaf pan, place it upside down directly on the rack and bake for another 30-40 minutes. Bread is done when it sounds hollow when tapped. Let cool completely before slicing (difficult, but important).
4. Store bread in a tightly sealed container for up to five days. Freezes well too – slice before freezing for quick and easy toast!



BUDERIM YOGIA CLASSES 2018

Classes are held at
Buderim Girl Guides Hall
111 Burnett Street, Buderim
PH. 54453317

Hatha Yoga Classes 2018:

There are 4 terms of Hatha Yoga Classes per year and 4 classes per week. You are welcome to any class.

Casual Drop in Fee = \$18

Term Fees are encouraged so you can make a commitment!

Meditation Classes:

There are 4 terms of Meditation Classes per year.

There is a free Meditation Class at the start of each term, try that and see if you would like to join for the term.

Meditation Class is conducted by Term Fee Only

Bookings are essential for Meditation Classes.

For further information and bookings please phone

Lyn Moes

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www.buderimyoga.com

EVERYONE IS WELCOME TO JOIN BUDERIM YOGA

HATHA YOGA CLASS: Term 1 is 11 weeks Term Fee \$165.00

Monday	6pm to 7.30pm	15th January to 26th March
Tuesday	9.30am to 11am	16th January to 27th March
Thursday	9.30am to 11am	18th January to 29th March
Thursday	6pm to 7.30pm	18th January to 29th March

MEDITATION CLASS: Term 1 is 11 weeks Term Fee \$200.00

Monday	7.40pm to 8.40pm	15th January FREE CLASS
Monday	7.40pm to 8.40pm	15th January to 26th March

HATHA YOGA CLASS: Term 2 is 11 weeks Term Fee \$165.00

Monday	6pm to 7.30pm	16th April to 25th June
Tuesday	9.30am to 11am	17th April to 26th June
Thursday	9.30am to 11am	19th April to 28th June
Thursday	6pm to 7.30pm	19th April to 28th June

MEDITATION CLASS: Term 2 is 11 weeks Term Fee \$200.00

Monday	7.40pm to 8.40pm	16th April FREE CLASS
Monday	7.40pm to 8.40pm	16th April to 25th June

HATHA YOGA CLASS: Term 3 is 10 weeks Term Fee \$150.00

Monday	6pm to 7.30pm	16th July to 17th September
Tuesday	9.30am to 11am	17th July to 18th September
Thursday	9.30am to 11am	19th July to 20th September
Thursday	6pm to 7.30pm	19th July to 20th September

MEDITATION CLASS: Term 3 is 10 weeks Term Fee \$180.00

Monday	7.40pm to 8.40pm	16th July FREE CLASS
Monday	7.40pm to 8.40pm	16th July to 17th September

HATHA YOGA CLASS: Term 4 is 11 weeks Term Fee \$165.00

Monday	6pm to 7.30pm	8th October to 17th December
Tuesday	9.30am to 11am	9th October to 18th December
Thursday	9.30am to 11am	11th October to 20th December
Thursday	6pm to 7.30pm	11th October to 20th December

MEDITATION CLASSES Term 4 is 11 weeks Term Fee \$200.00

Monday	7.40pm to 8.40pm	8th October FREE CLASS
Monday	7.40pm to 8.40pm	8th October to 17th December

Let me take this opportunity to wish you and your families a very Happy Christmas and an exciting and enjoyable New Year 2018.

THANK YOU for your fantastic commitment to Yoga and Meditation this year and I hope you are feeling healthy, happy and focused on all the good in your life.

Many Blessings to you all. May 2018 be filled with Peace for all of us on the Planet.

Looking forward to seeing you on the mat in 2018 to make this the best year ever, filled with good health and vitality.

Love Lyn Moes

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