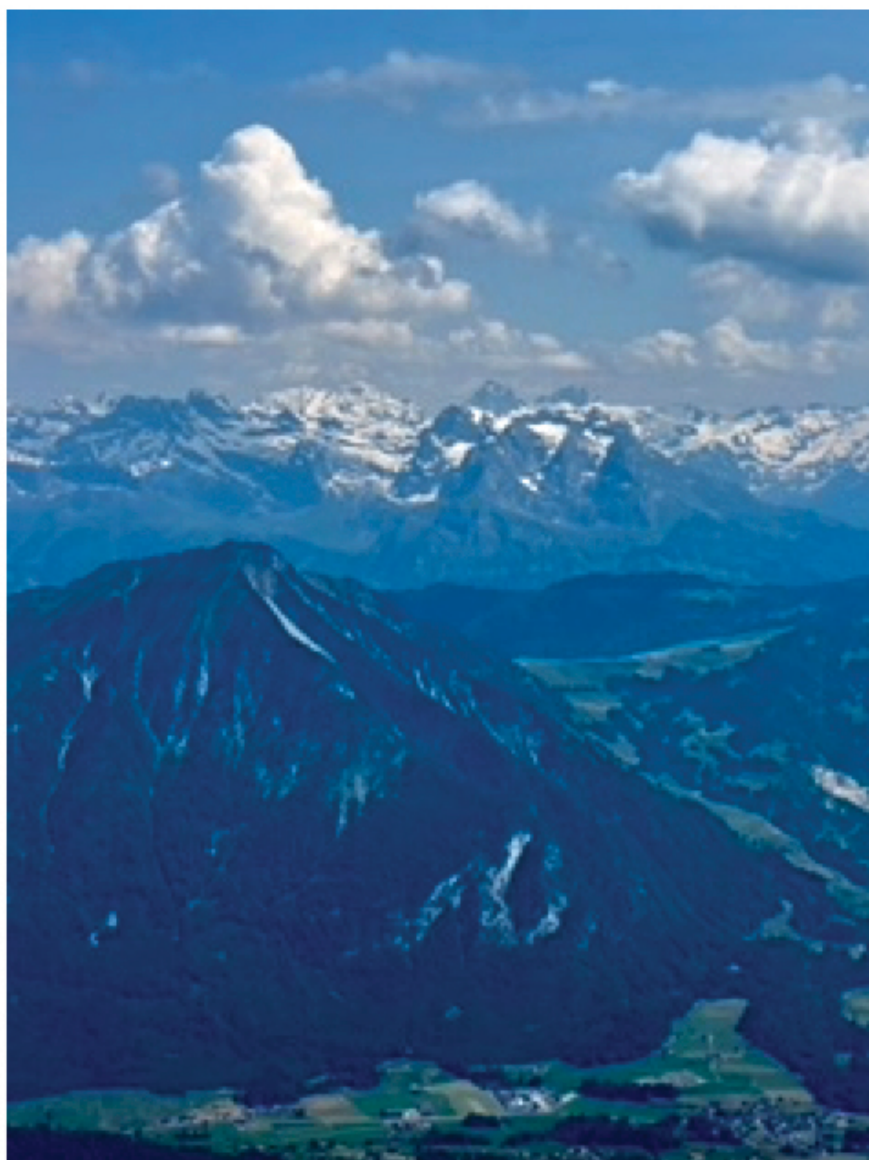


# Buderim Yoga NEWSLETTER



Term 3, 2023



The Swiss Alps

Dear Yoga Family,

Thank you for being the most amazing Yoga Family ever.

I really hope by now you have forgiven me for taking off for 6 weeks unexpectedly. It was the best family overseas trip.

Beautiful Ireland in full sunshine the whole 2 weeks.

Italy, say no more.....

England when the 1st Ashes Test was on and socking it to the Poms....wow!

But not to forget my heart home of Switzerland and those mountains, with my sons. It turned out to be a trip of a lifetime.

Coming home to our regular Yoga Practice, was very healing and important. It made me appreciate what we achieve on the mat, week after week, year after year. I am feeling so proud of our consistent health giving yoga life. Thank You for being with me.

As we continue our study of the **“The 8 Limbs of Yoga”** we discover more and more about the in-depth knowledge of the ancient Yogis. Yoga is a way of living, which extends far beyond doing yoga postures! The teachings are like a practical, detailed map, that help us take ownership of our life, directing it towards fulfillment and understanding of our experiences. The Yamas and Niyamas may be thought of as guidelines. In yogic philosophy, these two jewels sit as the first two limbs of the 8th fold path. I call them jewels, because they are the rare gems of wisdom that give direction to a well lived and joyful life.

### 1. The Yamas: Restraints

Non Violence.....Ahimsa

Truthfulness.....Satya

Non Stealing....Asteya

Non Excess.....Bramhacharya  
Non Possessiveness.....Aparagriha  
2. The Niyamas: Observances  
Purity.....Soucha  
Contentment....Santosha  
Self Discipline.....Tapas  
Self Study.....Svadyaya  
Surrender.....Ishvara Pranidhana

Currently, we close Term 3 with Non Excess....Bramacharya and we will continue with 4 weeks on each topic into Term 4. The study will continue until we have completed the 8 limbs into 2024. I hope you are enjoying revisiting this foundation of Yoga philosophy as much as I am. Each time I study this with you, I learn something new, in a new way, according to how my life is at the time. It helps me take charge of my direction.

Please support my son with his wonderful fundraising idea.  
<https://challenge.gicancer.org.au/page/LewisMoes>



## **From Lewis Moes**

As some of you may or may not know, this year marks 10 years since I lost my Dad to oesophagus cancer.

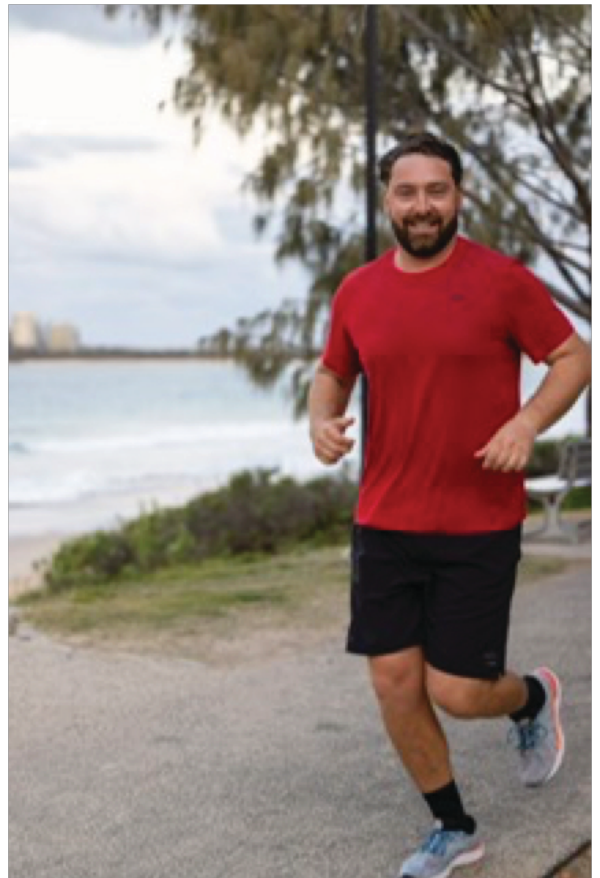
To mark the occasion, this December, I'm planning on running the entire length of the Sunshine Coast, Caloundra to Noosa, in one day, approximately 70 - 80 kms.

In doing so, I'm hoping to raise some much needed funds for oesophagus cancer research and I've teamed up with Gastro-Intestinal Cancer Institute - Australia. I'm hoping to raise at least \$10,000 so please donate if you can and help me get over the line.

You can also join me for the run, either part of it or all of the journey, details of the run will follow.

Please follow the link to donate.

<https://challenge.gicancer.org.au/page/LewisMoes>



Term 4 will you aim for 100% attendance?

I will.

## **TERM 4**

### **Yoga Classes Term 4 is 11 weeks Term Fee \$187.00**

Monday, 6pm to 7.30pm 2nd October to 11th December

Tuesday, 9.30am to 11am 3rd October to 12th December

### **Meditation Class Term 4 is 11 weeks Term Fee \$220.00**

Tuesday, 11.15am to 12.30pm 3rd October to 12th December

Looking forward to seeing you all on the mat in the 1st week of October. Enjoy your Spring break.

Many Blessings,

Love Lyn Moes

[www.buderimyoga.com](http://www.buderimyoga.com)

*“Let go and relax.....When you are calm, you feel the whole universe of happiness rocking gently beneath your consciousness.”*

*Paramahansa Yogananda*

*(the yogi who brought Yoga to the Western World from India)*