

Buderim Yoga NEWSLETTER

Term 4, 2023



Dear Yoga Family,

Thank you for a wonderful year of Yoga and Meditation in 2023. I am thrilled to be teaching such a devoted group of Yogis. You make me try harder with my practice, my discipline and living an authentic Yoga Life. It really is the foundation to a healthy, happy life filled with purpose and direction.

Term 1, saw us making 20 Loving Promises to ourselves to get the year on track....see Newsletter Page, Term 1, 2023 on website www.buderimyoga.com

Term 2, taught us the meaning of **OM MANI PADME HUM**, the mantra we chant to send love and compassion out into the world. see Newsletter Page, Term 2, 2023 on our website.

Term 3, reminded us that we were once again, going to study, the 8 Limbs of Yoga. It was 2017 to 2018 since we had first studied them.

Term 4, saw us complete the first branch of the tree of life, the Yamas.

The YAMAS: Revision of Yamas:

1. Ahimsa - Non Violence

Finding our Courage, Creating Balance, Dealing with Powerlessness, Creating Self Love, Do we have any form of Violence to others? Developing compassion.

“Ultimately we have just one moral duty;

To reclaim large areas of peace in ourselves,

more and more peace, and to reflect it towards others.

And the more peace there is in us, the more peace there will be in our troubled world.”

I am peace. (Ahum Shanti) I make a commitment to practicing yoga poses with ahimsa. I invite peace into my words and actions.

2. Satya - Truthfulness

Be real rather than nice, cultivate self-expression rather than self indulgence. Look at the need to belong versus the need to grow.

Do it right the first time to save energy. The power of truth, is it true? is it necessary? is it non harming?

Watch our behaviour.

Truth has the power to right wrongs and end sorrows.

It is fierce in its demands. Truth demands integrity to life and to our own self, it is more than not telling a simple lie. Think the truth, tell the truth, and live the truth.

3. Asteya - Non Stealing

Stealing from others, stealing from the earth, stealing from the future, stealing from ourselves, there are all types of stealing. Don't let yourself get away with stealing, you know how far it goes. Start to shift our focus, build our competence, all this is being true to ourselves. Asteya calls us to live with integrity. When we compare ourselves to others, we either find ourselves lacking, which makes us feel cheated, or we find ourselves superior, which leaves us feeling arrogant.

“A hundred times a day, I remind myself that my inner and outer life depend on the labors of other people, living and dead, and that I must exert myself fully in order to give in the measure I have received and am still receiving.”

4. Brahmacharya - Non Excess

This non excess is taming our over indulgence. We know what “just enough” is, now lets live by that.

The 4th jewel of the Yamas, Brahmacharya literally means “walking with God” and invites us into an awareness of the sacredness of all of life. This guideline is a call to leave greed and excess behind and walk in this world with wonder and awe, practicing nonexcess and attending to each moment as holy. “Are we willing to be sacred?”

5. Aparigraha - Non-possessiveness

Use the breath as our teacher. We are given breath without asking. What we possess, possesses us. How many bags are you taking? How many people are you attaching to?

The 6th jewel of Aparigraha invites us to enjoy life to the fullest and yet always be able to drop everything and run into the waiting arms of the Divine. If we prefer to play with our toys, we have missed the point.

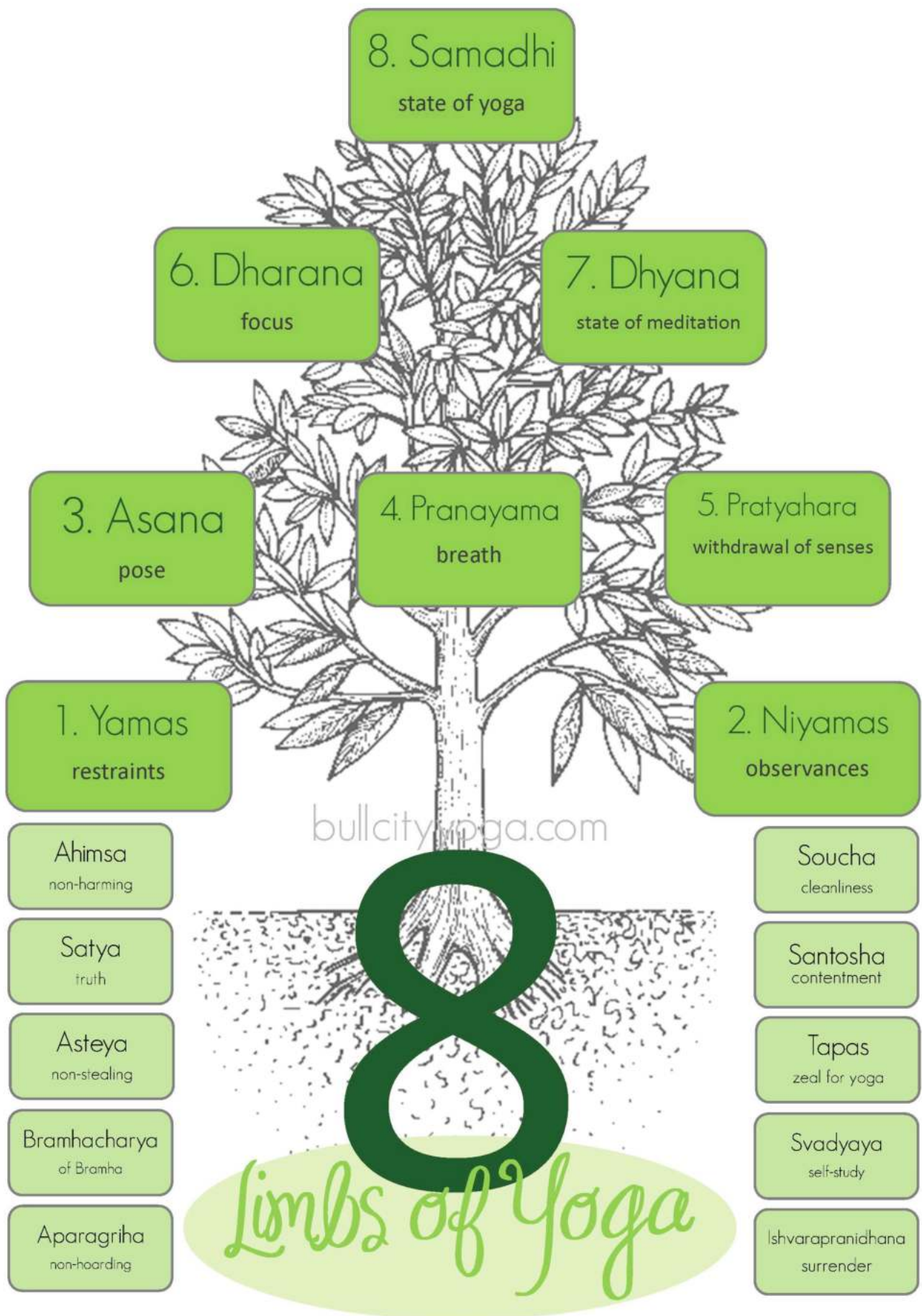
“Attachment is that which rests on pleasant experiences.
Aversion is that which rests on sorrowful experiences.”

The Niyamas or observances is the second limb of Yoga.

SOUCHA - Purity

First, Soucha invites us to purify our bodies, our thoughts, and our words. As we purify ourselves physically, mentally and spiritually, we become less cluttered and heavy. Purification brings about a brightness and clarity to our essence.

As we journey into 2024 we will complete the journey of discovery, of the 8 Limbs of Yoga. We will move through to the end of this study, remembering this time, seriously, as a collective, to put it into practice in our yoga postures (Asanas) our yoga life with family and friends, and within the deeper practices of our Meditation. Growth will anchor into our subconscious, finding ourselves, surprisingly using this as a tool to live by.



THANK YOU FOR YOUR DONATION!! (see Term 3, Newsletter)

When people pass over to heaven, we no longer get to carry them in our arms but in our heart. I think if our heart is now their home, it has to be a happy heart.

So I get up each day and think, what do I need to do today to make it a happy heart. I select music, food, clothing, yoga, and meditation etc that makes me happy, small choices of happiness each day.

I believe their spirit visits us and watches over us.

When I feel strong, I know they are with me, when I feel low, I think they are with someone who needs them more in that moment.

Maybe they are with my sons, my brother, my friend etc. not gone, just with someone who needs them a little more than I do in that moment.

When they are in our heart, the tapestry of life becomes rich, because of the colour and experiences they brought to us and others. Acceptance of the Situation, a small sentence, which can take years and years to achieve, is the only way for us to move forward into making our life important and worthwhile.

My darling Eric, passed over to heaven 3.12.2013 we were kids together, had 31 fantastic years, created two of the best sons on the planet, Lewis and Ryan. This year we celebrate 10 years of him being happy, healthy and back home in heaven. We miss Eric every day and feel so grateful he was in our life.



Paul McCartney must be a Yogi :)))

Recently, I got to go to the best concert ever! The music was fantastic, we were all singing out loud, joining in to his amazing array of songs. He has been creating extensively for over 60 years. He has unlimited creativity, is a nice person, makes us think, stands up for causes, he has even written children's books. Sir Paul is travelling around the world for us, to bring us joy! He certainly doesn't do it for the money, as he has unlimited amounts. Paul McCartney is such a reminder of our youth, when the Beatles were putting out songs weekly with regular albums that would join our collection. At 81 being able to play for 3 hours at a time, travelling to all corners of the world, showing love and kindness where ever he goes....What an inspiration. Yes!! He must be a Yogi, tapping into the Divine energy. It makes you realise Yogis are everywhere on the Planet, we just have to recognise their goodness. God Bless Paul McCartney!

Merry Christmas and Happy New Year 2024

I am taking this opportunity to wish you and your families a very Merry Christmas and a Happy New Year. I am sending you love and many blessings. Let us continue with our work on the mat, to so we can stay focused, feel healthy and happy on all levels. My intention is 2024 be a year filled with Peace and Joy to all people everywhere.

Lots of Love,

Lyn Moes

www.buderimyoga.com



BUDERIM YOGA CLASSES 2024 WITH LYN MOES

Classes are held at
Buderim Girl Guides Hall
111 Burnett Street, Buderim
Phone Lyn Moes (07)54453315

Yoga Classes 2024

Monday 6pm to 7.30pm

Tuesday 9.30am to 11am

Casual Drop In Fee = \$25 and 10 classes= \$200.00
Term Fees are encouraged to make a commitment

Meditation Classes 2024

Tuesday 11.15am to 12.30pm as per term dates

Meditation Classes are conducted by term fee only and
bookings are essential for Meditation Classes.

For further information

Contact Lyn Moes

p. (07) 54453315.

e. loosenuplyn@iprimus.com.au

www.buderimyoga.com

EVERYONE IS WELCOME TO BUDERIM YOGA

BUDERIM YOGA 2024

YOGA CLASS: Term 1 is 10 weeks Term Fee \$200

Monday 6pm to 7.30pm 22nd January to 25th March
Tuesday 9.30am to 11am 23rd January to 26th March

MEDITATION CLASS: Term 1 is 10 weeks Term Fee \$250.00

Tuesday 11.15am to 12.30pm 23rd January to 26th March

YOGA CLASS: Term 2 is 10 weeks Term Fee \$200

Monday 6pm to 7.30pm 15th April to 17th June
Tuesday 9.30am to 11am 16th April to 18th June

MEDITATION CLASS: Term 2 is 10 weeks Term Fee \$250

Tuesday 11.15am to 12.30pm 16th April to 18th June

YOGA CLASS: Term 3 is 10 weeks Term Fee \$200

Monday 6pm to 7.30pm 8th July to 9th September
Tuesday 9.30am to 11am 9th July to 10th September

MEDITATION CLASS: Term 3 is 10 weeks Term Fee \$250

Tuesday 11.15am to 12.30pm 9th July to 10th September

YOGA CLASS: Term 4 is 11 weeks Term Fee \$220

Monday 6pm to 7.30pm 30th September to 9th December
Tuesday 9.30am to 11am 1st October to 10th December

MEDITATION CLASS Term 4 is 11 weeks Term Fee \$275

Tuesday 11.15am to 12.30pm 1st October to 10th December