

# Buderim Yoga NEWSLETTER



## Term 3, September 2017

Thank you for another great Term of Yoga at Buderim Yoga. We covered a lot in Term 3 as we worked on our health and vitality in our Hatha Yoga practice. It pays off as we Spring into the next term with strength, compassion and awareness. Yoga really does take life to the next level of enthusiasm.

In Term 3, I was lucky enough to give two corporate talks, which I really enjoy doing, about all sorts of topics from mindfulness, creating abundance, selflessness, how to see the good in others, compassion and stimulating your creativity. Please recommend me, if you need a positive speaker at an event.

There was a few private classes given, one on one classes, that were very helpful to the beginner and also to master your own practice at home.

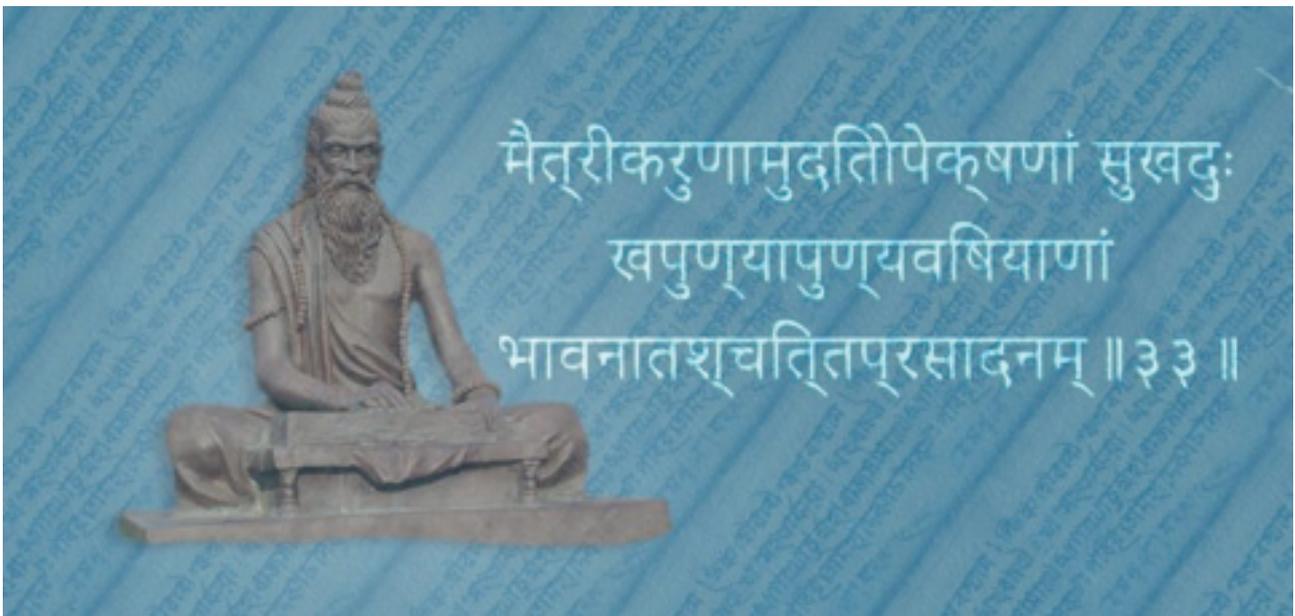
I also gave a Yoga Nidra for Yoga Fest, which was great. It was a big crowd, that enjoyed the benefits of a 45 minute Yoga Nidra.... (you could say I put all those people to sleep)

Ha!

Then I taught Yoga at Siena Catholic College in the sport period to 14 and 15 year olds, sometimes the class had over 45 students. We had a successful full class of students, on the Monday evening Meditation Class, with some new beginners and some regulars all blending in together making for a mixed group. Don't forget the 1st class of the Term for Meditation Class is FREE and everyone is welcome to come try out Meditation. It really is life changing, especially when you establish your practice.

I am ready for another 11 week Term 4 of Hatha Yoga and Meditation Classes and to continue the great work we do together on the mat.

Our Winter Social at “The Shak” was well attended and the food was excellent, with no complaints. We filled the restaurant and never got thrown out, so life is good. Get ready for our Christmas Social....to be announced.



## Exploring Yoga Sutras of Patanjali 1.33

**1.33: maitri karuna mudita upeksanam sukha duhkha punya apunya visayanam bhavanatah citta prasadanam**

The mind will be undisturbed if you can cultivate the attitudes of friendliness towards the happy, compassion towards those in pain, delight for those with good fortune and impartiality towards negative people.

Pantanjali’s Yoga Sutras are so much more than a guide to yoga practice. When we first meet the Sutras, those that seem important are probably the ones that guide us to establish a practice beyond asana that includes meditation, pranayama and a yogic life style

based on the Yamas and Nyamas. However, as we delve deeper into this sacred text, we can see how it offers guidance on many levels.

We would probably all agree that one of the main challenges we face on a daily basis is dealing with other people! Sutra 1.33 offers us the key to peace of mind in relationships: be friendly to the joyful, be compassionate to those experiencing difficulties, be happy for the success of others and don't let the dissonance of some people affect you.

We practice equanimity on the mat and this Sutra encourages us to take it out into the world. It is telling us that one of the goals of yoga practice is to develop the means to not be affected, not to be knocked off balance, by the people around us. But this is not just a goal, it is also a measure. We can see over time how we can develop the tools to become more skillful in our interactions with others. Is our yoga practice helping us to be a better person?

It's not always easy!

It may be easy to be friendly towards happy people and feel natural to offer compassion to those in anguish – but can you put aside jealousy to be genuinely joyful for those who appear more fortunate than you? And, more challengingly – can you be equanimous and remain undisturbed when confronted by those who spread harm and disharmony? This doesn't mean you feel no emotion when confronted by conflict or by shocking situations; the aim is to not have your peace of mind disturbed.

This Sutra can be incredibly useful in daily life. When you are interacting with friends and work colleagues and feel your peace of mind being disturbed, remember the key words: friendliness, compassion, joy and equanimity.

## **Buderim Yoga WELCOMES Nora Atkinson!!**

Spring is in the air on Buderim. It's a great time of year to start new projects, and to plant the seeds we'd like see bloom in 2018.

Positive Visualisation, Vision Boards, do work. Think positive and that is what you get....(I've been teaching that for years) When I put out the call in the previous Newsletter for a Yoga Teacher to teach Thursday Morning and Thursday Evening.....of course that is what I got. We got lucky! I still get surprised when the universe delivers!! It is with great delight and joy that I welcome Yoga Teacher, beautiful person and great yogi, Nora Atkinson to Buderim Yoga Team.

Its wonderful to have Nora teaching at Buderim Yoga.



## **THE FAMOUS SPEECH THAT NELSON MANDELA NEVER GAVE...**

“...Our deepest fear is not that we are inadequate.

Our deepest fear is that we are powerful beyond measure.

It is our light, not our darkness that most frightens us.

We ask ourselves, Who am I to be brilliant, gorgeous, talented,  
fabulous?

Actually, who are you not to be?

You are a child of God.

Your playing small does not serve the world.

There is nothing enlightened about shrinking so that other people  
won't feel insecure around you.

We are all meant to shine, as children do.

We were born to make manifest the glory of God that is within us.

It's not just in some of us; it's in everyone.

And as we let our own light shine, we unconsciously give other people  
permission to do the same.

As we are liberated from our own fear, our presence automatically  
liberates others."

This passage is commonly mis-attributed to Nelson Mandela's 1994  
Inaugural Address.

**It actually comes from the book 'A Return To Love' (1992) by Mari-  
anne Williamson**

**The message is SHINE YOUR LIGHT!!!**

**PSOAS MUSCLE .....the muscle of the soul.....**

We have been working on the PSOAS Muscle in our Hatha Yoga Class,  
for a while now and I thought I would remind you of an article I have  
previously put on the website about this important muscle. Its fascinat-  
ing how important this muscle is, I will attach below.

\*\*\* Please see the attachment included in the email

This is the exciting list of classes that you can attend in Term 4 to get  
you ready for a healthy Summer. Try and make the commitment, you  
wont be sorry!!

## **DROP IN FEES ARE \$18 ALL WELCOME**

DIRECT DEBIT CAN BE ARRANGED.

### **HATHA YOGA CLASS TERM 4 IS 11 WEEKS TERM FEE \$165.00**

MONDAY	6pm to 7.30pm	2nd October to 11th December
TUESDAY	9.30am to 11am	3rd October to 12th December
THURSDAY	9.30am to 11am	5th October to 14th December
THURSDAY	6pm to 7.30pm	5th October to 14th December

### **MEDITATION CLASSES TERM 4 IS 11 WEEKS TERM FEE \$200.00**

MONDAY	7.40pm to 8.40pm	2nd October	<b>FREE CLASS</b>
MONDAY	7.40pm to 8.40pm	2nd October to 11th December	

### **ALL CLASSES WILL BE HELD ON PUBLIC HOLIDAYS UNLESS NOTIFIED**

More information look on the website:

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

Phone Lyn Moes for further information and questions on  
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or email

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Looking forward to seeing you in class!

Many Blessings,

Lyn Moes

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