

# Buderim Yoga NEWSLETTER



December, 2016



Dear Yoga Family,

THANK YOU for a fantastic **2016**

Congratulations to all those students who stuck to their goals and completed a year of Yoga....and to those who completed a year of Yoga and Meditation!! **WELL DONE!!**

Thrilled we worked out all our worries, problems and body aches on the mat and that we can now see clearly that it all comes down the Buderim Yoga Mantra: **AHAM PREMA = I AM LOVE !!**

Many Blessings to you and your families for a joyous Christmas 2016.

May 2017 be filled with Peace for all of us on the Planet.

I am looking forward to another great year of Yoga and Meditation teaching. There will be 42 weeks of Yoga at Buderim Yoga in 2017 I am attaching the flyer for the year with all the details of the classes dates and times. I look forward to you joining me, so we can continue to strive for good health and fun and be the best we can be.



SHANE ROCKING THE HEADSTAND (nice real estate) with apprentices!

## **Thoughts for the week:**

As these thoughts become an important part of our weekly yoga class and help us get through our difficulties and challenges, I have included them here, as a revision tool, while on holidays.

### 1. Present Moment Awareness

Where are you now? Asking yourself where am I now at intervals throughout your day. Now is all we have!

### 2. The Secret to Achieving your Goals

Goals help keep us focused. Commit to goals and remember persistence overshadows talent.

### 3. Living in Harmony

Striving for inner peace is power. When life looks difficult, stop and realise that you are only one thought removed from being at peace.

### 4. Which Flower are You?

Actually seeing a flower takes time....we haven't time to really look, it can be your whole world just for one minute to really see....just like to have a friend takes time....do we have time?

### 5. Prayer

Through prayer you get in touch with yourself, you solve problems, you listen to your soul singing, your hearts joy, you feel the correct timing of everything in your life. Prayer opens you up to your spiritual evolution.

### 6. Smile with love and compassion to yourself

Stop being hard on yourself. Watch your mind and the words and judgements that you have about yourself. You are the reason you can be happy healthy and loved, because you are you!

### 7. Develop Intuition

Intuition tunes the mental radio. Unless you have the power of intuition you cannot know truth. Intuition means soul perception.

## 8. Living by Being

Sit and listen to your heart beat, appreciating its continual silent thumping and whatever provides the energy for the beat to go on and let its presence in your chest be a constant reminder of the Divine at work.

## 9. No Worries Mate

Why worry about anything? Believe there is enough, money, food, love, rain, and peace in the world. Worrying is not really trusting.

## 10. Metta or Loving Kindness

To yourself, To your friend, To a stranger, To a difficult person, say:

May I be safe.

May I be healthy.

May I be joyful.

May I be free.

## 11. The Law of Cycles

Appreciating the energy cycles of our lives helps us apply good timing and create better luck for ourselves. Allow yourself to enjoy the leisure of Summer.

## **Buderim Yoga Classes for 2017**

Attached to this newsletter is the dates and times of the Hatha Yoga Classes and The Meditation Classes for 2017.

I look forward to sharing more good times on the mat with you in 2017.

Love

Lyn Moes

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

*“Let us forget the sorrows of the past and make up our minds not to dwell on them in the New Year.*

*With determination and unflinching will, let us renew our lives, our good habits and our successes.”* Paramahansa Yogananda



# BUDERIM YOGA CLASSES 2017

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

## **Hatha Yoga Classes 2017:**

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 (07) 54453315.**

Check the website for details and further Yoga information  
**[www.buderimyoga.com](http://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	16th January to 27th March
Tuesday	9.30am to 11am	17th January to 28th March
Thursday	9.30am to 11am	19th January to 30th March
Thursday	6pm to 7.30pm	19th January to 30th March

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

Monday	7.40pm to 8.40pm	16th January <b>FREE CLASS</b>
Monday	7.40pm to 8.40pm	16th January to 27th March

## **HATHA YOGA CLASS: Term 2 is 10 weeks Term Fee \$150.00**

Monday	6pm to 7.30pm	17th April to 19th June
Tuesday	9.30am to 11am	18th April to 20th June
Thursday	9.30am to 11am	20th April to 22nd June
Thursday	6pm to 7.30pm	20th April to 22nd June

## **MEDITATION CLASS: Term 2 is 10 weeks Term Fee \$180.00**

Monday	7.40pm to 8.40pm	17th April <b>FREE CLASS</b>
Monday	7.40pm to 8.40pm	17th April to 19th June

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

Monday	6pm to 7.30pm	10th July to 11th September
Tuesday	9.30am to 11am	11th July to 12th September
Thursday	9.30am to 11am	13th July to 14th September
Thursday	6pm to 7.30pm	13th July to 14th September

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

Monday	7.40pm to 8.40pm	10th July <b>FREE CLASS</b>
Tuesday	7.40pm to 8.40pm	10th July to 11th September

## **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>
Tuesday	7.40pm to 8.40pm	2nd October to 11th December