



# NEWSLETTER

Term 4, 2011

## Om Mani Padme Hum

Saying the mantra (prayer) Om Mani Padme Hum out loud or silently to oneself, invokes the powerful benevolent blessings of compassion. Walking, driving, doing mundane jobs, with the mantra on your lips and in your heart, creates a space for us to empty our heads of the clutter and be with our divine self. Used in conjunction with the breath before meditation, it will calm the mind and help one focus on the task. This mantra has the ability to centre you and create peace. Try a full day with it in your life, when sweeping, waiting or preparing food and notice happiness well up inside of you. Then realise you can put it into your daily life, on a regular basis.



”The success of yoga must not be measured by how flexible your body becomes, but rather by how much it opens your heart”

*Desikachar*

## **That was 2011.....**

As we close the door on another year it is interesting to remember all the amazing events that went on. Sometimes we think nothing much happened, we only have to go over our photos of the entire year to see all the smiling faces of people we touched, moments of importance, things we forgot, stuff that impacted our lives. Take time before the year is out to reflect on the opportunities you experienced, the lessons you learnt, the holidays you had, the flights you took, the meals you shared, the people you helped, the fun you created, the work you did. Think of how others saw you, the flavour of how you did those things. Then with gratitude in your heart give thanks for having the opportunity and for having another year ahead, where we can improve on everything. We can be the best we can be in 2012. Bring it on!!!!

“Develop such mental power that you can stand unshaken, no matter what comes, bravely facing anything in life”

*Paramahansa Yogananda*

## **CLASSES COMMENCE ON 9th JANUARY, 2012**

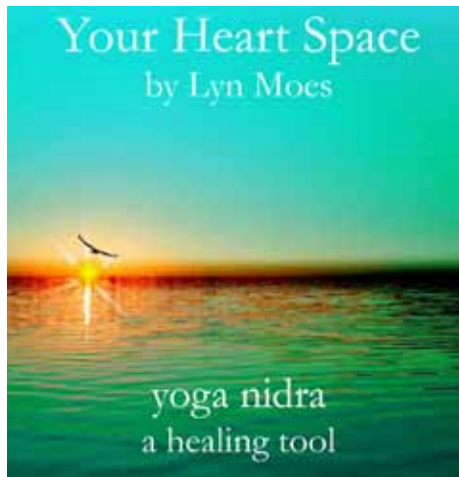
Term 1 12 weeks Term Fee = \$180

Monday 6pm to 7.30pm 9th January to 26th March

Tuesday 9.30am to 11am 10th January to 27th March

## **MEDITATION CLASS COMMENCES:**

There will be a 7 week meditation class in Term 1 (and in every Term in 2011) This class is open to everyone and it encourages meditation in your life. If you are already meditating try joining this group to strengthen your practice. It will impact your life when done on a regular basis. Please book in to secure your place!!



## YOGA NIDRA CD "Your Heart Space"

I am very excited to announce the second Yoga Nidra CD is now available. It is valuable to create peace and health in your life when practiced on a regular basis.

## GIFT VOUCHERS:



If you are thinking of a gift voucher.....look no further.

Buderim Yoga has gift vouchers to whatever value you would like to give to a loved one!!!

## LOOK WELL TO THIS DAY

Look well to this day

For it is life

The very essence of life

In its brief course lie all

The realities and truths of our existence,

The joy of growth, the splendour of action,

The glory of achievement,

For yesterday is but a dream

And tomorrow is only a vision.

But today well lived

Makes every yesterday a dream of happiness

And every tomorrow a vision of hope.

Look well therefore to this day.

*(sent in by John and Rose for the newsletter, thank you for the contribution!)*

## **CHRISTMAS BLESSINGS!!**

I am sending Christmas Blessings for you and your families! May the true spirit of CHRISTMAS be with you.

I wish you Peace, Health and Happiness in 2012

THANK YOU for giving me the JOY of teaching yoga this year !!!

## **STUDENTS CHOIR**

Attached please find the podcast of the local Buderim Choir!! Two of our Buderim Yoga students Elizabeth Cripps and John Robertson belong to it.

They are world class and it is worth viewing. In fact they will be travelling to Europe in June 2012 to sing. AMAZING. Congratulations

and thank you for sending me this Liz.

[http://www.youtube.com/watch?v=8IE\\_6msHc-w&feature=share](http://www.youtube.com/watch?v=8IE_6msHc-w&feature=share)

## **Love Lyn Moes**

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

“The secret of health for both mind and body is not to mourn for the past, worry about the future, or anticipate troubles, but to live in the present moment, wisely and earnestly.”

Paramahansa Yogananda