

Buderim Yoga NEWSLETTER



Term 1, 2024

Dear Yoga Family,

Term 2 will commence on: Monday 15th April for 10 weeks.
Tuesday 16th April for 10 weeks.

Term 2 will be the term to be on our mat every session with the intention to build our immune system up, in preparation for Winter.

Yoga does wonders for the body, mind and spirit, so please keep making it a priority, as you do. When we make our health and well being our first priority, everything else in our life runs smoothly. This is why we practice every week together.

TERM 2:

<u>Yoga Class</u>	<u>Term 2 is 10 weeks</u>	<u>Term Fee \$200</u>
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Monday 6pm to 7.30pm	15th April to 17th June	
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Tuesday 9.30am to 11am	16th April to 18th June	
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Drop in Class is \$25.00

<u>Meditation Class</u>	<u>Term 2 is 10 weeks</u>	<u>Term Fee \$250</u>
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Tuesday 11.15 to 12.30pm	16th April to 18th June	
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No drop in class. Meditation is conducted by the Term only

I often get asked how do I pay for the classes?

You have 3 options on how to pay. In class with the efpos machine,

In class with cash, or transfer money to my bank, details are:

BSB 084 567 Account 4581 95903

Students Choice:

When we finish the Yoga Term on the last class of the Term, we have a choice. Students Choice. That is a chance for you to ask for your favourite posture, your favourite health inducing habit and for you to give me an idea of what you enjoy in the classes. Each term I am surprised to find that Tapping, EFT is nearly always picked, then The Vagus Nerve and all the information regarding the value of the Vagus Nerve and how to support it for optimum health. I have included this information in the Newsletter, for you to practice at home. I hope you enjoy going through these important points in your own time.

oriana presents

DANCING QUEEN

A TRIBUTE TO ABBA AND QUEEN

Oriana Choir

Conducted by Elisabeth Wallis Gaedtke
Accompanied by a live band
Also performing: Sunshine Coast Youth Choir
Conducted by Annie Wilson

Saturday 11 May, 1:30pm & 7:30pm
Stella Maris Primary School, Maroochydore
Tickets: oriana.org.au

Saturday 18 May, 1:30pm & 7:30pm
The J, Noosa
Tickets: thej.com.au 5329 6560

ENQUIRIES & MORE INFO
PH: 0431 542 343
tickets@oriana.org.au

fc lawyers
STORAGE DIRECT
oriana arts inc
SUNSHINE COAST
Sunshine Coast Council

SCAN HERE FOR BOOKING INFO

Please support Rose and John and the Oriana Choir in their latest production. See the dates and times

The Vagus Nerve

The secret weapon in fighting stress!

Our vagus nerve is an information network that spreads from the head to the pelvis, carrying information from our body to brain and from brain to body. The vagus nerve makes up 75% of the fibres in the parasympathetic nervous system, the part of our autonomic nervous system that allows us to have better sleep, mental calm and tranquility. When we improve the tone of our vagus nerve we enjoy greater contentment and the ability to connect, to have less pain and anxiety and to have improved sleep patterns.

The vagus nerve is the longest cranial nerve and one of the most important nerves in the body. Where is it? It is the longest and most complex of the cranial nerves. It runs from the brain through the face and thorax to the abdomen. It helps to regulate internal organ functions from head to belly such as sensations in our ears, speaking, swallowing, lowering our heart rate, blood pressure, respiratory rate and digestion including stomach acid and moving food through our intestines.

The dictionary defines “content” as being in a state of peaceful happiness. That content feeling is the feeling you have when the Vagus Nerve is functioning effectively.

Remember our Vagus Nerve is an information network (like your blue tooth) that spreads from the head to the pelvis, carrying information from our body to our brain. To take good care of this important Nerve do these exercises on a regular basis. Here are some active ways of stimulating the vagus nerve on a daily basis:

1. Slow deep breathing.

Breathing is one of the most simple and effective ways to stimulate the Vagus Nerve. Its the 6.3.6.3 breath we do in class. It brings the breath right down to the belly.

2. Singing and Chanting

3. Cold Therapy. Finish each shower off with a cold shower. Put an ice cube in your mouth, roll it around then spit it out. Have an ice bath.

4. Meditation. This is a valuable practice that I teach. Please join Meditation Class for extra value to your Yoga practice.

5. Gut health. This includes yearly cleanses, eating alkaline foods, having a balanced diet, tongue cleaning, and being aware that sugar is in everything and the less sugar the better.

What Yoga Poses stimulate the Vagus Nerve?

1. Heart Chakra Breaths

2. Viparita Karani ...Legs up the Wall

3. Paschimottanasana...Seated forward bend

4. Setu Bandha Sarvangasana...Bridge Posture

5. Baddha Konasana....Butterfly pose, sitting as well as laying down

6. Balasana.....child's pose

Here are 10 things we can incorporate into class for the next 10 weeks:

1. EAR....that nob at the outside of the ear is TRAGUS. Gently Pinch, move up and down, rotate, pull away, push forward, massage, move it around for a 1 minute each day.

2. Tap up and down that hollow under the Ear, both sides of the neck. This stimulates the Vagus Nerve.
3. Squeeze the inside of the sides of the mouth. Thumb outside, 1st finger inside and pinch, move, stimulate both sides. This frees up the Neck.
4. Now do a full ear massage. One ear at a time. Pull squeeze, circle, front back, inside ear. Hand on top squeeze and Pop both sides.
5. Tapping....the collar bone, ear, back of neck, all over feet, knee. Give the body a good tapping.
6. Singing, Chanting and Opening up the voice and the whole mouth area with power on a daily basis.
7. Reflexology. The main areas for reflexology massage areEar, Foot and Hand Massage. Lets do this on a regular basis.
8. Stimulating the Vagus Nerve maybe as simple as drinking ice water, taking a cold shower, splashing cold water on your face. Try getting an ice cube, roll in your mouth then spit it out. Try this 3 times.
9. Singing, Chanting, laughter, smiling, taking probiotics and Omega 3 for gut health. Try essential oils.
10. Finger Tip Touch and Sing.
One finger at a time tap the corresponding finger on the other hand. With each note sing the words la la la to the tune of Row Row Row your boat.

11. Big Tongue Point and Circle. Rotate tongue 5 x one way and 5 x the other way. Lips closed teeth open. Helps feel better in the head, jaw and neck



OM MANI PADME HUM

Practice the Mala 108 beads

As often as possible with the intention of sending Love and Compassion out into the World. It really has a huge effect.
More than we know.



I will be teaching a new course:

THE 12 ARCHANGELS **AND THEIR CONNECTION WITH THE ZODIAC**

I am excited to let you know, I will be teaching a new course.

This course will be full of interesting information. Asking you to open your beliefs and suspend all doubts about the existence of Angels in our life. There is an ArchAngel for every sign of the Zodiac. For example, if you are an Aries, or any of the 12 Sun Signs, you have a special ArchAngel that you can call upon for support, help and to create a deeper spiritual connection.

This course will open you up to the higher Realms. Each class will be 90 minutes. You will be given the theory and have an open discussion regarding the ArchAngels. It will be followed by a 20 minute Yoga Nidra for deep relaxation.

I am asking for those that are interested in this course to please email me:

lynmoes@iprimus.com.au

and enrol. I would like the course to be on Tuesday afternoon 2pm to 3.30pm or the other possibility would be Thursday morning 9.30am to 11am.

What suits you?

It needs to be at least 12 weeks long to cover every angel of the 12 sun signs. The cost will be \$300 for 12 weeks.

Please contact me regarding your interest in this course.



Wishing you all a very Happy Easter and Many Blessings to you and your family.

Love Lyn Moes

www.buderimyoga.com