



Newsletter, Spring 2025  
Hello Sweet Peas

Dear Yoga Family,

At last it is Spring! My favourite time of year. I am looking forward to working in my garden and watching all the sweet smelling flowers bloom. The next two weeks we shall be taking a break from Yoga classes and relaxing and getting all the jobs done, before the big countdown to Christmas and the end of the year.

If you have been away from your practice, and not rolled out your mat for awhile, I welcome you back for another 10 week Term, our Spring Term, where the weather is delightful and we prepare our bodies for Summer.

I have missed you. Everyone is Welcome to Term 4, 2025.

**Yoga Class Term 4 is 10 weeks Term Fee \$200**

Monday 6pm to 7.30pm 6th October to 8th December

Tuesday 9.30am to 11am 7th October to 9th December

**Meditation Class Term 4 is 10 weeks Term Fee \$250**

Tuesday 11.15am to 12.30pm 7th October to 9th December

### The Chakra Course

At completion of Term 3 we have progressed to Ajna Chakra and will finish the studies of the remaining chakras in Term 4, 2025. I will be going through all the chakras and revising what we have studied, in Term 4, so that you can take this information with you to intergrate into your life.

### The NEW Buderim Yoga Website

Lots of time and a great deal of effort, has gone into the new Buderim Yoga Website. I hope you have a look at it and discover all the new information given there. I will be happy to say you can finally download my Yoga Nidra "Your Heart Space" for free from the website as well as a copy of "Your Sacred Space" which is the first Yoga Nidra that I recorded. I will be putting up more Yoga Nidra in the coming year 2026. There will be new photos of my students and our Buderim Yoga business as soon as I can book the famous Ryan Moes from Moes Media. Mum's are on the back burner when he is busy, so be sure to check out the new website. [www.buderimyoga.com.au](http://www.buderimyoga.com.au)

*"Happy are those who are wise enough to seek contentment by cultivating true joy and peace in a simple environment" Paramahansa Yogananda*

Let us put Yoga first in our life. It is worth being our highest priority as health is gold. Don't let anything stand in front of your weekly yoga class and daily meditation practice. I look forward to seeing you when we are all together again.

Many Blessings,  
Lots of Love,  
Lyn Moes  
[www.buderimyoga.com.au](http://www.buderimyoga.com.au)