



Christmas Newsletter 2025
Term 4, 2025

Dear Yoga Family,

There goes another year — blink, and it's gone.

As I look back through my phone at all the wonderful moments of 2025, I am filled with gratitude. Spotify even sent me a recap of the music I listened to throughout the year, and I loved seeing the titles of all the beautiful songs that accompanied me as I danced through the days.

I hope you, too, can recall some of the magic that appeared out of the blue and brought joy into your life — photos, music, people, places, and those feelings of love that stay with us. Let's hold these moments close to our hearts and dwell on the good for much, much longer than we usually do. Then, allow only a small amount

of time for the negative, recognising it simply as a contrast that highlights just how much goodness there truly is. This gentle shift helps us forgive, let go, and release anything that may be weighing us down.



www.buderimyoga.com.au

This year also brought an exciting new chapter for Buderim Yoga with the launch of our new website. While it is still a work in progress, we are eagerly awaiting the upload of new photos taken just last week by my son, Ryan Moes of Moes Media. It's a fresh and inspiring change from the website that supported us for over 25 years — a new look that heralds a new way forward for Buderim Yoga.

One of the most beautiful additions to the website is the inclusion of our Yoga Nidras. Simply visit the Resources page and click on *Your Heart Space* to access a 35-minute Yoga Nidra — deep rest right at your fingertips. It's now so easy to access and can travel with you wherever you go.

Yoga Nidra is truly vital in this fast-paced, demanding world. It offers peace, restoration, and a gentle reset when life feels overwhelming or when time seems to be rushing past us.

Dates for 2026

As another year draws to a close, I find myself reflecting with deep gratitude on the many wonderful moments we have shared. As 2026 comes into view, new changes and opportunities are beginning to unfold.

After much thought, I have decided to step away from the rhythm of school terms. My work will take on a new form, moving away from four 10-week terms each year. Instead, I will be offering ****one block of six-week classes****, paid upfront, with no casual, drop in attendance. Each class will have a ****minimum commitment of six participants****.

**** First 6-Week Block – Bookings Essential by 10 January 2026**

Yoga 2026 Tuesday *9.30am – 11.00am*
Paid in full at first class – ****\$150****

- * **Tuesday, 10 February**
- * **Tuesday, 17 February**
- * **Tuesday, 24 February**
- * **Tuesday, 3 March**
- * **Tuesday, 10 March**
- * **Tuesday, 17 March**

Meditation 2026 Tuesday *11.15am – 12.15pm*
Paid in full at first class – ****\$200****

- * **Tuesday, 10 February**
- * **Tuesday, 17 February**
- * **Tuesday, 24 February**
- * **Tuesday, 3 March**
- * **Tuesday, 10 March**
- * **Tuesday, 17 March**

Private Classes 2026 *In your own time
Paid in full at first class - **\$95 per hour**

One-on-one private sessions are available with bookings essential
at a time that suits us both.

I will continue to work from the **Girl Guides Hall, 111 Burnett Street, Buderim**, and I look forward to many more years of connection, service, and shared growth.



 **Buderim Yoga**
with Lyn Moes

**Transform Your Life
with Buderim Yoga**

Discover tranquillity, vitality, and
unlimited creativity through Lyn
Moes' time-tested approach to yoga,

 **07 5445 3315**

Girl Guides Hall
111 Burnett Street, Buderim

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Thought for the Week:

The 26 Ennobling Qualities of the Soul

1. Fearlessness
2. Purity of heart
3. Perseverance in acquiring wisdom and in the practice of yoga
4. Charity
5. Self-restraint of the senses
6. Performance of holy rites
7. Study of the scriptures
8. Self-discipline
9. Straightforwardness
10. Non-injury
11. Truthfulness
12. Non-slander
13. Freedom from wrath
14. Renunciation
15. Peacefulness
16. Compassion for all creatures
17. Absence of greed
18. Gentleness
19. Modesty
20. Lack of restlessness
21. Radiance of character
22. Forgiveness
23. Patience
24. Cleanness and purity of body and mind
25. Freedom from hate
26. Absence of conceit

Make these twenty-six soul qualities a ****lifetime study****. Gently and patiently incorporate them into your being, allowing them to take root until there is less and less room for their negative opposites.

If meditation feels difficult at times, it can be helpful to pause and listen inwardly — to reflect on the state of one's conscience, and on one's adherence to the Yamas and Niyamas, as well as to these ennobling qualities of the soul.

“The greatest thing in life is to live in the castle of your own clear conscience, knowing you are pleasing God.” — **Paramahansa Yogananda** in the book “The Divine Romance”.

These twenty-six qualities are divine attributes of God and constitute humanity’s true spiritual wealth. Even the simple act of repeating them is peace-producing, for they already reside within us. Through study and daily practice, they naturally express themselves in our lives.

Approached with sincerity and reverence, these pearls of wisdom guide us toward greater awareness, harmony, and freedom, with quiet reflection and grace.

Thank you Wendy for asking this to be included in the Christmas Newsletter!

Indeed Thank You to all my beautiful yoga friends who have made this year 2025 more enjoyable.

I look forward to sharing so much more with you in 2026 and wish you a healthy and happy Festive.

With love and gratitude,

Lyn Moes

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