



Buderim Yoga Newsletter March 2026

Dear Yoga Family,

Welcome to a beautiful new year of Yoga and Meditation together.

To my new students, I'm so delighted that you have found your way to our lovely hall. It's always special to welcome new faces into our community. And to my long-time, consistent students — thank you for your continued trust, love, and support. I truly appreciate the work we share together, both on and off the mat.

Our new class format, organised into **six-week blocks within each season — Spring, Summer, Autumn, and Winter** — is proving to be a wonderful way to keep yoga woven into our lives throughout the year.

I will now be referring to our Yoga and Meditation classes as **Masterclasses**, which simply means a deeper focus on meaningful topics within our practice. The field of Yoga touches every part of our lives — health, happiness, relaxation, clarity, compassion, and so much more.

In our classes, we explore far beyond the Hatha Yoga practice on the mat. We talk about how to live well, how to navigate our ever-changing world, and the tools that help us make the most of each day. It's always inspiring to see what we discover together and the happiness that grows from our practice.

For the **Autumn Masterclass**, I will be looking for a minimum of **six paid students**, as bookings are essential. Once we have a regular group of six, I will happily open the classes to casual drop-in students at **\$30 per class**.



Autumn Yoga Class 2026

6 weeks — **\$150** (paid at the first class)

Tuesday 7th April
Tuesday 14th April
Tuesday 21st April
Tuesday 28th April
Tuesday 5th May
Tuesday 12th May

Bookings are now open!

Please contact **Lyn – 0437 535 200**

Direct Deposit:

Lyn Moes – Buderim Yoga

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In our **Meditation Classes**, we are currently exploring topics from the wonderful book *Change Your Thoughts, Change Your Life* by **Wayne W. Dyer**. The book covers 81 beautiful reflections, including themes such as *Living an Unhurried Life*, *Living by Your Inner Light*,

Living Beyond Judgement, and Living in the Present Moment. It truly is one of the most inspiring books.



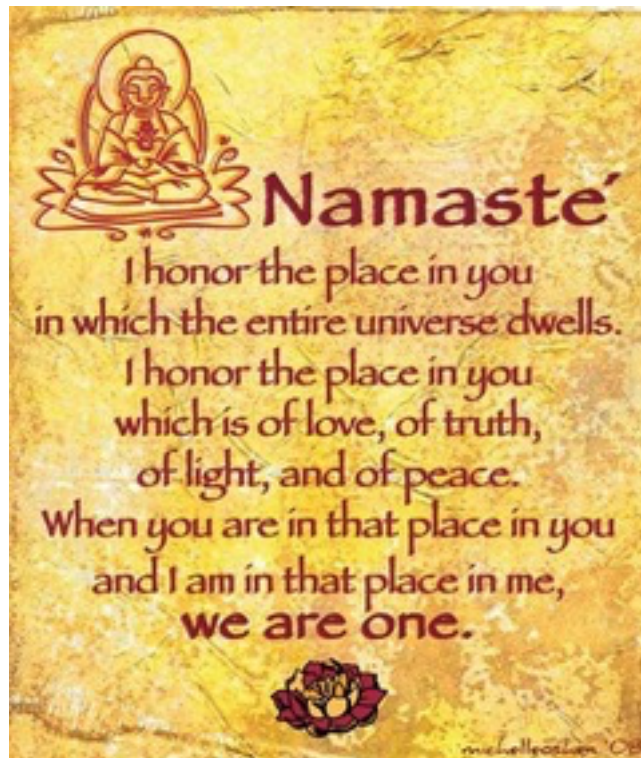
We are also working with another deeply moving book, *The Divine Romance* by **Paramahansa Yogananda**. Both of these books offer powerful wisdom and practical tools for everyday living. If you feel drawn, you might like to pick up a copy and explore them yourself.

You are always welcome to join our **Meditation Class**, held after the Hatha Yoga class on Tuesdays from **11:15 am to 12:30 pm**.

At times when we feel stressed or overwhelmed by the events of the world, one of the most helpful practices is **Yoga Nidra**. It's a deeply restorative relaxation technique that can gently quiet the mind and bring us back to calm.

Yoga Nidra has become a vital part of my own practice. While there are many recordings available online, you can also visit our website www.buderimyoga.com.au, click on **Resources**, then **Yoga Nidra**, where you will find **two free recordings** I've created.

One of them, "**Your Heart Space**," is a 35-minute guided relaxation designed to help you experience deep rest and inner peace. I truly hope you enjoy it — and I would love to hear what you think.



What's Cooking, Good Looking? 🔍

When I found out that ideally we should be getting **around 30 grams of protein, three times a day**, I started looking for easy ways to make that happen.

It turns out **a cup of cottage cheese has about 30 grams of protein**, while **one egg has around 13 grams**. That discovery sent me experimenting in the kitchen!

Lately I've been making **overnight oats with cottage cheese, chia seeds, oats and raspberries** — it's surprisingly delicious and very satisfying.

I've also been baking these **protein-packed muffins**, and they are so good that I had to share them. They're perfect for the **Easter holidays** and honestly... I think they're even better than Hot Cross Buns — with **less sugar too!**

Give them a try and let me know what you think. Happy baking! 🧁
With Love and Gratitude,

Lyn

Raspberry Muffins

Ingredients

Fresh dates

12 individual, pitted, roughly chopped

Baking powder

2 tsp

97% fat-free cottage cheese

1 cup(s), (250g)

Quick oats

2 cup(s), (180g)

Egg(s)

3 medium

Vanilla bean extract, alcohol free

2 tsp

Fresh strawberries

250 g, sliced

Instructions

1

Preheat oven to 180°C. Line a 12-hole $\frac{1}{3}$ cup (80 ml) capacity muffin tray with paper cases.

2

Combine dates and 2 tablespoons boiling water in a large microwave-safe bowl. Cover and microwave on High (100%) for 1½ minutes. Stir in baking powder (mixture will foam).

3

Process cottage cheese in a food processor until smooth. Add oats, eggs, vanilla and date mixture and process until combined (to prevent a dense texture, do not overprocess). Add 200g raspberries and pulse to combine.

4

Spoon mixture evenly into paper cases. Bake for 30 minutes or until golden and a skewer inserted into the centre of muffins comes out clean. Stand in tray for 5 minutes, then transfer to a wire rack. Serve warm or cooled.



Buderim Yoga

BUDERIM YOGA MASTERCLASSES 2026 **WITH LYN MOES**

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

Yoga Classes 2026 = 6 classes is \$150.00
Tuesday Morning Class: 9.30am to 11am

Meditation Classes 2026 = 6 classes is \$180.00
Tuesday 11.15am to 12.30pm

Private Classes 2026 = 1 class is \$100
1 hour class catered to your needs in your time

Autumn Yoga Class 2026

6 weeks = \$150 to be paid on the 1st class

Tuesday 7th April
Tuesday 14th April
Tuesday 21st April
Tuesday 28th April
Tuesday 5th May
Tuesday 12th May

CONTACT LYN MOES bookings essential
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EVERYONE IS WELCOME AT BUDERIM YOGA