



Buderim Yoga

Lyn Moes
Buderim Yoga Newsletter
May 2026

Dear Yoga Family,

The Autumn Masterclass of Yoga and Meditation is now completed. Six wonderful weeks with topics covered like, “keep yourself well”, “the purpose of Yoga”, “do you know how wonderful you are”, “love and joy”, “heart breathing” and others....these are reminders of the magic in each day, that often we take for granted. It is valuable for you to be on the mat each week, to keep yourself focused on the good in each minute.

Variations:

If you are dreading going to Yoga because your body does not do those postures anymore, know that you are not alone!

Your practice isn't less valuable because it looks different.

The Yoga Sutras remind us that yoga is about steadiness and ease. Not perfection. Not performance. Not doing it “right”. Showing up for your body, even when it's limited, even when it feels like it's betraying you; that is the practice.

Gratitude isn't about being grateful that everything works perfectly. It is about honoring what does work. What still moves. What still tries. Your body is doing its best, and so are you. If you need to use a chair, a prop that helps, do that. Just show up for your practice. Everytime you will get something out of your Yoga class that you least expected. Use it as a time to tune in deeply to your body, mind and spirit. It is a valuable time each week to stay on track, to connect to yourself and the Divine in all and to make the most out of every day. Yoga is far more than the Asanas. It is not competition. It is love of self.



**Classes with Lyn Moes
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 and place.

Drop In
Fee = \$30.00

Winter Yoga Class 2026

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

Tuesday 9th June
Tuesday 16th June
Tuesday 23rd June
Tuesday 30th June
Tuesday 7th July
Tuesday 14th July

CONTACT LYN MOES bookings essential
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These are the Current Yoga books that I am re reading. These books give constant joy and a new way of seeing each time I pick them up. It really is wonderful to have a great library of good books. Have a read:

“Yoga” The Spirit and Practice of Moving into Stillness
by Erich Schiffmann

This book is a gem. I read it often, he says things like, The wind through the Instrument...(meaning the breath). Stillness is like a perfectly centered top, spinning so fast it appears motionless.

“Living Your Yoga” Finding the Spiritual in Everyday Life
by Judith Lasater

I remember going to a retreat with Judith Lasater when I was a young yoga teacher, and feeling the bliss of her interpretation.

“Ikigai” The Japanese Secret to a Long and Happy Life
by Hector Garcia and Francesc Miralles

There are many interesting chapters like Breathe better, Live Better. Also, How to face life’s challenges without letting stress and worry age you.

“Teach only Love” The twelve principles of Attitudinal
Healing

by Gerald G Jampolsky.

Oh my heart, this book!!! He says things like...to be free of fear requires only one thing: a goal that is itself not fearful hahaha!!

There are shelves and shelves more I could share but try these for now :)))

Red Lentil Dahl (Can use a Thermomix)

Ingredients:

Knob of ginger
2 garlic cloves peeled
1 onion peeled and halved
1 capsicum chopped and deseeded
1 carrot chopped
1 cup red lentils rinsed
1 cup water
1 teaspoon ground coriander
1 teaspoon ground cumin
1 teaspoon chilli flakes
1 400ml tin tomatoes
1 400ml coconut milk/cream
Salt and Pepper
Squeeze of Lemon juice
Fresh Coriander for garnish

Method:

Chop ginger, garlic and chilli on speed 7 for 5 seconds.
Add onion, red pepper, and carrot and chop speed 5 for 5 seconds. (if you do not have a thermomix use chopping board).

Add lentils, tomatoes, spices, water and half a tin of coconut milk and cook for 25 mins 100 degrees speed 1 - 2.

No thermomix....cook for 25 minutes.

Add a little salt to taste and squeeze of lemon juice.

Once cooked then put in saucepan on stovetop on very low heat for a couple of hours.

This recipe is high in Protein.

Wishing you a wonderful time until I see you!
Come roll out the mat with me on 9th June, 2026.

With Thanks and
Many Blessings,
Lyn Moes.

