



Buderim Yoga Newsletter

July 2026

How Good Is Yoga!!

I find myself loving yoga more and more every day. It truly becomes a way of life — a way of seeing the world, understanding ourselves, and moving through life with greater awareness. Do you feel that way too?

One of the things I love most about Buderim Yoga is the incredible variety and depth we explore in our classes. Yoga is so much more than just the Asana (the physical postures). Don't get me wrong — a beautiful Asana, performed with awareness and connected to the breath, is a truly wonderful thing to experience.

But Yoga extends far beyond the physical practice.

Pranayama — the practice of conscious breathing — is such a vital part of our health and wellbeing. It is something we can call upon at any time, especially during challenging moments in life. In our classes, when we explore cleansing breaths, energising breaths, the powerful breaths of fire that help awaken and revitalise the body, heart chakra breathing, and so many other techniques, we become completely absorbed. Our attention turns inward, our minds become focused, and we experience the true essence of Yoga.

That is Yoga.

When we explore topics such as the Psoas muscle, hip strengtheners, and exercises like tearing the paper to support our tendons, it is exciting to discover the incredible intelligence of our bodies. We often compare ourselves to magnificent machines, but the truth is our bodies are far more extraordinary than any Ferrari. There is always more to discover, more to understand, and more opportunities to care for these amazing vessels we have been given.

We also use practices such as Tapping to calm and soothe our emotions, along with the many EFT techniques we incorporate on the mat. These tools help us find balance, release tension, and reconnect with ourselves.

Yoga is a journey of discovery — of the body, the breath, the mind, and the heart. And the more we explore, the more we realise there is always something new waiting to be uncovered.



The benefits of chanting are many — from using our voice and strengthening the muscles involved in singing and speaking, to bringing a deeper spiritual connection into our practice. Working with the mala and the mantra

OM MANI PADME HUM allows us to cultivate love, compassion, and kindness for ourselves, while extending those heartfelt intentions to others throughout the world.

The possibilities for what we can discover and achieve on the mat are endless. I have only touched on a few of the many beautiful practices and benefits we explore together.

Please enrol for August 2026

I warmly invite you to join me for the final two 6-week sessions of the year. I truly hope you will be able to take part.

Please contact me to confirm your place. Together, we will continue to explore and uncover many more inspiring and transformative practices on our mat.

I would be delighted to see you there!

Current Class commencing soon Between Season Class 2026

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

Tuesday 11th August
Tuesday 18th August
Tuesday 25th August
Tuesday 1st September
Tuesday 8th September
Tuesday 15th September

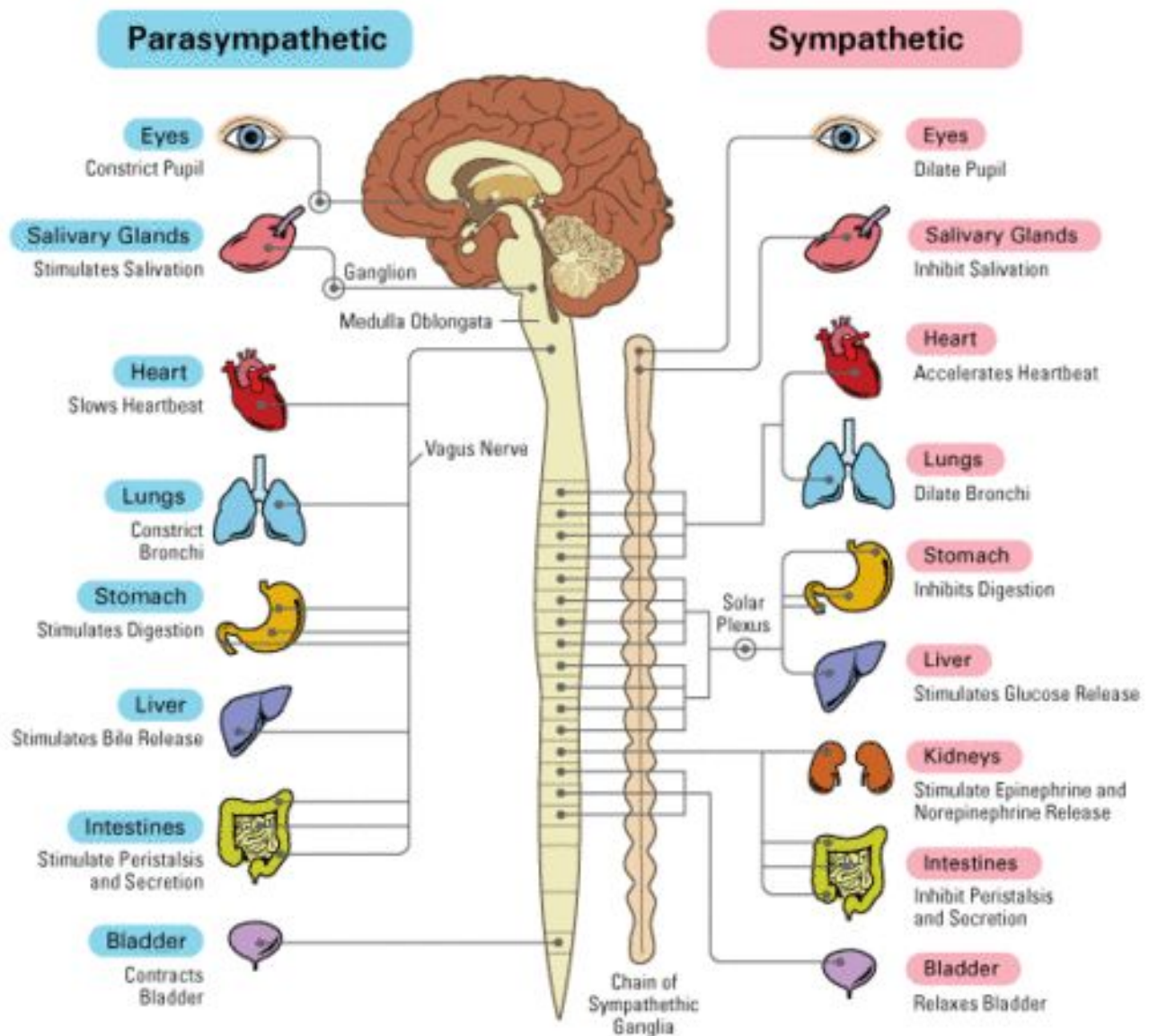
Spring Yoga Class 2026

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

Tuesday 20th October
Tuesday 27th October
Tuesday 3rd November
Tuesday 10th November
Tuesday 17th November
Tuesday 24th November

The Vagus Nerve is another important topic. Here is my take on what it does and some ways to help keep it healthy.

Schema Explaining How Parasympathetic and Sympathetic Nervous Systems Regulate Functioning Organs



The Vagus Nerve

The secret weapon in fighting stress.

The Vagus Nerve is the Secret Weapon in Fighting Stress

The vagus nerve is a powerful communication network that extends from the head to the pelvis, carrying messages between the body and the brain. It plays a vital role in our overall wellbeing by helping regulate the parasympathetic nervous system — the part of our autonomic nervous system responsible for rest, relaxation, recovery, and restoration.

The vagus nerve contains approximately 75% of the fibres in the parasympathetic nervous system. When we improve the tone and function of our vagus nerve, we can experience greater calm, contentment, emotional balance, improved sleep patterns, reduced stress, and a greater ability to connect with ourselves and others.

What Is the Vagus Nerve?

The vagus nerve is the longest and most complex of the cranial nerves. It travels from the brain through the face, neck, chest, and abdomen, influencing many important bodily functions along the way.

It helps regulate internal organs from head to belly, including:

- Sensations in the ears
- Speaking and swallowing
- Heart rate and blood pressure
- Breathing patterns
- Digestion, including stomach acid production and movement of food through the intestines

The dictionary defines “content” as being in a state of peaceful happiness. That deep sense of contentment is often associated with a well-regulated vagus nerve and a balanced nervous system.

Remember, the vagus nerve is an information network — similar to Bluetooth — constantly sending messages between your body and your brain. By caring for this important nerve, we can support our ability to relax, restore, and feel more balanced.

Daily Ways to Stimulate the Vagus Nerve

1. Slow, Deep Breathing

Breathing is one of the simplest and most effective ways to stimulate the vagus nerve. The 6.3.6.3 breath we practise in class encourages deep belly breathing, helping to calm the nervous system and bring awareness back into the body.

2. Singing and Chanting

Using the voice through singing, chanting, humming, and mindful sound helps activate the vagus nerve and supports relaxation.

3. Cold Therapy

Try finishing your shower with a short burst of cold water. Other options include placing an ice cube in your mouth, gently moving it around, then removing it, or practising cold-water immersion if appropriate.

4. Meditation

Meditation is a valuable practice for calming the mind and supporting nervous system balance. I encourage you to join our Meditation Class to bring additional benefits to your Hatha Yoga practice.

5. Gut Health

Supporting gut health is essential for overall wellbeing. This includes:

- Eating a balanced, nourishing diet
- Choosing more alkaline, whole foods
- Reducing sugar intake (sugar is hidden in many foods, so awareness is important)
- Practising tongue cleansing
- Supporting the body with regular cleansing practices
- Including beneficial nutrients such as probiotics and omega-3 when appropriate

Yoga Poses That Support the Vagus Nerve

The following postures can help encourage relaxation and nervous system regulation:

- Heart Chakra Breathing
- Viparita Karani — Legs Up the Wall Pose
- Paschimottanasana — Seated Forward Bend

- Setu Bandha Sarvangasana — Bridge Pose
- Baddha Konasana — Butterfly Pose (seated or lying down)
- Balasana — Child's Pose

10 Practices to Keep Your Vagus Nerve Healthy

1. Ear Stimulation

The small area on the outside of the ear is called the **tragus**. Gently pinch it, move it up and down, rotate it, pull it away from the head, push it forward, and massage it for around one minute each day.

2. Neck and Ear Tapping

Gently tap the area beneath the ear and along both sides of the neck to stimulate the vagus nerve pathways.

3. Mouth and Jaw Release

Place your thumb outside and your first finger inside the sides of the mouth. Gently pinch, move, and stimulate both sides to help release tension in the jaw and neck.

4. Full Ear Massage

Massage one ear at a time:

- Pull and squeeze gently
- Circle the outer ear
- Massage the front and back
- Stimulate inside the ear carefully
- Place your hands over the ears, gently squeeze, and release

5. Tapping the Body

Use gentle tapping techniques on:

- Collarbone area
- Ears
- Back of the neck
- Feet
- Knees
- The whole body

Give your body a loving “wake-up” through mindful tapping.

6. Open the Voice

Sing, chant, laugh, smile, and use your voice with awareness. Opening the mouth, throat, and voice daily can support vagal stimulation.

7. Reflexology

Important areas for reflexology include:

- Ears
- Feet
- Hands

Regular massage of these areas can be a wonderful addition to your self-care routine.

8. Cold Stimulation

Stimulating the vagus nerve may be as simple as:

- Drinking cold water
- Taking a cool shower
- Splashing cold water on your face
- Rolling an ice cube in your mouth for a short time, then removing it

Try this three times.

9. Finger Tip Touch and Singing

Tap one fingertip at a time against the corresponding finger on the opposite hand. With each touch, sing “la la la” to the tune of *Row, Row, Row Your Boat*.

10. Tongue Point and Circle Exercise

Extend the tongue and gently circle it:

- Five times in one direction
- Five times in the opposite direction

Keep your lips closed and teeth relaxed apart. This exercise can help release tension in the head, jaw, and neck.

Wishing you many blessings for the winter season. Please feel free to contact me if you have any questions or would like further information.

With warmth and gratitude.

Lyn Moes

www.buderimyoga.com.au

