



Buderim Yoga

Buderim Yoga Newsletter October 2026



Good Bye Winter 2026

Hello Spring!

Welcome dear Yogis,



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Spring is my favourite time of year. It is the beginning of all good things like flowers in the garden, warmer weather, and my birthday :)) I love my birthday. It's a chance to give thanks and realise what a privilege it is to be here on Earth. The power of nature is amazing as new life bursts through. I hope you enjoy Spring as much as I do.

This new time schedule of teaching Yoga is an adjustment. 30 weeks per year instead of 40 weeks per year, previously 4 x 10 week blocks now turned into 5 x 6 week blocks, no night class and never knowing when school holidays are is something I am still adjusting to.

I hope you are finding the new times fitting into your life easily. Let me know by email of anything you would like to share about the schedule and of Yoga in general, which will help my planning for 2027 lynmoes@iprimus.com.au

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



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"When a cat falls out of a tree, it lets go of itself.

The cat becomes completely relaxed, and lands lightly on the ground.

But if a cat were about to fall out of a tree and suddenly make up its mind that it didn't want to fall, it would become tense and rigid, and would be just a bag of broken bones upon landing."

In the same way, it is the philosophy of the Tao that we are all falling off a tree, at every moment of our lives.

As a matter of fact, the moment we were born, we were kicked off a precipice, and we are falling, and there is nothing that can stop it.

So instead of living in a state of chronic tension, and clinging to all sorts of things that are actually falling with us because the whole world is impermanent, be like a cat."

~ Alan Watts

Discover the Angelic Realms

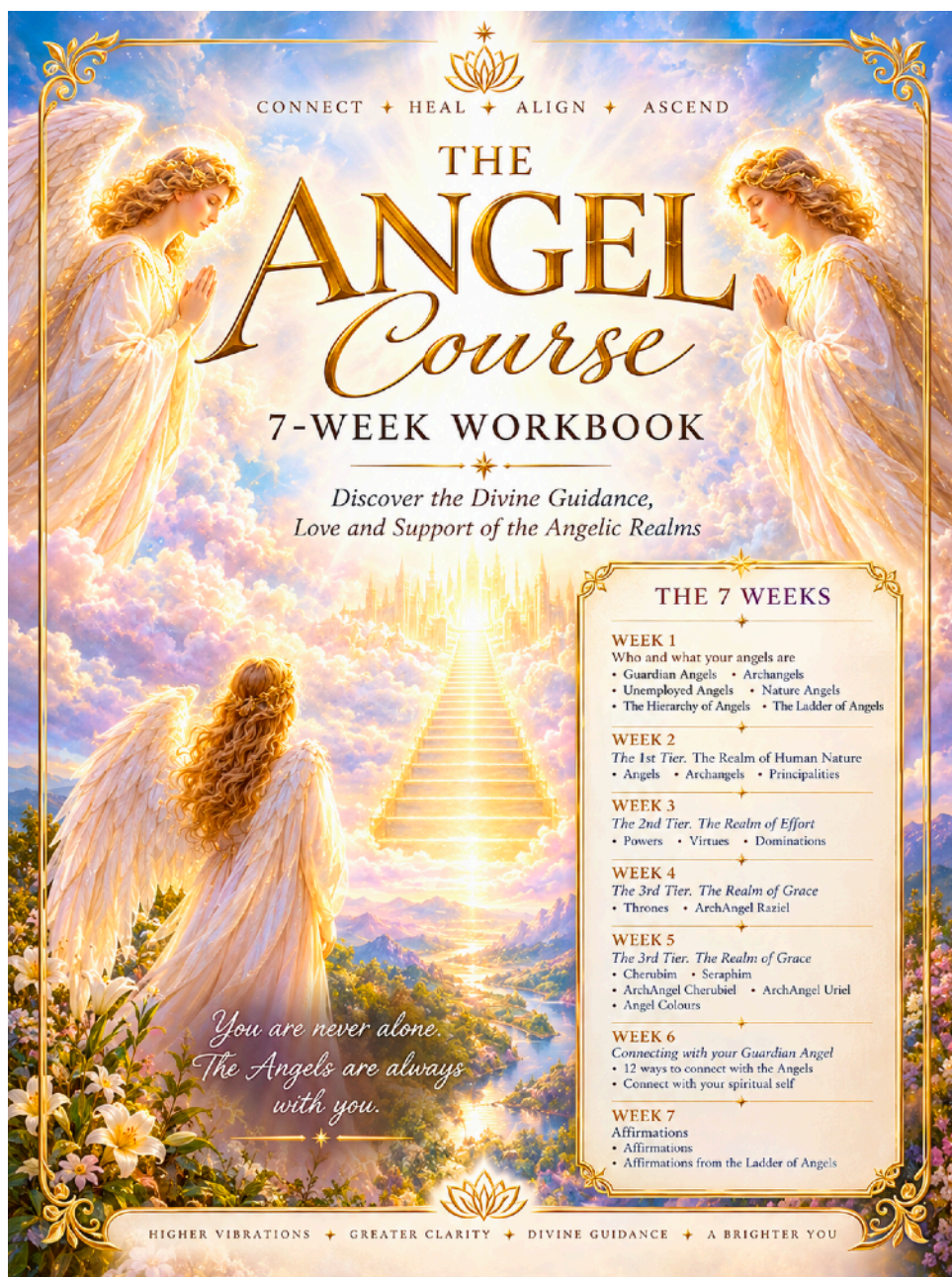
Part 1

I am ready to teach my new 7 Week Angel Course. The workbook is ready for you and I am happy to do a 2 hour session per week. Every session will have a 20 minute Yoga Nidra connected to the topic helping you in your life.

Please email me if you are interested in doing this course next year or even this year. It can be done in person at the hall, or on Zoom.



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Discover the Angelic Realms **Part 1**

Followed by:



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Angels of the Zodiac

Part 2

Discover the 12 Archangels Guiding your Life

Q. Why would I need to do these courses and what use is it in my life?



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THE 12 ARCHANGELS

AND THEIR CONNECTION WITH THE ZODIAC

ORDER	BIRTH DATE	SIGN	ARCHANGEL
1	MAR 21 - APR 20	ARIES	ARIEL
2	APR 21 - MAY 21	TAURUS	CHAMUEL
3	MAY 22 - JUN 21	GEMINI	ZADKIEL
4	JUN 22 - JUL 23	CANCER	GABRIEL
5	JUL 24 - AUG 23	LEO	RAZIEL
6	AUG 24 - SEP 23	VIRGO	METATRON
7	SEP 24 - OCT 23	LIBRA	JOPHIEL
8	OCT 24 - NOV 22	SCORPIO	JEREMIEL
9	NOV 23 - DEC 22	SAGITTARIUS	RAGUEL
10	DEC 23 - JAN 20	CAPRICORN	AZRAEL
11	JAN 21 - FEB 19	AQUARIUS	URIEL
12	FEB 20 - MAR 20	PISCES	SANDALPHON

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A. These two courses help you call on your angels for assistance, to bounce back from setbacks and disappointments. To accept death and cope with the loss of a loved one and accept changes in your life. To make the world better. To maximize old relationships and start new ones. To follow your heart and live your dreams.

Q. How will we do this course and how long will it take?

A. Practical exercises and guided meditations and nidras will be provided throughout the entire course. Part 1 will be 2 hours per week for 7 weeks. Part 2 will be 2 hours per week for 12 weeks. Workbooks will be provided with lots of great new ideas.

B.

For further information and to book in
Please contact Lyn Moes

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W. www.buderimyoga.com.au

Happy Spring,
See you in Spring MasterClass commencing Tuesday, 20th
October, 2026 9.30am
Love Lyn Moes