

GENTLE SOMATIC YOGA®

Gentle Somatic Yoga® (GSY) may relieve stiffness in joints, aches and pains caused by wear and tear, poor posture, muscle tension and injury

WHY THE FOCUS ON POSTURE IN A GENTLE SOMATIC YOGA CLASS?

Improving posture takes the strain off our muscles, fascia, ligaments, bones and joints. When muscles return to their natural resting state, we use the muscles and joints as designed, moving with less pain and restriction, feeling more comfortable in our everyday movements. Improved posture makes us look taller, slimmer, younger, feel more confident and energised; slumped posture can lead to low energy, poor digestion and shallow breathing. The positive effects such as increased range of movement can be instant but regular practice gives longer lasting benefits, check out the timetable below!

CLASS TIP NUMBER 1! We're highlighting to the brain where we're chronically tight, then consciously relaxing those areas to re-train the brain-muscle connection

CLASS TIP NUMBER 2! Go gently + slowly - **20% PHYSICAL EFFORT, 100% MENTAL FOCUS**

CLASS TIP NUMBER 3! During somatic sequences, NEVER move into pain, discomfort or strain – if something I suggest doesn't feel good, simply visualise yourself doing the movement instead

YOGA CLASSES	TIME	STYLE	LOCATION
WEEKLY CLASSES MONDAY MONDAY THURSDAYS FRIDAYS SATURDAYS	9:15 - 10:30 AM 5:45 - 6:45 PM 9:15 - 10:30 AM 7:30 - 8:30 AM 8 - 9:15 AM	GENTLE YOGA (Hatha & GSY) GSY® GENTLE YOGA (Hatha & GSY) GSY® GENERAL YOGA	YOGA4LIFE, BRIGHTON, 4017 ZOOM YOGA4LIFE, BRIGHTON, 4017 ZOOM YOGA4LIFE, BRIGHTON, 4017
MONTHLY CLASSES SUNDAY SUNDAY	 10 AM - 12 PM 2 - 4:30 PM	 GSY® IMMERSION RESTORATIVE YOGA	 YOGA4LIFE, BRIGHTON, 4017 YOGA4LIFE, BRIGHTON, 4017
PRE-RECORDED CLASSES ANY DAY	ANY TIME	GENTLE YOGA, GSY®, RESTORATIVE YOGA	WHEREVER YOU ARE!
PRIVATE LESSONS MONDAY THURSDAY OR BY APPT	BETWEEN 1 - 4:30 PM 1 - 7:15 PM	GSY® GSY®	SANDGATE, 4017 SANDGATE, 4017
YOUR OWN MINI-RETREAT BY APPT	BY APPT 2+ HOURS	HOT STONE RESTORATIVE, MEN'S, HEN'S ETC TWO HOURS OF GUIDED MEDITATION, RELAXATION AND PRANAYAMA + BEAUTIFUL SOOTHING MUSIC	YOGA4LIFE OR YOUR VENUE

YOGA4LIFE, 12 PAUL STREET, BRIGHTON, QLD 4017

GENTLE SOMATIC YOGA®

POSTURE TYPES	THE KNOCK-ON EFFECT
	<p>THE RED LIGHT REFLEX Can cause shallow breathing, hip and knee pain, neck pain, TMJ issues, abdominal discomfort</p> <p>To relieve the effects of forward slumped posture, one GSY movement will be to gently exaggerate the contraction of the front body to highlight it to the brain, then consciously release the area, returning the muscle tone to neutral. This helps us stand more upright, taking the strain off our joints, muscles, ligaments and fascia, deepen our breathing and creates more space in the abdomen for our organs</p>
	<p>THE GREEN LIGHT REFLEX To relieve the effect of this posture type, one of the movement flows softly tightens then releases the muscles of the lower back, relieving compression in the lumbar spine</p> <p>Exaggerated lumbar lordosis can be painful + may affect movements such as bending forward. Severe exaggerated lordosis may cause herniated discs, hip and knee pain, back or neck pain, numbness or tingling that radiates into the legs and feet</p>
	<p>THE TRAUMA REFLEX Can lead to one-sided pain or discomfort, sciatica, leg length discrepancy/one hip or shoulder higher than the other + scoliosis</p> <p>In class, we use movements to release tension through the waist, ribs and outer hip. A leg length discrepancy caused by poor posture creates unbalanced muscle strength and tension, potentially leading to bursitis and osteoarthritis of the hip, patella and back pain. In this condition, one leg looks and feels longer than the other, but is the same length when measured.</p> <p>When 'bad' posture becomes a habit and you sit or stand in the same position daily for months or years, your muscles compensate. Some muscles become shorter and tighter and pull the hip up, and the muscles attached to the lower hip become weaker, longer and looser</p> <p>Another way this can happen is if you stay in one position with one hip higher than the other for a long time. This can happen if you always sleep on one side, arch your back while sitting for a long time, or always lean to the same side when sitting or standing</p>

See you soon!

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