

GENTLE SOMATIC YOGA® + BOWEN THERAPY



FED UP BEING STIFF AND SORE?

BOWEN THERAPY COMBINED WITH
GENTLE SOMATICS MAY HELP YOU

"Susie taught me a somatic yoga exercise last week to help relieve tension in upper body and neck. I can turn my head further now and pain level has reduced"

P. McN, Shorncliffe, 4017

WWW.SUSIEORR.COM



Maybe it's time to try the remedial combination of Bowen Therapy and Hanna Somatics so you can self-treat your muscle tension issues. By adding Somatic Movement Flows® into your daily movement routine, you could save yourself time and money in the long run.

"the bodily decrepitude presumed under the myth of ageing is not inevitable. It is, by and large, both avoidable and reversible. I know this to be true, because I have seen it occur thousands of times..."

THOMAS HANNA, Somatics: Reawakening the Mind's Control of Flexibility & Health

THIS IS MAKING ME FEEL HOPEFUL! TELL ME MORE!

BOWEN THERAPY

Bowen Therapy is a treatment that involves gentle work on muscles, fascia, tendons and ligaments, to release muscle spasm or tension, bringing symmetry back to either side of the spine and the joints

-You'd consult with a Bowen Therapist for the sort of issues that you'd see a massage therapist for -Bowen Therapists target muscle tension and fascia restriction

-The treatment is done through light clothing – ideal when it's cold outside, when you're a bit too sore or stiff to get undressed/dressed, if you're self-conscious, don't like oily massage particularly in summer

"Most people come for Bowen because they have mild pain, whether they just woke up with it or it has been nagging away for a long time. There's probably no one reason why you're in pain and probably no one treatment that will solve it. What I mean by that is it could be a combination of joint issues, wear and tear, scar tissue from surgery, muscle tension, posture, your work, hobby, the sport you play or played, muscle imbalances either side of the body, the way you sit, stand, sleep (posture) so if we don't address the specific combination and resulting posture that led to your issue, then you'll only get short-term results".

Looking for longer term results for her clients, after twenty years as a massage therapist, Susie took a year off work to train to be a yoga teacher. She then discovered the missing link, Gentle Somatic Yoga®, a gentle, slow, subtle practice to help soothe the nervous system, relax the mind and body, release muscle tension, boost flexibility, release tight joints and improve posture. To make it a wholistic approach, classes often include the cascade of health benefits of breathwork, mindfulness and meditation.

With the aim of getting the best possible results for her Bowen clients, Susie sees new clients for a series of 3 appointments to be taken within one month. The initial appt is 75 minutes long, with the two follow-up appointments being 60 minutes in duration. This allows ample time to go through not only your health history but somatic movements for you to do in-between appointments so clients can self-manage their issue. This gives her clients simple movements to self-treat a tension headache or take the sting out of a sore back.

Following this initial course of 3 treatments, many clients choose to continue with a maintenance treatment because Bowen can help balance energy levels, improve digestion, sleep quality, reduce pain if it's as a result of tight muscles and fascia, and gives women some quiet time just for themselves.

Maintenance/follow-up appointments can be 75, 60 or 45 minutes long.

"Clients often arrive cranky and hobbling - the transformation in an hour is so rewarding", says Bowen practitioner Susie Orr "even after over twenty seven years in the natural therapies business I still get a thrill from helping those in mild pain. The biggest issues I see in clinic are neck, shoulder, hip, knee and back pain; I may be able to shed light on why their issue occurred and recommend postural changes."

"During a Bowen session, you'll find most movements incredibly relaxing. Where there's restriction or tension in the body, you may feel a little tender," says Susie, "but it's a sweet pain that gives you a wonderful sense of release".

During your Bowen appt (longer appts only) you've got the option to go through specific Somatic movements— they're a gentle, pleasant, easy way to release muscle tension.

THERE ARE A FEW OPTIONS FOR YOU TO TRY SOMATICS ❤

- New clients can book a course of three Bowen treatments which includes Somatics
- Existing clients can book a 60 or 75 minute Bowen treatment and request some somatic movements to boost their results
- Book in for a 60 min private session with Susie at Viroga Yoga Studio in Brighton, 4017
- Come along to her weekly class, Release & Refine, which combines Somatic Movement Flows® with Hatha Yoga – Thursdays from 9 – 10:15
- Bookings now open for a course of 4 GSY® classes at Viroga - Wednesday evenings from 6 January 2021
- Immerse yourself in a two hour class of Gentle Somatic Yoga®, which leaves you feeling like you've had a full body massage – one Sunday per month approximately at Viroga Yoga Studio

HOW DOES BOWEN THERAPY WORK?

1. Bowen works by addressing the nerves within muscles. As the cross-fibre move is made, stretch receptors inside the muscle, send sensory messages along the nerve pathways to the spinal cord about the mild tension that I've just applied to that specific muscle. Once this information reaches the spinal cord, it passes through the nerve pathways to different centres of the brain where it self-corrects each muscle – ie: Bowen moves send a signal to the brain that certain muscles are tight, the body responds by relaxing those muscles and the surrounding fascia.

2. Some of the moves are also made on acupuncture meridians and trigger points, helping clear blocks of energy and release tension in muscles.

3. The creation of a stretch on the fascia has been scientifically recorded to initiate a small electrical charge in the collagen fibres in the fascia; these impulses have a powerful healing effect on the body.

(Information taken from Understanding the Bowen Technique by John Wilks, an Osteopath turned Bowen Therapist in the UK).

WHAT TO EXPECT DURING A BOWEN TECHNIQUE SESSION

During your first visit, we'll talk through your health history. Your posture will be assessed both standing and while lying on the treatment table.

You'll keep your clothing on during the treatment, please wear trackie bums, leggings, loose pants – something flexible and comfortable to do 'exercises' in.

Your first appointment is 75 minutes long, to allow ample time to chat through your health history and carry out a standing assessment and one on the treatment table. You'll then return for another two treatments which will take 60 minutes. These follow-up appointments will ideally be spaced 5-10 days apart and must be taken within 30 days from the start of your initial session.

An initial course of three will allow you to see if the combination of Bowen Therapy and Somatics is going to give you relief from your symptoms.

Between each set of moves, there is a break of 2 minutes to up to 20, depending on the area being treated. This is to allow time for the move to be integrated into the body.

GETTING TO KNOW YOU!

Both therapies can raise your awareness of where you hold tension, and the compensation patterns that have arisen from imbalances on either side of the body. When you start to figure out where the true stressors are actually coming from, you can start working on long term results.

Learn how to put your brain, your awareness and your focus on where your stressors are, then consciously release them. Reap rich rewards as you soften and hydrate your soft tissues, lubricate your joints, realign your spine and strengthen your core.

IMPROVE YOUR POSTURE

Standing 'better' can allow the joints to be better aligned, taking the strain off your muscles, fascia, tendons, bursa and ligaments.

ABOUT SUSIE

Susie works from a private clinic in Sandgate, a perfect setting to create a feeling of relaxation. Her clinic is within an easy drive from North Lakes, Narangba, Sandgate, Shorncliffe, Brighton, Deagon, Boondall, Bald Hills and Clontarf.

She has worked alongside Chiropractors, Osteopaths, Naturopaths and other complementary health professionals, so if she feels she cannot help you, she can point you in the right direction of help.

Susie is an accredited Advanced Bowen Therapist with over 27 years experience in health care. She has a particular interest in alleviating the debilitating effects of mild to moderate

back and neck pain, sciatica, jaw tension and auto immune disease symptoms. Susie also treats many clients who are simply looking for some relaxation and "me time".

With qualifications in other modalities, listed below, Susie draws on knowledge from other fields but her main focus is on the Bowen Technique + Somatics

- BOWTECH MASTERS IN BOWEN THERAPY
- DIPLOMA IN BOWEN THERAPY
- ITEC, IA DIPLOMA IN BODY THERAPY
- DIPLOMA IN CLINICAL AROMATHERAPY
- CERTIFICATE IN REMEDIAL MASSAGE
- DIPLOMA IN ACUPRESSURE MASSAGE
- YOGA TEACHER (350 HOURS)
- RESTORATIVE YOGA TEACHER
- GENTLE SOMATIC YOGA® PRACTITIONER
- YIN YOGA TEACHER

ACCREDITED MEMBER OF THE BOWEN ASSOCIATION OF AUSTRALIA

Susie is a **member of the BTFA – BOWEN THERAPISTS FEDERATION OF AUSTRALIA** - members must adhere to regulations to ensure a high standard of practice and a code of conduct and must attend annual continued professional development. Susie has completed many post graduate trainings including Mind Body Bowen, The Importance of Symmetry, Bowen Therapy refreshers courses and attendance at the Masters training with Elaine & Ossie Rensch.

FIND OUT MORE

Ladies, please send Susie an email requesting to be added to her newsletter so you can get the dates of her classes info@susieorr.com

Also check out FaceBook: Susie Orr – Massage, Bowen & Yoga