

GENTLE SOMATIC YOGA®

Gentle Somatic Yoga®, a movement class incorporating mindfulness, nervous-system soothing breathing techniques and guided meditation. The movement part of the class involves simple exercises that release muscle tension and stiffness from the most common areas of the body - the hips, pelvis, back, knees, ankles, neck and shoulders

This multi-level class has options to suit all levels of mobility – you may prefer to do the class using a chair, for example

↳ Do you find it harder to reverse your car because your neck and shoulders are so tight?

↳ Is your lower back tension making life awkward?

↳ Has your golf game or hobby become uncomfortable due to muscle tension?

↳ Perhaps surgery has left with you scar tissue, causing restriction in movement

↳ Learn how to relieve the pain associated with frozen shoulder, Plantar fasciitis, headaches, migraine or stiff joints

Try Gentle Somatic Yoga® to release long-held muscle tension so your range of movement improves – making it easier to reverse the car!

Reduce lower back, neck and shoulder tension *and* keep it at bay

Increase your flexibility

Feel softer, stronger, easier in your movements. GSY can help relieve the pain associated with sciatica, scoliosis, frozen shoulder or disc injuries and may increase range of movement

"I originally came to Susie's Gentle Somatic Yoga® Class because I have lower back pain. The small focussed movements really do work – you don't need to do big movements or strong stretches. It is the only time in the week where I feel truly that I can focus on myself and put myself in the moment. I also have less cramps particularly in my legs and feel the tightness I have in my lower back reducing. By the end of the class my mobility is better, and I feel much more relaxed".

Louise, North Lakes



↳ **REDUCE muscle pain**

↳ **RELEASE muscle tension**

↳ **EASE painful joints**

↳ **MOVE more freely**

↳ **INCREASE flexibility**

↳ **IMPROVE Co-ordination**

↳ **IMPROVE Posture**

↳ **STAND taller**

WWW.SUSIEORR.COM
0402 189673

BOWEN THERAPY

Bowen Therapy is a gentle muscle release technique, created by an Australian Osteopath in the 1950's that involves gentle manipulation of muscles, tendons, fascia, ligaments, joints and nerves

The Bowen Technique treats the same issues as a massage, suiting those who don't like a deep massage, is done through light clothing and doesn't involve massage creams or oils

Bowen Therapy has been demonstrated to alleviate a wide range of conditions:

- ❖ Back, Neck and Shoulder pain
- ❖ Stress and tension
- ❖ Headaches and migraines
- ❖ Restless legs
- ❖ Can help psoas tension and injuries
- ❖ Sciatica
- ❖ Hip pain
- ❖ Hamstring strain
- ❖ Frozen shoulder

BOWEN TREATMENT PRICE LIST

ONE TREATMENT - \$70/\$50
CONCESSION

PACK OF 3/USE WITHIN 30 DAYS
- \$180/\$120 CONCESSION

Review: "I had my third Bowen treatment tonight and the neck feels great. Susie taught me a Somatic Yoga exercise last week to help relieve tension in my upper body and neck. I can turn my head further now and my pain level has reduced"

P. M, Shorncliffe

RESTORATIVE YIN YOGA

This slow-paced, floor-based class combines Yin's stretches with relaxing restorative yoga

Yin can increase circulation and flexibility, nourish meridians, strengthen bones and release fascial tension

Restorative Yoga is effortless, delicious and still. Designed to allow us to soften, let go of tension and slow down the body and mind, restorative yoga uses lots of props for support and comfort

This fusion is a fabulous antidote to our fast-paced lives and a complement to other styles of more active yoga

Hit the Rest and reset button with restorative yin yoga every Thursday evening at Viroga Yoga Studio, Brighton

Be one of the first to know about yoga classes by subscribing to Susie's newsletter on the home page

YOGA CLASSES HELD AT VIROGA YOGA STUDIO, 40 SEAVIEW STREET, BRIGHTON, QLD, 4017

NO BOOKINGS REQUIRED FOR WEEKLY CLASS

BOOKINGS REQUIRED FOR MONTHLY 2 HOUR GENTLE SOMATIC YOGA® CLASS

WHAT TO WEAR

Please wear something comfortable that you can move easily in, including socks

QUERIES? CONTACT SUSIE ON
TEL: 0402 189673
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WWW.SUSIEORR.COM

DAY	TIME	STYLE
THURS	6:45-8 pm	RESTORATIVE YIN YOGA - WEEKLY
FRI	8-9 am	GENTLE SOMATIC YOGA - WEEKLY
SUN	9:45-11:45 am	GENTLE SOMATIC YOGA - MONTHLY