

GENTLE SOMATICS

*Relieve aches and pains caused by wear and tear,
poor posture, muscle tension and injury*

TENSE, TIGHT, STIFF OR SORE?

- 💧 Do you find it harder to reverse your car because your neck and shoulders are tight?
- 💧 Is lower back tension making life awkward?
- 💧 Has your golf game or hobby become uncomfortable or frustrating due to stiffness or aches and pains?
- 💧 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
- 💧 Find stretching isn't making your life/sport/hobbies or yoga practice easier?

FIND MORE EASE

Release long-held muscle tension so your range of movement improves – making it easier to reverse the car, do your chores, enjoy your hobbies, go deeper in your yoga asanas or bring greater ease to your running or cycling. Keep your chronic muscle tension at bay by incorporating somatic movement flows® into your regular exercise routine

TRY SOMATICS FOR THESE BENEFITS

- 💧 REDUCE muscle pain + risk of injury
- 💧 RELEASE muscle tension + stiff joints
- 💧 EASE painful joints
- 💧 MOVE more freely
- 💧 INCREASE flexibility
- 💧 IMPROVE Co-ordination + posture
- 💧 IMPROVE Posture
- 💧 STAND taller

"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

"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

"Susie also showed me a gentle somatic movement to help me work on releasing tension in the back of my neck and to treat my Plantar Fasciitis. The exercise has given me more movement in my neck and I feel a difference in plantar fasciitis for a while afterwards".

LM, North Lakes

"I experienced my first somatic yoga class yesterday with Susie, and I loved it! I feel great today and a niggling hip issue I had, has gone! The class is wonderfully paced, beautifully instructed and I felt safe and supported. I will be back for more!"

PW, Yoga Teacher, Bracken Ridge

"Loved it." TJ, Meditation teacher, Shorncliffe

"Thank you so much for the class last Sunday. I enjoyed it so much and the time seemed to fly and what is more I felt so relaxed afterwards that I slept for 3 hours in the afternoon (a very rare occurrence)." SW, Bald Hills

WHY THE FOCUS ON POSTURE?



Improving posture takes the strain off our muscles, ligaments and joints AND can make us look taller, slimmer and younger!

Standing 'taller' can make us feel more confident and energised! 😊

Chronic poor posture can lead to low energy, poor digestion and shallow breathing 😞

When our muscles are back in their natural resting state, you may feel better in your own body, move easier and potentially reduce any pain associated with your joints being pulled out of alignment by contracted muscles and fascia. While the tight, short muscles burn up energy, the weak, long muscles don't 'fire' properly. These weak muscles must re-establish both their strength and nervous system responses to regain their functionality which involves your brain = somatics 😊

COMMON POSTURE TYPES THAT ARE ADDRESSED THROUGH MOVEMENT IN A GSY CLASS



To relieve the effects of forward slumped posture, one movement will be to gently exaggerate the contraction of the front body 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



To relieve the effect of this posture type, one of the movement flows releases the muscles of the lower back, relieving compression in the lumbar spine



Movements for tension through the side body help re-align the pelvis and relieve tension in the lower back and waist

GROUP CLASSES

Group classes are multi-level with options to suit most levels of mobility however, it's a general class making it difficult to cue for each and every student's needs

If you have mobility issues, an injury, pain, or have had recent surgery, I recommend a private lesson. To feel safe and get the most out of joining a group class, you'll know how to adjust the movements to avoid re-injury

GROUP CLASSES FROM JANUARY 2021:

WEDNESDAY 5:35 – 6:30 pm	COURSE OF 4 GSY CLASSES
THURSDAYS 9 – 10:15	SOMATICS + HATHA YOGA
SUNDAYS 10 AM – 12 PM	ONE SUNDAY PER MONTH

BOOKED IN? HERE'S SOME TOP TIPS FOR YOUR SOMATIC PRACTICE

MAIN TIP - GO EASY, SLOWLY, GENTLY!

Somatic Movement Flows® unwind stiffness, pain & postural imbalances through brain-to-muscle re-education IF DONE GENTLY and if the problem is due to muscle tension or fascial restriction

Don't race through the class as if you're doing 'exercises' To be most effective, do the movements as slowly and gently as possible. The benefits include soothing the nervous system, helping us move from flight or fight into rest, digest and repair

In class, we're highlighting to the brain where we're chronically tight, then consciously relaxing those areas to re-train the brain-muscle connection

Use very little physical effort, but your complete internal focus (mindfulness!)

Never move into pain, discomfort or strain

The positive effects are instant but regular practice gives longer lasting benefits

Consider a one-on-one/private lesson with me when a tailored sequence will be drawn up *just for you* at Viroga Yoga Studio, Brighton, 4017

We'll record your prescribed sequence using your phone or iPad for your home use – no need to rely on others to help you relieve your muscle pain, you can relieve your pain through movement at a time that's convenient for you

QUERIES

Please contact me on 0402 189673 or to book, please head to viroga.com.au

I'm happy to chat with you and see how we can work together to bring more ease and equilibrium to your life through somatic movements, breathing techniques, mindfulness or meditation

Cusie Orr