

GENTLE SOMATIC YOGA

A multi-level 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

💧 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

TIMETABLE AT WWW.VIROGA.COM.AU

Try SOMATICS 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. Somatics 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 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

MY WEEKLY CLASS IS CALLED
RELEASE & REFINE
MY MONTHLY CLASS IS CALLED
GENTLE SOMATIC YOGA IMMERSION

WHAT TO WEAR FOR CLASS

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



- 💧 **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, uses no massage oil and is done through light clothing

BOWEN THERAPY & MASSAGE may 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 PRICE LIST

INITIAL/60 MIN APPT	\$70
45 MIN APPT	\$55
75 MIN APPT	\$90

RELAXATION MASSAGE

A Relaxation Massage can soothe away your cares, tension and anxiety. A ladies-only therapeutic massage to help you unwind, de-stress, switch off, relax, restore your energy levels

The pampering treatment using therapeutic essential oils blended for each client and consists of flowing strokes to soothe the nervous system with some gentle massage movements to help soften stiff, stuck, tight muscles

Generally includes back, neck, shoulders, feet, face and scalp massage and arms, hands, abdomen if chosen

May include the additional benefits of hot stones or the infra-red lamp. Massage using warm basalt stones boosts your circulation, relaxes your muscles, relieves aches and pains

RELAXATION MASSAGE

INITIAL/60 MIN APPT	\$80
45 MIN APPT	\$65
75 MIN APPT	\$100

MASSAGE & BOWEN TIMETABLE

Monday	9-7:15
Tuesday	9-7:15
Wednesday	9-7:15
Thursday	1-7:15
Friday	9-2

Ring 0402 189673 or book online

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

**QUERIES? CONTACT SUSIE ON
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