

Gentle Somatic Yoga® with Susie Orr

MOVEMENTS FOR ACHES + PAINS Sharing this therapeutic, gentle movement technique is my passion. Having worked for over 20 years as a massage therapist, I know the common problem areas of tension that create pain and postural issues in the body. My massage clients would get good results the day of treatment and perhaps for a week or so afterwards, but often the same areas of tension would crop up before their next appt. Working as a massage therapist also created pain for me, so I researched and tried various techniques to relieve my aches and pains but with short-lived success. A friend suggested somatic movements and my mind was officially blown!! 😍 A twenty-minute routine each morning or evening has been life-changing for me. Now I teach my students how to self-release their aches and pains! ✨ I love sharing this technique as it brings immediate ease + relief with longer lasting results when done regularly ❤️

Join me to discover the beauty of slowing down, listening to the signals your body is giving you, releasing and relaxing to boost your health and wellbeing.

Stand taller, become stronger + feel more supple with this 5-week online GSY® course

Feel for yourself more ease in the back, front and sides of the body:

- Increased range of movement
- Ease muscle tension through the body to balance the pelvis, unwind tightness in the outer hip and thighs
- Release chronic tension in the upper back + chest to improve breathing capacity
- Embrace the joy of mindful movement to soothe the nervous system
- Reduce back, neck and shoulder pain caused by posture + fascia + muscle tension

REVIEWS

"I originally came to Susie Gentle 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". L, NORTH LAKES

"I have really enjoyed Susie's gentle yoga classes. My mobility has greatly increased and my severe pain decreased even to the point of reconsidering the need for a scheduled steroid injection to ease the pain. As an unexpected side benefit my severe depression has lifted and my brain appears to function much better". DH, 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, BRACKEN RIDGE

WHEN

FRIDAY 6 AUGUST, 13, 20, 27 + SEPT 3

TIME

9:15-10:30AM VIA ZOOM OR WATCH EACH CLASS FOR UP TO 6 DAYS AFTERWARDS AT A TIME THAT SUITS YOU

FOR EXAMPLE: If you can't make class on Friday 20th August, you'll receive a copy of the recording later that morning. You can then watch that week's class for the next 6 days before the next class on Friday 27 August

LOCATION

ZOOM

SUITABLE FOR

ANYONE INTERESTED IN MINDFUL MOVEMENT TO SLOW DOWN THE SYMPTOMS OF AGEING, IF YOU LOVE SLOW FLOW YOGA, SOMATIC MOVEMENT, SUFFER FROM FATIGUE, FIBROMYALGIA, BACK/NECK/SHOULDER ISSUES, ARE RECOVERING FROM ILLNESS + HAVE MUSCLE TENSION

'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,
HANNA SOMATICS: REAWAKENING THE MIND'S CONTROL OF FLEXIBILITY & HEALTH

NOT SUITABLE

IF IN PAIN FROM AN ACUTE INJURY OR DURING PREGNANCY (SEE REFERRALS FOR PREGNANCY YOGA)

PRICE

ALREADY A STUDENT OF MINE?

COURSE OF 5 ZOOM CLASSES \$80

NEW STUDENT OF MINE?

CONCESSION PRICE APPLIES! \$50

PROPS

A YOGA OR EXERCISE MAT, A BLANKET OR BATH SHEET + A BOLSTER OR PILLOW TO USE DURING RELAXATION. THIS CLASS IS DONE LYING ON THE FLOOR ON YOUR FRONT, BACK AND SIDES. IF YOU CAN'T LIE DOWN, PLEASE ENQUIRE ABOUT A CHAIR CLASS

WEAR

CLOTHES YOU CAN MOVE COMFORTABLY IN

BOOK

BOOK YOUR PLACE ONLINE TO SECURE A SPOT USING THE BOOKING PAGE