

# Restorative Yoga

## **PRIVATE GROUP RESTORATIVE YOGA**

From 90 minutes to 2.5 hours long

For two to ten people

Includes guided meditation, breathing techniques or guided relaxation

## **COST GUIDE**

Available by appointment, subject to studio availability

Price varies depending on theme of class, group size + class duration

Price includes all props, studio hire + teacher

Option to add on herb tea and small selection of nibbles after class

## **WHEN**

Please enquire about availability via [info@susieorr.com](mailto:info@susieorr.com)

## **ADD ON**

Seated fully-clothed massage before or after class

## **THEMES MIGHT INCLUDE**

Restorative Yin

Women's Wellness

Chakras

## **1-4 STUDENTS?**

Maybe you'd like to try WARM STONE RESTORATIVE YOGA

Using warmed stones to release tension and encourage relaxation is an ancient technique. Smooth stones made of basalt volcanic rock are warmed in water and used as placement stones along the spine, hands, feet and abdomen during the class

## **WHY INCORPORATE WARM STONES?**

Heat is a natural relaxant, the warm stones are comforting, soothing, grounding, healing

Heat boosts the blood and lymphatic circulation bringing fresh oxygenated blood to the area being warmed by the stones and encouraging waste removal from the body's tissues in addition to relieving stiffness and aches and pains

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## **NOT SUITABLE FOR THOSE WHO HAVE/ARE:**

Unfortunately warm placement stones are contra-indicated in advanced stages of diabetes due to impaired sensory perception and risk of infection and for the same reason – clients with nerve damage/impaired sensory perception + those on high doses of pain medication

Clients with hypersensitivity to heat

Pregnancy - there is a risk of raising intra-uterine temperature which can cause miscarriage

Epilepsy

Peripheral Vascular Disorder, inflammation, varicose veins or thrombosis

High/low Blood Pressure, heart condition

Sunburn, eczema, shingles, herpes, any open wounds

Severe obesity (due to the additional pressure placed on the heart)

Students with Cancer or undergoing treatment for cancer/recovering from cancer

Prescription medications that thin the blood, thin the skin or makes the client more/less sensitive to heat/cold; these include Warfarin or other blood thinning medications, Roaccutane or other acne medications

I look forward to working with you to create a special Mini-Retreat for your group