

REVIEWS

Thank you for that lovely class on Wednesday. I haven't done a progressive muscle relaxation for years - not my favourite at all- but I was pleasantly surprised how well it worked. I must re-introduce it to my own clients!

Again, thank you for your classes overall. I always feel lighter and more energised afterwards. You have a beautiful nature and I feel safe and comfortable. I'm new to yoga classes. Have only ever done some free classes on YouTube which I found during the Covid lock downs, and it's taken me a long time to get the courage to join a class and I'm really enjoying it.

TM

Thank you so much Susie Orr for the beautiful experience I had Saturday morning in the yoga class you held. It was incredibly relaxing and totally cathartic. The gentle experience allowed me to re-engage with sensations of my body. Very much looking forward to the next class when you hold it.

LZ

I just wanted to shout out a big thank you. I really believe I'm getting a lot of relief from yoga classes and your time to explain and help me individually too. Today is the third morning I've woken pain free in my neck. I don't remember the last time that's happened... I've SUPed, jogged and swum, (so I haven't taken it easy whatsoever!.) Thanks so much Susie.

AC

Susie has an amazing insight and knowledge of the body and her ability to teach and support during her class is fantastic. Love her calm and composed nature. I highly recommend Susie Orr Yoga.

KG

Thanks again for the class - it was amazing. I left the class feeling so light and not tense (for a change), really haven't had that happen in a very long time! The class was great for recharging and for melting away tired and tight muscles - wonderful.

MV

I needed a gentle class to help with lower back pain and flexibility. I love that the classes are small and personal. After coming to a few classes I feel a bit less sore and creaky - things are beginning to move more easily. At the end of the class I love the check-in, noticing the difference in how my body has adjusted itself through the gentle movements.

Kara

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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.

Louise

I have only had a few lessons from you, and I find the technique therapeutic. At age 72 years, and nowadays in poor shape, I find great benefit from participating in an intelligent activity that promises hope. It's no longer about longevity for me, but far more important today, is my daily quality of life. You targeted exactly the right parts of my aging anatomy.

DIANE

I was introduced to restorative yoga by this lovely lady. I had no idea what it was and I am thankful that Susie convinced me to give it a go. 🧘 I think the use of the word "yoga" implies complicated poses in set flows. Restorative yoga should be named restful timeout. My fitness tracker showed me as having had a 90-minute nap. 😴 "

JW

Being cradled in the palm of Mother Earth herself is how it felt on Sunday afternoon in our very own Susie Orr's restorative yoga hot stone retreat. Rosie and Susie took impeccable care of us and it was an incredible reset with warming coco-chai and bliss balls at the end. Thank you Susie.

TIAHO

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!

Pamela

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).

Sherenne

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Maria

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The subtle changes from Susie's classes are quite magical. You might not understand the subtle shifts that have occurred in the body but they certainly leave a grand impact worthy of an applause.

Tina

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 upper body and neck. I can turn my head further now and pain level has reduced.

My daughter is a Bowen Therapist but as we're currently travelling, I booked in with Susie while we're in the North Lakes area.

Bowen is a number of things to me, it's loosening everything up, it's almost as if you're realigning everything to work better and it makes me feel like I'm back in sync.

Susie also showed me a Gentle Somatic Yoga 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.

L.M

I highly recommend Susie's restorative yoga classes! ☆☆☆☆☆

I have done other restorative yoga classes in the past (which essentially involve deep, supported yoga stretches and guided meditation/mindfulness), but Susie's combination of restorative yoga with Bowen and gorgeous essential oils made her class one that I'm really looking forward to repeating on a regular basis.

You'll leave Susie's class feeling restful, relaxed, and completely refreshed. Truly zen 🙏

DANA

I recently attended a restorative yoga and Bowen workshop run by Susie in the yoga studio at Ohana which left me extremely relaxed and restored and therefore would highly recommend this next time one is schedule. Soon I hope Susie!

Diane

It was a wonderfully nourishing 2 hrs. A beautiful combination of yoga and Bowen. Sincere thanks.

LYN

The thing I like most about the workshop was as a total novice I felt relaxed and felt no pressure from anyone regarding expectation of performance. I think the relaxation came from two aspects, the actual content but also feeling it was ok to ask for assistance if needed. I certainly would recommend it, in fact I already have to one of my neighbours.

DONNA

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