

# Susie Orr — Bowen & Yoga

## TIMETABLE 2023

### TUESDAY

BOWEN THERAPY  
PRIVATE YOGA & PRIVATE PILATES LESSONS 9AM-7PM

### WEDNESDAY

HATHA YOGA (WEEKLY) 7:15-8:45AM  
YOGA + PILATES COURSE 1:15-2:15PM  
ON SPECIFIC DATES ONLY

### THURSDAY

BOWEN THERAPY 9AM-7PM  
PRIVATE YOGA + PRIVATE PILATES LESSONS

### FRIDAY

YOGA AT AMICI HOUSE

### SAT OR SUN

PRIVATE GROUP YOGA BY APPT

### SUNDAY

YIN YOGA 11AM-12:30PM  
RESTORATIVE YOGA 2-4PM  
APPROX ONCE A MONTH

### SUNDAY

DAY RETREAT 9AM-2PM  
QUARTERLY

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### COURSE HELD OVER 4 CONSECUTIVE WEEKS

#### GENTLE YOGA + PILATES

WED 19 APRIL - MAY 10 + WED 17 MAY - JUNE 7 1:15-2:15PM

#### YIN YOGA

SUNDAY 7 + 28 MAY 11AM-12:30PM  
SUNDAY 3 SEPT, 29 OCT, 19 NOV 11AM-12:30PM

#### RESTORATIVE YOGA

SUNDAY 7 + 28 MAY 2-4PM  
SUNDAY 3 SEPT + 19 NOV 2-4PM

#### SEATED MASSAGE

BEFORE/BETWEEN/AFTER YIN & RESTORATIVE  
BEFORE/AFTER YOGA & PILATES + PRIVATES BY APPT

#### DAY RETREAT DATES

SUNDAY 30 APRIL 9AM-2PM  
SUNDAY 15 OCTOBER 9AM-2PM

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## **HATHA YOGA**

A range of multi-level yoga poses held for a few breaths. The postures focus on alignment for safe practice, comfort and ease. Class includes movements to release muscle tension, increase flexibility, build core strength and improve posture. Class concludes with a relaxing pose + a guided breath practice or meditation

## **YIN YOGA**

A stretch practice with poses held for between 1-5 minutes. Bringing balance to your Yang Yoga practice (Hatha, Vinyasa, Power Yoga), Yin targets the deeper connective tissues of the body such as fascia

## **RESTORATIVE YOGA**

Restorative yoga is relaxing and blissful! My sessions commence with Gentle Somatic Yoga(R) - some lazy, slow movements to unwind physical tension before the practice slows down to a standstill. Then, lying on a yoga mat, supported by bolsters and blankets, you'll be guided through a simple breathing technique to help you move from wired and tired, to soothed and rested

Experience the benefits of guided meditation and mindfulness techniques while you sink into deep relaxation. Practiced regularly, Restorative Yoga can restore energy levels, improve sleep, re-balance the nervous system and counteract the effects of a busy life

## **YOGA & PILATES**

Relieve some of the common signs of aging such as stiffness, mild to moderate muscle and joint pain, reduced range of movement and postural changes in this course.

With regular practice, you may find your everyday movements and hobbies feel more enjoyable and efficient, with improved function so walking, running, playing and sleeping feel more comfortable. Release muscle tension, condition the whole body. Feel longer, leaner, taller, stronger and empowered + reduce the likelihood of injury due to posture improvements + greater inner strength and tone

## **SEATED MASSAGE**

Done on a specially designed chair, through your yoga clothing. For my students, by appt

## **DAY RETREAT**

This one-day mini retreat is a perfect combination of movement, breath, and restorative practices allowing you to safely move into a place of rest and relaxation

## **BOWEN THERAPY**

Bowen Therapy is a hands-on treatment to gently assist with re-alignment, encouraging the body to release chronic muscle tension and fascial restriction. The Bowen Technique is done slowly and my sessions include guided breathing and mindfulness techniques to encourage a shift into the part of the nervous system where we rest, digest and repair. A valuable addition to your health care routine for all stages of the menopause, mild pain and stress