

# YOGA, BREATHING AND RELAXATION WITH SUSIE SPILLER

## Feel Better – Live Better – Work Better

Are you giving less output for the time and effort you are putting in? Are you finding it hard to make decisions or remember things? Are you becoming less confident in your judgement? Feeling more cynical? More frustrated? Spending more time on your own, and less with your colleagues? These are some of the many ways that stress can affect you.

Would you like to have a greater sense of wellbeing? A great way to start, is to find ways of dealing with - or guarding against - stress. And to do that, you need to have in place strategies of self-care and self-awareness. This means regular exercise, relaxation, good food, plenty of fluids and releasing muscular tension in the body. One of the best ways of making a positive move in this direction is to incorporate yoga into your life. The many benefits of yoga include improved sleep, lowered anxiety, flexibility, strength and peace of mind.

### THE YOGA CLASSES

Susie Spiller brings yoga to the corporate environment with the aim of helping people achieve work/life balance. Classes include simple and easy postures drawn from Satyananda practices, pranayama breathing practice, and yoga nidra for profound relaxation.

The postures will help remove the physical discomfort accumulated during the day. The breathing techniques are highly effective at reducing stress and anxiety – they are the quickest way known to reduce stress in the area of the brain that holds on to stress. And the yoga nidra relaxation exercise at the end of the class systematically induces complete physical, mental and emotional relaxation, while also awakening the consciousness and separating it from external awareness and sleep: while your body rests, your mind will stay alert and your consciousness becomes more powerful. *Please note that during relaxation, the body temperature drops, so please bring a blanket or jumper with you.*



### SUSIE SPILLER

Susie is a yoga teacher, massage and beauty therapist and is passionate about inspiring others to move powerfully into the direction of their dreams. She has studied yoga under the guidance of Swami Shantimurti Saraswati at Ashram Yoga, gaining a wealth of knowledge and peace of mind through his teachings. Susie was one of only nine who recently completed the advanced yoga training course with him.

In addition to teaching yoga, Susie has qualifications in beauty therapy and training, massage therapy and training, and is an experienced communicator, facilitator and counsellor. She not only talks about a great lifestyle - she lives it through her daily focus on diet, exercise and meditation.

## YOGA

*Yoga is not an ancient myth buried in oblivion. It is the most valuable inheritance of the present. It is the essential need of today and the culture of tomorrow.* – Swami Satyananda Saraswati

**Yoga** draws on the magic of ancient traditions and marries them with advanced science and consciousness research. Far from being simply physical exercise, it is an aid to establishing an awareness of one's self and integrating or belonging to the whole.

**Yoga** is a gentle but powerful means of achieving strength, flexibility, stillness and balance in the body and mind. More and more people are turning to yoga as a way of dealing with the stresses and strains of modern living.

**Yoga** is a practical means of balancing and harmonising the body, mind and emotions. For most people yoga is simply a means of maintaining health and wellbeing in an increasingly stressful world.

**Susie Spiller**

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