



Susie Ellis

Personal Trainer and Yoga Instructor

Susie has always been passionate and interested in sport, fitness, health and wellbeing. Having worked in the corporate world for nine years, she decided to leave in 2017 and pursue a career in fitness and wellbeing. Firstly training and qualifying as a yoga instructor and continuing on to become a Personal Trainer.

Susie is a motivated individual who loves to help others achieve their goals using an all round approach to improve physical and mental wellbeing.

She pays close attention to the needs of her clients to ensure they are reaping the benefits depending on their abilities.

Her early morning rejuvenating practice begins with sun salutations, followed by restorative standing and seated postures.

Susie teaches one-to-one and group classes.

You can find the times of Susie's group lessons below:

Monday

Vinyasa Flow Yoga, 7.30-8.30am

Deep Release Yoga, 12 noon-1.00pm