



Susie Ellis

Yoga Instructor

Susie decided to train as a Yoga Teacher in early 2018 when she travelled to the birthplace of Yoga, India, to complete her training in Goa.

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

Tuesday

Beginner Yoga, 1.00-2.00pm

YinYoga, 2.00-3.00pm

Deep Release Yoga, 11.00am-12 noon