



WELCOME FRIENDS.

My name is Susie Taylor – I am the heart and soul of '*Taylor Made Yoga*'.

Just as the name suggests, I am a yoga therapist and yoga teacher and I tailor individual yoga programs for everyday people.

No two people are the same and I believe everyone's yoga practice should be focused on meeting your individual health wants, needs and goals. That's why I designed '*Taylor Made Yoga*' and run tailored programs working with clients in one-on-one sessions.

Yoga is a widely accepted health benefit bringing balance to the mind, body and soul. Yoga practice can repair and balance the body physically by retraining the way you stand, move, think and feel, both with and about your body. Yoga can also be a spiritual practice and/or incorporated in emotional healing and balance.

At '*Taylor Made Yoga*' I can tailor programs to not only address physical or fitness needs, but general health, mental health, emotional health and spiritual well-being as well. Whether your focus is fitness, mobility, stress relief, mind-body connection, rehabilitation, letting go, spiritual awareness or a need for one-on-one guidance simply to improve your postures or practice, I can provide the right lessons to take you there.

I am also a specially trained trauma yoga therapist specialising in providing support and healing to survivors of trauma, through yoga. I have a particular focus on working with survivors of child sexual abuse. I am a legally recognised survivor of child sexual abuse myself; I have an inner understanding of the healing process and how yoga can help. I am 100% devoted to supporting and guiding you through your own personal journey to heal, to flourish and to feel comfortable in your own skin.

I run one-on-one tailored classes via Zoom. Small group programs can be arranged, providing the group have the same focus and goals. Specialist trauma healing programs are individually designed and conducted as personal classes only.