



# Elemental Motion

A Movement Studio  
of Magical Possibilities

## Client Testimonials

*I first met Sue when she came to me for Business coaching a couple years ago. Then, I kept hearing from friends and clients about her magical abilities. At the time I was regularly attending hot yoga classes and loving that. So it took me awhile to realize that what Sue offered was different than regular yoga. I was intrigued. I was relatively healthy, but I had this dream of attaining optimal health and vitality. What if I could be the healthiest I've ever been in my life in my 50's? I knew this was about mind, body, and spirit - I wanted to feel whole and have all of me working together more harmoniously. When I met with Sue and told her this is what I wanted, she told me that it was absolutely possible. And that is what we have been working towards ever since. Between private sessions (movement and energy) and her small group classes, I am becoming 'whole'. How this is happening, I'm not able to explain fully. What I know is that my whole being is being put back together in the way it was designed to work optimally. Sue has an understanding of the physiology of the body beyond anyone I've ever known. But it doesn't stop there. Every physical movement is also connected to and integrates all parts of me (mental, emotional, spiritual, energetic). I've dubbed Sue the Movement Medium and every one else in her classes nods in agreement. Others in the class have experienced significant healing from pain and mobility issues. For me, I am well on my way to attaining my dream of optimal health and vitality. Oh... and we have a lot of fun and laughs too. Whatever your health goal or problem might be, I absolutely believe that Sue can help you too.*

*Liz Garratt*

*Thanks so much, Sue, I am really loving your classes. I am so glad I found you and your wonderful spirit.*

*When I first came to you I had very limited use of my left arm, today I have muscle's and feelings with the use of most of my arm back! I was told I may never get the use of my arm but with all 3 of your strong qualities as well as your own personal care of me I'm healing. Not only physically but spiritually as well.*

*When I come to an appointment I know you have done homework on me as you already know our next step, what's next to help me on my "back to normal" life. The exercises I am learning to ward off my pain is a lifelong knowledge to me which is priceless. Even in our group class you offer something to all of us.*

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WOW!!!!

Today's class and those simple moves made a world of difference. My back and hip pain disappeared. I wish I could have stayed longer but I likely would have fallen asleep and snored some more. I'm still feeling taller and stronger at the end of the busy day. Now to get my knee to release and I will be walking nonstop! Thank you, thank you, thank you!! Can't wait to see you next week!

😊 *Thank you for helping me focus and giving me the healing practices you do to feel better. I am forever grateful to you. You are an absolute blessing! I truly can't thank you enough.* 💜

Thank you Sue for our sessions. You really listen to me and from that you are (somehow!) able to see what kind of poses / stretches are needed and suitable to that particular client (me). Thank you for your very personalized care. You really "know your stuff" and I am grateful that you continue to study to be the best yoga teacher(?) you can be -- thank you! I appreciate your friendly smile and welcoming attitude when I come. It makes me feel that I am in the best hands.

*Hey Sue. Just wanted to say thanks for a great week. It has been really awesome on every level. Thanks for your support and just intuitively knowing what is needed.*

You are loving, kind, caring, Sharing your knowledge so we really understand our own bodies. Your individual attention to each complaint that I may have and fulfilling that need. Accepting me, praising me to be a better person in and out. Growing each week in strength and independence from the outside world. I don't have big words but each week I look forward to something new that you have created for us. You are amazing my little friend, love you.

*The past 5 years I've spent with you has supported my commitment to myself to continue the work. I've had a rough couple of years and the solace and joy that yoga with you has brought has kept me wanting to only be in a good place. It has helped me manage depression and that has been really significant. Thank you.*

Sue,  
You lift my heart, you are so insightful, and so incredibly connected to the important pieces of the world... I am so incredibly grateful for you.

Sue, thank you for your help with my situation. You should be a doctor because everything you have been supporting me with is what my medical also confirmed as well.

Today 3:37 PM

After doing my routine this morning I had a shower for the first time in so many years, with no foot pain. My feet felt normal. Like so many years ago! The burnt skin on my bad has decreased. ❤️

Good morning Sue! Yesterday's class eased away 90% of the stiffness and sore spots that I had when I walked in. I'm feeling confident that I can use what I know through the weekend to maintain and improve further.

*Sue the class yesterday was really good. I am going to add the ball behind the knee lifting to my list. (The laughter was great also 😂)*

Hi Sue!

It's always fun and refreshing to spend time with you. I did feel better with only some slight twinges later in the evening. I used the ball behind the knee before bed and used the yoga toes. It helped!! Had a fabulous sleep last night!!!!!! So grateful to have the chance to get stronger with you!!

*Sue,  
My husband was profoundly moved with his session today. He is still absorbing all you took him through. I hope you know how absolutely amazing you are!*

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I would not have guessed or imagined this (new awareness piece about her body) unfold. I am still awe struck .... not sure if that is the word I want or not. So beyond grateful for today.

*Dear Sue,*

*Thanks for your note, with instructions for my exercise program.*

*I truly appreciate your making time to see me today, on short notice. I feel so relieved to feel better already. My daughter & I came to my place, and I re-did the lumbar exercises, moving my pelvis up and down. on the rolled up yoga mat.*

*Thank you for your "miracle" treatment! I'm grateful to you, and to my daughter for her taking me to see you.*

Good Morning Lovely!

Let me tell you about yesterday. I felt So different!!

I know that I might be fighting a bit of a cold or something so that plays in but I think most of it was the lower body work we did. I was walking differently when I got home. I had a little something to eat and then I had that cold shiver thing that I do - when something has shifted- it was warm in the house but still I couldn't get warm so I lay down with a sweater on and a blanket. I slept for 1.5 hours!! Odd since I had 8 hours sleep that night.

When I woke up I was so aware of my legs and lower body- some of it achy - not uncomfortable but alive. One more annoying point was my right hip socket- it was sore. I decided not to go to the pool - I made dinner- watched some tv and went to bed early. This morning I feel tall- my hips feel fluid- the sore spot has gone- legs and knees feel alive- it's hard to explain but there was a HUGE shift that happened yesterday. Needless to say I will be lying on the wall with feet up again today! I think I need to support whatever got rewired!

Thank You!!!

*Hi Sue,*

*Thank you for another wonderful session. I'm looking forward to the videos and longer session info.*

*It was funny leaving your studio yesterday - I felt like I was wearing someone else's feet :) I still noticed some difference this morning - perhaps more suppleness, flexibility.*

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Hi Sue,

Thank you for another great session yesterday. I found myself lying on my side when I woke up this morning, and I also noticed that when I was in that position I could feel the back of my ribcage expanding as I inhaled. It was wonderful!

Good morning Sue!

I can't tell you how much I enjoyed class yesterday! It felt so wonderful - physically and mentally! Thank you!

*My Dr. is always very interested in what I do to cope and promote well being. First thing that came to mind was "Yoga". I just want you to know Sue - YOU are part of my recovery. You are so patient in teaching and just know what's best for everyone. I know you are so humble and say "we do the work" but.....would not be possible without your direction - accept you are special to me and so many others ..... so take a bow. I will always fly your banner.*

*Just wanted you to know.....I always sound so sappy but it's important to me for people to appreciate their gifts.*

*I am so thankful for you.*

Dear Sue,

I cannot thank you enough for yesterday. I am looking forward to all that unfolds in my work with you. I feel very privileged to be able to be in your sacred vessel doing this process with you. I have not felt the way I felt after all that you and we did yesterday!!!!

It is a little different this am without you doing all of what you did yesterday and is feeling good too. I found myself going back and forth between the movements, resting in between some repetitions of movements. I also noticed one thing that was different that yesterday. By the 2nd set of movements, I was feeling a pulsing in my spine. I am hoping that this is a good sign.

Much love for your day.

*I found Sue about a year and a half ago by accident...or perhaps not...driving by a sign in my neighbourhood advertising "Therapeutic Yoga" and something told me to give it a try. It seemed to have come at the perfect time since I had recently started*

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*physiotherapy for a shoulder injury that had been limiting me for over ten years and had finally come to a point of needing to be dealt with. Regular massages and chiropractor treatments were no longer managing the pain in my neck and shoulder and I didn't want to resort to the painkillers I was prescribed. I was suddenly sidelined for the first time in my life and no longer able to play sports, kick box, strength train or do "regular yoga"...all things that I loved doing. I was soon referred to a specialist and awaiting a proper diagnosis which took over 6 months.*

*My first therapeutic yoga session with Sue was more about discovering self-acceptance then the about the restorative yoga poses...although they were great! Sue understood how frustrated I was with my limitations having experienced injuries herself. Her patience and understanding was so important for me since I needed to first surrender to where I was physically, and accept it, before I could really start my journey of rehabilitation. This past spring I had the tear in my shoulder repaired and started back with Sue as soon as I got the green light from my specialist. I have continued to take Sue's therapeutic sessions throughout as well as private sessions where Sue has created programs for me to help me continue my rehab and reteach my body how to move "purely" since it has been over compensating for over a decade..which is no small feat ;) Sue is always up for a challenge and continually learning new techniques to help her clients. I love her passion and dedication. She truly is doing this from the heart. I am very excited to say I had a major breakthrough in my private session last week where after holding a new pose my shoulder actually dropped into a noticeably "different" position. I think we were both in a bit of shock at how dramatic it was. It felt like a light at the end of a long tunnel and reaffirmed that this is exactly where I need to be to continue my rehabilitative journey. I happened to noticed a Rumi quote on Sue's whiteboard that same day which read something like "We don't meet people by accident...they are meant to cross our path for a reason". So blessed to have crossed Sue's path.*

After hearing great things about Sue's yoga teachings I decided to start attending her Therapeutic and Yin classes. I have to say I was quite surprised after going to a few classes how different these were from the yoga classes I was attending. I find her teachings very relaxing, fun and have never felt out of place or uncomfortable. Everything is within your own means and you never have to match anyone else's level or ability. It is very nice to be able to work with someone so knowledgeable about what they are teaching and who truly cares about all of her clients.

I was experiencing some lower back pain that came up for no apparent reason (no slips, falls or twists) and took a private session with Sue. The work she put in before we met and what we did that day helped tremendously and within a few days the pain had subsided. Sue was very hands on and worked towards figuring out what could be causing the problem and the best way to move to fix it. I also took the Neck and Shoulder workshop and learnt so much more. It was a great, fun class and very informative. When the moves are done on your own and on a regular basis it

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is amazing how much it improves everything. The pain/stress in my shoulders has not been as bad since then and is still getting better.

I am still attending classes with Sue and will continue as much as I can. I have learnt the importance of pure movement and how to listen to my body. Thank you Sue for all you've shown and taught me. I'm very happy I took the steps to join your world of Yoga. This is truly a lifestyle change of moving better so you can move longer. And to always continue to Breathe !

*Hi Sue,*

*I noticed something this morning when I got up. I had actually been sleeping on my pillows! My neck felt so much better!*

*I also felt more energetic yesterday afternoon. Not enough to make me vacuum but more than before. :)*

*Thanks!*

It took my breath away - that's what the pain in my chest did.....it was medically determined that I had pulled a muscle – much to my surprise!!

I was given the opportunity for a private session with Sue in hopes of determining specific moves to ease pain – it was terrific!!

Sue assessed the movements that would relieve my discomfort and put together a routine. The amazing part is Sue knew how the movement should feel in my body and what side effects I would experience, if any. Sue is a very hands instructor, ensuring I captured the full impact of each move.

Sue developed a series of movements, wrote it out and it is hanging on my wall at home to practice. Pain is subsiding and I can move with some normalcy without flinching – yahoo!!

If you are feeling discomfort of any kind I would strongly recommend a private session with Sue to evaluate your body – you owe it to yourself and we deserve it.

*My naturopath recommended I see Sue after injuring my shoulder from other types of yoga. Her approach is like no other. She is excellent at giving you moves appropriate for your level and needs and reads your body's movement (or lack of!) extremely well. I had only a few individual and group sessions but the changes are starting. I'm learning how to move "purely" and freeing my shoulder from pain. I'm applying it to my every day life and the other activities I do. Wish someone had taught me this 25 years ago!*

*Hi Sue,*

*I must say, I find the classes really helping me. I look forward to coming to the classes. I am finding myself stronger little by little. Some days less pain, some days maybe more.*

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*Still feel some pain in the tail bone area, and the pain in the lower back and hips maybe not as much some days. Have to take it day by day.*

*But all in all, I am finding myself stronger as each class passes. I noticed from one of the first classes I could not do some of the poses for long, now I can hold that pose longer. Yay me.!*

*You were right I am feeling our workout from Thurs night. But that is ok, right I put in a good effort in my workout.*

*So I just want to say THANK YOU! for all your help, I look forward to seeing you next week.*

*I joined therapeutic yoga after a friend told how different it was from regular yoga. I have had lower back issues for about 5 years. Sciatic nerve pain from my right hip to ankle. I have been going to yoga and Sue has really helped me stretch and release most of my tension. I really surprised myself last week, I actually could lift my leg onto my kitchen counter and get a vase from the top near the ceiling. I could not do that for a couple of years already. Too much pain in back and leg.*

*I have not experienced the sharp shooting sciatic anymore. I find this type of yoga so relaxing after my stressful days. I also have had some uplifting and enlightening experiences during our relaxation time.*

*Sue takes the time to actually correct your positions and movements so they are beneficial to your body. Every class is working a different body area, so you work your whole body to reap the benefits. This yoga has been very beneficial in to my health and wellbeing.*

*I would recommend anyone with pain try this therapeutic yoga for a couple of months, it certainly has improved my life.*

*Hi Sue:*

*LOVED THE WORKSHOP!! Thank you so much. Although I initially felt awkward (not taking yoga before) you made me feel very comfortable in a short time. I felt much more energized this afternoon however, my arms were very itchy for about an hour after – I'm assuming from opening up channels. I also felt much more limber - hard to believe in one session – but thankful.*

*Sue – I feel like an Angel pointed me in your direction. I drove by your billboard several times before I had the opportunity to take down your number.*

*Thank you for all of your support and encouragement. You allow me to feel safe when I am at my most vulnerable state. You truly are a healer and I'm grateful to have a teacher like you!*

*I feel like thank you doesn't express how much I appreciate you, your understanding, compassion, and all you do!*

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Thank you so much Sue! I really appreciate all of your guidance and support, means so much to me 💖 your are helping to save myself!

*THANK YOU so much for the counted breathing clip :) It is helping me so much!*

I just tell everyone that you were a god send for me.....

Ps. I honestly don't know how you do it... you are like a dr with so many patients always coming up with possibilities to help people. That's a gift Sue!!!! 😊😊😊

Have a good day Sue!! Thank you for listening 😊

*I had an amazing time on my mat this morning starting at 5 a.m. I'm coming back.*

*Thank you so much for your (big) part in this. 🙏🙏🙏*

Hi Sue, just wanted you to know that yesterday's session left me feeling balanced throughout the day.

*Hey Sue. Just wanted to to say thanks for a great week. It has been really awesome on every level. Thanks for your support and just intuitively knowing what is needed.*

Hi Sue!

I really enjoyed the workshop on Saturday. I notice a shift in my body since I started working with you last week! I'm thrilled to see the changes in my body so quickly and I'm looking forward to more sessions, classes and workshops with you this year. Sky is the limit! ✨✨

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