

GARY CARTER

'DEEPENING THE PRACTISE'

*Further explorations of the Yoga inspired by the work of
Vanda Scaravelli*

FRIDAY 10th MARCH 2017

CAVENDISH PAVILION

Field End Road, Eastcote, HA4 9PG

9.30am - 1.00pm Cost £36



A continued exploration of how Gravity effects habit and posture in movement. How we can create a responsive system in Gravity to maintain grace, poise and freedom of movement.

Gary Carter - KMI Structural Integration, YTTC, LTG Dip has been teaching and practising yoga and various other movement practices for 26 years. Over the past 16 years he has lectured in Movement Anatomy for Yoga, Yoga Teacher Training, Pilates teacher training and massage schools all over the UK. He has run the Science of Movement course at Middlesex University from 2007- 2011 and studied in Dissection at the Institute of Anatomy in Vienna. He continues to run his Anatomy and Yoga courses in England, Scotland and Ireland.

.....Please detach and retain top half.....

Gary Carter - 'Deepening the Practise'

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Application Form - Cost £36

Name.....

E -Mail Address.....

Telephone Number.....

Please make cheques payable to:- Jackie Barker, 14 The Uplands, Ruislip, HA4 8QN

Telephone: 01895 675426 07876 207408 e-mail Jackie@yogawithjackie.co.uk www.yogawithjackie.co.uk

NB. If people have to withdrawn I'll always offer a full refund with 1 month's notice and a 50% refund with 14 days notice if there is no waiting list.