

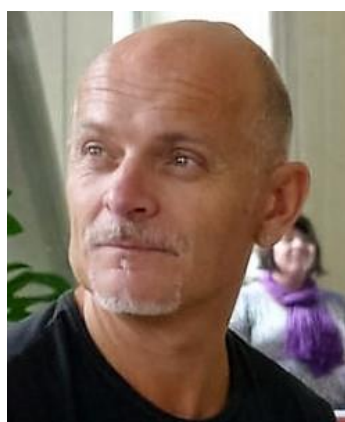
GARY CARTER

'FLOATING SHOULDERS'

The Complexities of the Shoulder Girdle

FRIDAY 16th MARCH 2018

CAVENDISH PAVILION
Field End Road, Eastcote, HA4 9PG
9.30am - 1.00pm Cost £36



The shoulder girdle can be a complex structure. In this short workshop we look at where Structural Freedom can come from for our Shoulder Girdle; exploring its connection to the pelvis and legs.

Gary Carter - KMI Structural Integration, YTTC, LTG Dip has been teaching and practising yoga and various other movement practices for 30 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 - 'Floating Shoulders'
FRIDAY 16th March 2018 9.30am - 1pm
Application Form - Cost £36

Name.....

E -Mail Address.....

Telephone Number.....

Please make cheques payable to: J Barker 14 The Uplands Ruislip HA4 8QN BACs 08-92-86 16087499
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 If people have to withdrawn I'll always offer a full refund with 1 month's notice and a 50% refund with 14 days notice if there is no waiting list.