

# GARY CARTER

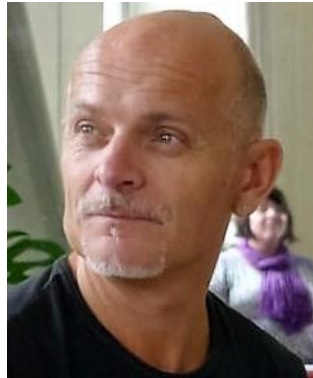
## FOOT, SPINE AND JAW RELATIONSHIP A Continuum

SUNDAY 15<sup>th</sup> SEPTEMBER 2019

MOOR PARK GOLF CLUB

Rickmansworth WD3 1QL (use this for Sat Navs)

10.00pm to 4.00pm - £69



We explore the importance of the Foot, its Structure and Myofascial Connections to the Spine and Jaw and its relationship to Postural Balance and Freedom.

*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.*

*The workshop will be held in the beautiful setting of Moor Park Golf Club in the Orangery, a Grade 1 listed Palladian building. This is only accessible by car or a walk from Moor Park Station. Let me know if you will need a lift. The cost of lunch and refreshments have been factored into the cost as no food is allowed to be brought onto the premises. A communal lunch will be arranged with a choice of Caesar or Avocado salad with bread and refreshments. Special diets can be accommodated.*

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

**Gary Carter - 'Pelvic Balance and Connections'**

SUNDAY 15 SEPTEMBER 2019 10.00am - 4.00pm

Application Form - Cost £69

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](mailto:Jackie@yogawithjackie.co.uk) [www.yogawithjackie.co.uk](http://www.yogawithjackie.co.uk)

NB. If people have to withdraw 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.