

GARY CARTER

'DEEPENING THE PRACTISE'

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

SUNDAY 3 SEPTEMBER 2017

CAVENDISH PAVILION

Field End Road, Eastcote, HA4 9PG

10.00pm to 4.00pm - £51



'A deeper look at the continued evolvment of the fascial and fluid bodies.
Learning to facilitate movement in the tissues that allows the body to move more freely.
This can be considered 'the organ of embodiment'

*In this one-day workshop we will explore with Movement, Asana, discussion, images and props,
what this means through the nature of our anatomy. The many tissues that respond favourably
to the ground and how our body/systems move freely to the pull of gravity.*

*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'

SUNDAY 3 SEPTEMBER 2017 10.00am - 4.00pm

Application Form - Cost £51

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 If people have to withdrawn I'll always offer a full refund with 1 month's notice and a 50% refund with 14 days notice if there is no waiting list.