

IMPORTANCE of SPINE and BREATH INTERGRATION

Gary Carter



ICKENHAM VILLAGE HALL

Swakeleys Road

Ickenham UB10 8DG

Saturday 13th April 2024

10am – 4pm

Cost £70

Payment by BACS 08-92-86 16087499

or cash by arrangement

Full payment by 13th March please

Vanda Scaravelli wrote a ground breaking book called "Awakening the Spine", which became a launching pad as to how we understand the relationship between the spine and the breath and as a consequence changed many people's Yoga practice.

This is not just a movement class and we will explore why this integration is so important using postures to free the restrictions to breathe and various breathing practices:-

- What happens to the spine when we breathe
- The importance of the natural pauses, diaphragm movement and disc space
- Maintaining resilience in the lung
- What prevents us breathing properly
- How this can affect our hip and pelvic health

The Ickenham Village Hall is in the middle of Ickenham shopping parade, so great for lunch, but has restricted street parking. Ickenham Station is 5 mins walk and on the Met and Piccadilly lines. If you need to drive it is best to get a £3 all day ticket at Ickenham Station, Glebe Av UB10 8PD. Please check your route beforehand and contact me if unsure.

The venue is warm and comfortable with a large kitchen for hot drinks and heating food for lunch.

NB. I will always offer a full refund for cancellations up to one month's notice and a 50% refund up to 14 days' notice.

Best wishes

Jackie Barker

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