

BALANCE

How can we improve our proprioception,
And ongoing healthy movement through life.

Gary Carter



ICKENHAM VILLAGE HALL

Swakeleys Road

Ickenham UB10 8DG

Saturday 3 February 2024

10am – 4pm

Cost £70

Payment by BACS 08-92-86 16087499

or cash by arrangement

Full payment by 6th January please

This is a movement class and Gary will be incorporating some Chi Kung basic movements as well as specific Asanas.

We will explore the problems of balance both physically and mentally:-

- Exploring freedom around the pelvis
- Finding new freedom to balance the legs and feet

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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