

Gary Carter's

ANATOMY & MOVEMENT

Series for Yoga Teachers

A 10-weekend course starting in January 2019 • **Stockholm**

Structural, Functional, and Experiential Anatomy for Yoga Teachers

(and trainee teachers in the final year of training)

Venue: BodySense Kliniken, Lindhagensgatan 53, Stockholm (enter from the back through the Holmia Park)

Gary Carter shows how a thorough knowledge of anatomy can help teachers to make intelligent choices about the way they teach their pupils. His workshops involve the use of props, illustrations, and hands-on work in class to help demonstrate the principles that underlie your movement practice. This course of experiential anatomy will run for ten weekends.

THE ANATOMY SERIES

This 10 weekend course explores the anatomy of movement in relation to practice, movement analysis, 3-D work, and experiential anatomy. It will encourage teachers to 'see' their students more clearly, thus helping with rehabilitative issues. The course aims to help teachers take a flexible, intelligent approach to their specific field with individual students.

Weekend 1 • January 12 & 13, 2019

INTELLIGENT DESIGN?

Development of Movement Patterns Development of Bone Ligaments, Joints, and Skeleton

Weekend 2 • March 9 & March 10, 2019

SENSE OF SELF

Perception - Kinaesthetic sense Muscle How Bones and Fascia Communicate The Fascial Web Gravity response

Weekend 3 • April 6 & 7, 2019

THE FEET AND UP!

The Foot - Primary Support The Legs - Lightness and Strength The Pelvis & Pelvic Freedom

Weekend 4 • May 4 & 5, 2019

THE PELVIS AND UP! THE SPINAL ORGAN part1

Psoas and Piriformis and the 'Pelvic Trampoline' The Deep Six and Pelvic Fluidity

Weekend 5 • June 1 & 2, 2019

THE SPINAL ORGAN part 2 WHAT IS THE CORE? Breath and Movement

Spinal Structure and Function The Spine as an Organ Anatomy of Breath Understanding Breathing Practices and their application to the work

Weekend 6 • July 6 & 7, 2019

BALANCE OF WEIGHT

The Cranium and Neck – Cranio Sacral Rhythms The Shoulder Girdle

Weekend 7 • September 7 & 8, 2019

INWARDS & UPWARDS

The Arms and Back The Bandhas

Diaphragms of the body The Cups and Domes in movement

Weekend 8 • October 26 & 27, 2019

SPRING LOADED AND LIGHT

Network

Spiral Dynamics The Fluid Body

Tensegrity and the Muscle Matrix

Weekend 9 • November 16 & 17, 2019

ANATOMY OF CONNECTION – part 1

The Myofascial Meridians in Asana, including the Anatomy Trains Theory

Straps Bands & Slings! Effective Body Reading Tensegrity in Movement

Weekend 10 • January 18 & 19, 2020

ANATOMY OF CONNECTION – part 2

The Myofascial Meridians in Asana, including the Anatomy Trains Theory

Straps Bands & Slings! Effective Body Reading Tensegrity in Movement

Saturdays: 10:00am – 5:00pm with a 1 hour and 15 minute lunch break plus two short breaks in the day.

Sundays: 10:00am – 4:00pm with a 1 hour lunch break plus two short breaks

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Series for Yoga Teachers

Please reserve me a place on Gary Carter's **Anatomy & Movement** series running for 10 weekends in Stockholm, starting January 2019.

Full details of course supplied when booking deposit made.

Name: _____

Address: _____

Telephone: _____

Email: _____

Qualifications (please list all relevant): _____

COURSE COST: £2,350.00

Early Registration Discounted price: £2,100.00 (if paid in full before 31st October 2018)

A £350.00 non-refundable deposit will secure your place.

Payment plans are available, please enquire by phone or email.

To reserve your place please fill in this form and email it to info@naturalbodies.co.uk

If you prefer to post it, please send it with your deposit to:

Gary Carter
Natural Bodies

66 Franche Court Road
London SW17 0JU
(please make cheques payable to Gary Carter)

Or by bank transfer to:

Gary Carter

HSBC

Sort Code: 40-14-01

Account no. 61341561

IBAN: GB74MIDL40140161341561

SWIFT: MIDLGB2121V

For more information please contact:

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