

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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## ANATOMY & MOVEMENT

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): \_\_\_\_\_

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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](mailto: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:

Course Coordinator – Sharon Carter – 07778 403578 • [sharon@naturalbodies.co.uk](mailto:sharon@naturalbodies.co.uk)