

**Gary Carter's**  
**YOGA & ANATOMY**  
**Series for Teachers**

**An 6-weekend course starting on 12<sup>th</sup> September 2009**  
**Structural, Functional, and Experiential Anatomy for Yoga**

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 asana practice. This course of experiential anatomy will run for 7 weekends at: The Self Centre, Kempson Way, Moreton Hall, Suffolk Business Park, Bury St Edmunds, Suffolk

**The Yoga & Anatomy series**

This 6 weekend course explores the anatomy of movement in relation to asana 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 yoga with individual students.

**Weekend 1. September 12-13 2009**  
**INTELLIGENT DESIGN?**

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

**Weekend 2. December 5-6 2009**  
**SENSE OF SELF**

- Perception - Kinaesthetic sense
- Muscle
- The Fascial Web
- Gravity response

**Weekend 3. January 16 -17 2010**  
**THE FEET AND UP!**

- The Foot - Primary Support
- The Legs - Lightness and Strength
- The Pelvis

**Weekend 4. February 20-21 2010**  
**THE PELVIS AND UP!**  
**& THE SPINAL ORGAN**

- Spinal Structure and Function
- The Spine as an Organ
- Psoas and Piriformis
- and the 'Pelvic Trampoline'
- The Deep Six

**Weekend 5. March 27-28 2010**  
**WHAT IS THE CORE?**  
**& BALANCE OF WEIGHT**

- Anatomy of Breath
- Pranayama
- The Cranium and Neck
- Cranio Sacral Rhythms
- The Shoulder Girdle The Arms and Back

**Weekend 6. April 24-25 2010**  
**INWARDS & UPWARDS**  
**SPRING LOADED AND LIGHT**

- Diaphragms of the body
- The Bandhas
- Spiral Dynamics
- The Fluid Body
- Tensegrity and the Muscle Matrix Network

**EXTRA 3-DAY WEEKEND 7**  
**(MAY 28,29-30. 2010)**  
**ANATOMY OF CONNECTION**

(An additional weekend; prerequisite - completion of the previous eight weekends)

- The Myofascial Meridians in Asana, including the
- Anatomy Trains Theory
- Straps Bands & Slings!
- Effective Body Reading

# Natural Bodies

yoga, movement & therapy centre

## Gary Carter's **Yoga & Anatomy Series** for Teachers

Please reserve me a place on Gary Carter's **Yoga & Anatomy** series running for **6** weekends at The Self Centre, Kempson Way, Moreton Hall, Suffolk Business Park, Bury St Edmunds, Suffolk

Full details of course will be provided when booking deposit has been received.

Cost and venue for additional 7th weekend (TBA)

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

**Full cost for 6 weekends £1,500**  
**(Special price of £1,250 if full payment made by 30<sup>th</sup> July 2009)**

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**METHOD OF PAYMENT ENCLOSED (DELETE WHERE APPLICABLE)**

I enclose a cheque for:-

- A) Full payment £1,500. "Early Bird" payment of **£1,250** if paid in full by 30<sup>th</sup> July 2009
- B) £500 Deposit only (non-refundable per person) with full payment to follow by 24<sup>th</sup> September 2009
- C) £300 being the non-refundable deposit with 3 further payments of £400 each to follow on 30<sup>th</sup> July 30<sup>th</sup> August and 30<sup>th</sup> September 2009.

Please return this slip with your cheque made payable to: **Natural Bodies** & send to:

**Natural Bodies, Yoga, Movement & Therapy Centre,  
28-29 Bond Street, Brighton BNI 1RD**

e-mail: [info@naturalbodies.org.uk](mailto:info@naturalbodies.org.uk)