

Deepening The Practice: A week of Yoga Anatomy Breath and Asana with Gary Carter

3pm Thursday 24 July – 2pm Wednesday 30 July 2008

Throughout this week we will be exploring the practice through the integration of breath. Each person will evolve their personal practice through deep internal and external focus. Mastery of the breath, sculpting the internal environment and minute refinements create paradigm shifts both on and off the mat. Gary's unique way of holding space for the group supports a new level of lightness and freedom within yoga. This creates a natural 'green light' for the body to experience new levels of awareness and success.

If we stay close to the understandings of Vanda Scaravelli's work, and continuing the teachings of the Krishnamacharya, we can truly understand the ability of becoming our own teacher and student. Through the study of the breath with attention – pranayama, an understanding of structure and exploring the anatomy of asana, we can move beyond structure to a lighter practice which becomes the understanding behind Tai Chi and all of the movement forms – through this we will find an integration of our Bodymind.

We will be exploring Anatomy, Structure, Form and Function

Gary has an extensive history of over 30 years' experience in movement, physical training, anatomical study and bodywork practices. His background incorporates athletics, competitive cycling, bodybuilding, martial arts and yoga along with the manual therapies of cranio-sacral therapy, shiatsu, and structural integration.

From this diverse background Gary has created his own unique way of working with the body that he incorporates into both his practical and theoretical lectures. In 1990, Gary set up the Natural Bodies Centre in Brighton to provide a range of related movement and manual disciplines where he could teach, train and encourage others to develop kinesthetic awareness, ease of movement and efficient body use in exercise and sport. He continues to develop and evolve his understanding of balance, integration and functional movement by working with other anatomists in the USA and Europe. He also works with movement teachers from the fields of dance, contact improvisation, Tai Chi, Pilates, Gyrotonics and martial arts. He has studied extensively and taught with Tom Myers in Anatomy Trains and Structural Integration.

He was introduced to the Yoga of Vanda Scaravelli in 1998 and subsequently explored the work through various teachers until he eventually met Vanda and continued the work under the influence of Diane Long, he continues to work with Diane to this day.

Your yoga week holiday in the mountains of Scotland will be made complete with the addition of an evening of live folk music.

Course £350 (Reduced to £300 if £225 deposit paid before 31st January).
Accommodation and meals £250. Deposits are non-refundable or returnable.

Join Gary in the magical setting of Lendrick lodge, for a week of in-depth teachings and warm friendship

