GARY CARTER
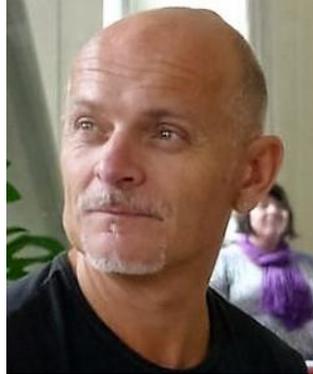
BREATH, SPINE and MOVEMENT.
Fundamentals of motion

BLACK JACK'S MILL
Black Jack's Lock, off Park Lane
Harefield UB9 6HL
Saturday 28 November
10am – 4pm   Cost £70

In our current times it is important to understand the mechanisms of the deeper breath. Learning practices and tools to maintain a regular daily practice of movement and breath is becoming ever more fundamental.

We will explore the dynamics of breath, the fascial relationships of breath to movement and explore a series of practices that promote space and ease for not only breathing but also movement into everyday life.

This will be the last time we are able to use the lovely Black Jack's Mill and it will also the first proper workshop available since the lockdown. We will be following all Government social distancing guidelines and there will be less places available. Please get your booking in early. Please bring your own mat and sanitiser. Masks are optional.

Please use the post code UB9 6HL if travelling via Harefield. If you are travelling from the M25 or A412, please use the Old Orchard post code of UB9 6HJ. Both codes will take you down a narrow road towards the canal. Drive past the Old Orchard on your left and follow the lane as it bends right and over the canal bridge. Park in front of the bigger house. Please check your route beforehand and contact me if unsure. If you need a taxi Harefield Cars are recommended 01895 824024. I have room for 3 in my car. It is a fabulous venue and well worth the drive.

…………………………………………………*Please detach and retain top half*...

Gary Carter – 'Breath, Spine and Movement'
SATURDAY 28 NOVEMBER 2020 10.00am – 4.00pm
Application Form – Cost £70

Name...

E –Mail Address and Phone..

Please make cheques payable to: J Barker 14 The Uplands Ruislip HA4 8QN. BACs 08-92-86 16087499

Telephone: 01895 675426 07876 207408 e-mail Jackie@yogawithjackie.co.uk   www.yogawithjackie.co.uk

NB. If people have to withdrawn I'll always offer a full refund with 1 month's notice and a 50% refund with 14 days notice if there is no waiting list.