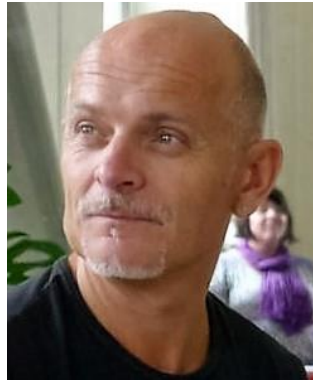


GARY CARTER - Part 2

YOGA AND AGEING

What actually happens to our body?

What can we do about it?



ICKENHAM VILLAGE HALL

Swakeleys Road

Ickenham UB10 8DG

Saturday 24th June 2023

10am – 4pm

Cost £70

Payment by BACS 08-92-86 16087499
or cash by arrangement

This is Part 2 of Gary's amazing look at Yoga and Ageing. Both workshops stand alone with regard to content and as Part 1, this workshop is designed to raise awareness of the physical and physiological changes which occur in the ageing body and what to do about it.

- We shall look at the affects of the aging process on tissues - muscular, connective and joint.
- How to create strategies to generate strength in the body.
- How we can help to maintain the functioning of our neuro muscular system.
- We will explore how to create appropriate muscular load through the system.
- How we can help create conditions to maintain health in the system.
- Application of the theories and ideas to practise in everyday life.

The Ickenham Village Hall is in the middle of Ickenham shopping parade, so great for lunch, but has restricted street parking. Ickenham Station is 5 mins walk and on the Met and Piccadilly lines. If you need to drive it is best to get a £3 all day ticket at Ickenham Station, Glebe Av UB10 8PD. Please check your route beforehand and contact me if unsure.

The venue is warm and comfortable with a large kitchen for hot drinks and heating food for lunch.

NB. I will always offer a full refund for cancellations up to one month's notice and a 50% refund up to 14 days' notice.

Best wishes

Jackie Barker

07876 207408 or 01895 675427 jackie@yogawithjackie.co.uk www.yogawithjackie.co.uk