

Yoga & Anatomy Course with Dr Ruth Gilmore & Paul Fox DCT

5 day course programme: 9.30 – 5pm (4pm on day 5)

Day 1

9.30 – 10.15 Illustrated lecture – musculoskeletal system - **Ruth**

BREAK

10.30 – 11.15 Illustrated lecture – musculoskeletal system - **Ruth**

11.15 – 12.15 Hatha Yoga Class on earth connection - **Paul**

BREAK

12.30 – 1.15 Illustrated lecture – musculoskeletal system – **Ruth**

LUNCH

2.15 – 2.30 Relaxation – **Paul**

2.30 – 3.15 Illustrated lecture – musculoskeletal system – **Ruth**

BREAK

3.30 – 5pm Workshop on modifying postures for a range of conditions – **Paul**

Day 2

9.30 – 10.15 Illustrated lecture – cardiovascular and respiratory system - **Ruth**

BREAK

10.30 – 11.15 Illustrated lecture – cardiovascular and respiratory system - **Ruth**

11.15 – 12.15 Hatha Yoga Class on water element - **Paul**

BREAK

12.30 – 1.15 Illustrated lecture – cardiovascular and respiratory system – **Ruth**

LUNCH

2.15 – 2.30 Relaxation – **Paul**

2.30 – 3.15 Illustrated lecture – cardiovascular and respiratory system – **Ruth**

BREAK

3.30 – 5pm Workshop on the physiology of stretching - **Paul**

Day 3

9.30 – 10.15 Illustrated lecture – nervous and endocrine system - **Ruth**

BREAK

10.30 – 11.15 Illustrated lecture – nervous and endocrine system - **Ruth**

11.15 – 12.15 Hatha Yoga Class on the fire element - **Paul**

BREAK

12.30 – 1.15 Illustrated lecture – nervous and endocrine system – **Ruth**

LUNCH

2.15 – 2.30 Relaxation – **Paul**

2.30 – 3.15 Illustrated lecture – nervous and endocrine system – **Ruth**

BREAK

3.30 – 5pm Workshop on working with core strength and core stability - **Paul**

Day 4

9.30 – 10.15 Illustrated lecture – digestive system and nutrition - **Ruth**

BREAK

10.30 – 11.15 Illustrated lecture – digestive system and nutrition - **Ruth**

11.15 – 12.15 Hatha Yoga Class on the air element - **Paul**

BREAK

12.30 – 1.15 Illustrated lecture – digestive system and nutrition – **Ruth**

LUNCH

2.15 – 2.30 Relaxation – **Paul**

2.30 – 3.15 Illustrated lecture – digestive system and nutrition – **Ruth**

BREAK

3.30 – 5pm Workshop on breathing and pranayama - **Paul**

Day 5

9.30 – 10.15 Illustrated lecture – immune system and cancer - **Ruth**

BREAK

10.30 – 11.15 Illustrated lecture – immune system and cancer - **Ruth**

11.15 – 12.15 Hatha Yoga Class on ether/space - **Paul**

BREAK

12.30 – 1.15 Illustrated lecture – immune system and cancer – **Ruth**

LUNCH

2.15 – 2.30 Relaxation – **Paul**

2.30 – 3.30 Workshop on twisting postures - **Paul**

3.30 – 4 Course evaluation, feedback and final questions – **Paul & Ruth**