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

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

<u>Day 1</u>

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 endrocrine system - Ruth

BREAK

10.30 - 11.15 Illustrated lecture - nervous and endrocrine system - Ruth

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

BREAK

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

LUNCH

2.15 - 2.30 Relaxation - Paul

2.30 - 3.15 Illustrated lecture - nervous and endrocrine 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