

**Yoga & Anatomy Course with Dr Ruth Gilmore & Paul Fox DCT
Full course schedule**

Thursday 30 September 2010

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**

Friday 1 October 2010

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**

Saturday 2 October 2010

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**

Sunday 3 October 2010

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**

Monday 4 October 2010

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