



YOGA for DANCERS
With
HILARY CARTWRIGHT
in BATH

The word Yoga means a coming together of body, mind and spirit.
Dancers are guided by spirit and use the mind to control the body
Too often though the mind gets in the way of the spirit,
and the body becomes confused, stiff and unresponsive!

HILARY CARTWRIGHT

A former Soloist with England's Royal Ballet, Hilary Cartwright has taught Yoga for Dancers for over 20 years and founded the White Cloud Studio in New York with Juliu Horvath.

She has taught Yoga for Dancers to International ballet companies such as, Scapino Ballet, Scottish Ballet, Aspen/Santa Fe Ballet, American Ballet Theatre and New York City Ballet.

Hilary's wealth on knowledge in Yoga for dancers is executed with wonderful clarity, sensitivity both verbally and physically.

Her classes provide a way to achieve flexibility in the body yet maintain the control, to pass smoothly from one shape to another. It allows the mind to relax, while rhythm and breath take over. At the same time it addresses elements of technique that apply directly to ballet placement, line, and control.

Join us for an uplifting learning weekend workshop.

Gyrotonic, yoga & Pilates instructors, dance teachers, dancers & ex-dancers, are all welcome.



APRIL 9th & 10th 2011

@ NEW ORIEL HALL, Bath, BA1 6RA.

10.30–12.30 class

14.00–16.00 Refining & discussion

£150

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