



Gary Carter: Embodying Tensegrity: Fascia, the Elastic Body, the Tensional Network in Yoga and Movement



Gary is an internationally recognised teacher of movement and facial anatomy and a member of the Fascia Research Society with over 35 years experience in this field. Discover the nature of fluidity and how engaging with fascia can bring lightness to movements and an energy efficient way of moving that can create profound effects in practice and in life.

TOP EMBODIMENT TIP: Remember we are already embodied, we just need to remove the stuff that gets in the way of that.

The Fluid and Formative Nature of Fascia:

- *"Fascia is a body-wide system or network communicating mechanical information throughout the whole organism, including the brain", David Lesondak.*
- **The motion of the body affects the way we behave and the way we behave affects the motion of the body.**
- Movement is the key to start to lay down different arrangements of those tissues.

An Evolving Model of Joint Structure and Movement

- The body is thought to have 600 individual muscles but in reality is one muscle folded about 600 times in different directions of pull - this is what creates the capacity for locomotion.
- Under specific load, over a long period of time, structure reorganizes itself against forces on the body.
- **As the musculature engages, it draws the fascia to it, increasing pressure and acting as an hydraulic amplifier to maintain uplift in the system.**

Tensegrity in the Body: There is Only Tension and Compression - There Are No Levels

- We can access tensegrity of the body to inform the way we move - with less force and more expansion
- Bones are suspended in a network of myofascia. Force is distributed through the entire system so gravity can pass through you.

Resources

- ❖ **Books:** *The Anatomy Slings, Variations in Myofascial Continuities* (due to release in 2021)
- ❖ **Courses:** Myofascial Experiential Anatomy for Movement Teachers
- ❖ **Website:** Naturalbodies.com
- ❖ **References:** Peter Blackaby, John Stirk, Vanda Scaravelli, Tom Myers, Diane Long, Krishnamacharya, Fascial Net Plastination Project, Jaap Van Der Wal - Dynamment theory



Gary Carter





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Leslie Kaminoff, co-author of the bestselling book “Yoga Anatomy” is a yoga educator and internationally recognized specialist with over four decades’ experience in the fields of yoga, breath, anatomy and bodywork. His approach to teaching combines intellectual rigor, spontaneity and humor, and is always evolving.

YogaAnatomy.net is how Kaminoff connects with his students all over the world - and the first ever online yoga studio for advanced studies. His passion is teaching teachers, and YogaAnatomy.net has become the go-to resource for Teacher Trainers planning a YTT, and advanced teachers who want to deepen their knowledge and transform their teaching.

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