

Irene Dowd presents
**EXPLORING CONCEPTS OF FUNCTIONAL MUSCLE BALANCING IN CONTEXT OF
PILATES PRACTICES**

**Taught by Irene Dowd and Steven Fetherhuff
Saturday September 12, 2015
1:30-5:30 p.m.**

In this workshop, we will consider the concept of “muscle balance” and what that might mean for us as we teach pilates-based practices. What do we endeavor to balance: right and left side, front and back, inner and outer, deeper and more superficial, agonist and antagonist? How do we measure balance: with strength, endurance, flexibility, speed testing? How do we train for balance in any of these measures? Perhaps another kind of imbalance is an absence of integrity of the entire body working together? If so, what is out of balance? How can we establish more balance?

In real life activities and professions, such as playing tennis, or performing classical ballet, or being a sushi chef, or a baseball pitcher there are certain necessary asymmetrical usages. For example, professional tennis players develop a much stronger and larger racket arm, ballet dancers come to have greater strength and endurance of their calf than their shin muscles, sushi chefs develop much more speed of wrist action with knife hand, and a baseball pitcher gains much more flexibility as well as power in the pitching shoulder muscles.

Muscle imbalance may actually be a strategy for successful performance of asymmetrical daily life activities. Nonetheless, excessive imbalance of muscle action around a joint can contribute to joint dysfunction and even disability (joint injuries and even arthritis). Therefore, our goal will be two-fold: we want to sustain balanced activity of the muscles surrounding each joint adequate to support healthy joint function without compromising our ability to do our daily work with easy efficiency. In sum, we will seek to create highly personalized strategies or programs that can introduce more musculo-skeletal “balance” without disturbing the ability of that person to perform successfully in their chosen profession and life style.

This will be a practical and thought-provoking workshop in which participants will have the opportunity to practice analyzing muscle imbalances, assessing functional task-related asymmetries, and encouraging a person to integrate his/her entire body in the process of achieving equilibrium, ease, and success in performance.

Fee: \$150, due one week in advance

Location: NOHO Pilates @ 611 Broadway, Suite 608, NYC 10012 (at the north-west corner of Broadway and Houston Streets)

Payment must be made to: Stephen Williams

Please register by emailing: Stephen Williams at nohostudio@yahoo.com

For questions regarding details about the workshop: email or call Stephen Williams at 212-677-9203 or calling Irene Dowd at 212-420-8782 between 8am and 8pm only

Note: Class size will be limited, so do not delay in registering if you know you will be able to participate