

INTRODUCTION TO PROPRIOCEPTIVE NEUROMUSCULAR FACILITATION PATTERNS

This course will involve practices designed to enhance our understanding of PNF patterns. We will refine our ability to perform the patterns ourselves as well as our ability to communicate these patterns to another person. With reference to communication, we will also explore a variety of strategies for providing assistance and resistance to another person during that person's performance of these patterns.

Included are:

- review of the joint movements and muscle activity involved in producing these complex PNF patterns
- observation of these patterns in walking, lifting and throwing, and other basic activities which we perform many times a day
- exploration of variations on the manner in which the patterns can be performed to enhance range of motion, stability, flexibility, strength, and refined motor control
- consideration of how to sensitively integrate the patterns into more effective performance of daily life activities

In summary, PNF patterns involve our whole body and are prevalent in everyday life. They require us to exert our muscles from their most elongated to their most shortened lengths while performing neurologically facilitating actions. As we refine our performance of these patterns, we may enhance our own daily life activities. If we can more effectively teach and coach these patterns, we may provide our students and colleagues with very powerful and far-reaching strategies for functional change.

DATES: January 14 - April 7, 2016 (NO class on March 10, 2016)

"rain-date" date: April 16

TIME: Thursdays, 2 - 4 pm, for a total of 12 weeks

FEE: \$700, pre-registration is essential as class size will be quite limited (no refunds after January 13)

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

REGISTRATION AND PAYMENT must be made to: **Stephen Williams**

MORE INFORMATION: call Irene Dowd at 212-420-8782 (8am -8pm) or
e-mail Stephen Williams at nohostudio@yahoo.com

Biographical note: Irene Dowd was first introduced to the PNF patterns by a physical therapist at Duke University in the early 80's. She has since practiced them and integrated them into many of her teaching choreographies. Irene is on the dance faculty of the Juilliard School, Movement Research, and Hollins University/ADF MFA program in dance. She has been a regular guest to NYU Tisch School of the Arts and Canada's National Ballet School for many years. Author of [Taking Root to Fly](#), she has maintained a practice in kinesthetic anatomy and neuromuscular re-education for more than 45 years in NYC, while continuing to be a guest teacher in academic and dance institutions throughout the US, Canada and Europe. Irene is recipient of the 2014 Balasaraswati/Joy Ann Dewey Beinecke Endowed Chair for Distinguished Teaching at the American Dance Festival, and the 2015 Juilliard John Erskine Faculty Prize.