

Fall 2016 Course being taught by IRENE DOWD
sponsored by Stephen Williams

KINESTHETIC ANATOMY & BIOMECHANICS OF MOTION: SPINE/TRUNK

This course has been created to provide participants with functional and kinesthetic comprehension of our musculoskeletal system. We will study the bones, joint biomechanics and muscles of the spine and trunk, as well as pelvis, rib cage, and skull. We will carefully consider how our trunk functions as a 3D volume that contains, supports, and moves us through space. We will examine the coordinated activity patterns of our trunk muscles during basic movements of daily life and different relationships with gravity. At the end of most class meetings we will analyze a specific protocol for trunk stabilization and mobilization in relation to real-life goals.

The following provides a summary of the tentative schedule of topic presentations (subject to changes and adjustments):

Sept 15 – skeletal structure of spine as a whole, locating vertebra

Sept 22 – bony landmarks of pelvis, movements within the pelvis

Sept 29 – landmarks of lumbar spine, mechanics of joint motion of lower spine

Oct 6 – muscles of the back

Oct 13 – muscles of the abdominal wall

Oct 20 – role of trunk and spine muscles in sustaining various lower spine orientations & movements of the lower trunk

Oct 27 – bony landmarks, muscles and movement of thoracic spine & thorax

Nov 3 – moving the volume within thorax: introduction to respiration

Nov 10 – muscles of respiration, muscular patterns involved in breathing

Nov 17 – bony landmarks and joints of the skull & cervical spine, movements of head, jaw and neck, mechanics of joint motion of the upper spine & trunk

Dec 1 – muscles and movement of the posterior neck & upper thorax

Dec 8 – muscles and movement of lateral and anterior neck and upper thorax

DATES: September 15 – December 8, 2016 NO CLASS ON Thanksgiving day, November 24 (“storm day” on Thursday December 15)

TIME: THURSDAYS 1:45 - 4:00 pm (12 classes)

Fee: \$700, paid one week in advance, no refunds after September 14 (24 hours before beginning of course), pre-registration is essential

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

Payment/registration must be made to: **Stephen Williams**

For more information: call Irene Dowd at 212-420-8782 (8am -8pm) or

e-mail Stephen Williams at nohostudio@yahoo.com

Biographical note: Irene Dowd is on the dance faculty of the Juilliard School, and is a regular guest at academic and dance institutions throughout the US and Canada. Author of *Taking Root to Fly*, she has maintained a practice in kinesthetic anatomy and neuromuscular re-education for over 44 years in NYC. Irene has been awarded the 2014 Balasaraswati/Joy Ann Dewey Beinecke Endowed Chair for Distinguished Teaching at the American Dance Festival, and the 2015 Juilliard John Erskine Faculty Award. Free access to her digital archive is available at: iredowdchoreographies.com