

OUR INTERACTIVE FEET
a workshop taught by Irene Dowd and Steven Fetherhuff
presented by Stephen Williams at NOHO PILATES

Performing actions with our feet allows us to initiate coordinated exertion patterns that can re-organize our whole body! They are also our most direct interface with the ground we stand and move upon.

Most of us spend much of our lives on our feet, standing and walking. Our feet are intimately and essentially involved in every kind of locomotor activity such as running, jumping and skipping. We can also use our feet in order to more elaborately interact with our environment such as when we are kicking a ball, gesturing through space in a pirouette turn, or grabbing and holding steady on an irregular surface when rock climbing. With practice, our feet can even function like hands.

In this workshop, you will receive an introduction to the anatomical architecture of the foot. We will consider and physically experience the “dual nature” of our foot. Our foot can be accommodating to an uneven and changing ground while articulately interacting with other objects and people in our environment. In contrast, it can powerfully stiffen it into a powerful bony lever that propels us off the ground into the air. We will explore the mechanics of how our adaptable foot can be shaped and reshaped to serve its various roles.

Participants will learn and practice foot/ankle warm-up choreographies created by Irene and Steven that contribute to enhancing foot adaptability when we are balancing on one foot, walking with buoyancy and ease, or springing up into the air.

We will also consider various pilates protocols in terms of how the feet are used traditionally (e.g. various foot positions on the foot bar), as well as how we might re-configure the use of our feet in many other pilates-based protocols to most effectively achieve our performance goals.

Date: November 4, 2017

Time: Saturday 1:00-5:00pm

Fee: \$175, pre-registration is essential since the course size will be limited

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

Payment must be made to: "Stephen Williams" only by check or by cash

**For more information: e-mail Stephen Williams at
nohostudio@yahoo.com**

OR call Irene Dowd at 212-420-8782 (8am -8pm)