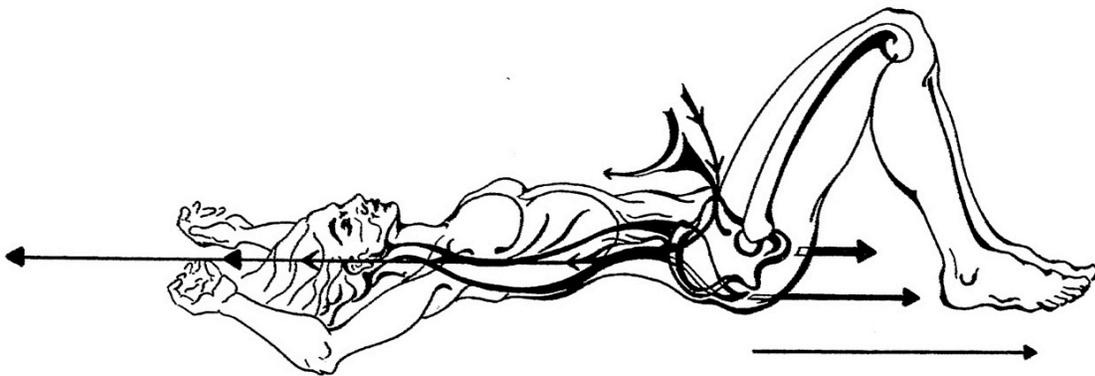


**EVOLVING, REFINING AND ADAPTING THE PRACTICE OF IDEOKINESIS**  
taught by Irene Dowd  
Spring 2018  
Sponsored by Stephen Williams

Ideokinesis is a strategy for enhancing our ability to move, involving a process of visualizing pathways or vectors of motion through one's body, with the purpose of fine-tuning movement performance. In this more advanced course, we will:

- 1) delve more deeply into the ways in which Sweigard's 9-lines-of-movement can be adapted and utilized to the needs of a specific individual, and investigate strategies that can support the visualization of those lines
- 2) gain more in-depth practice of performing active movement in conjunction with ideokinetic visualization
- 3) explore opportunities to practice Ideokinesis in the course of our daily lives



**PRE-REQUISITE: A PREVIOUS COURSE IN IDEOKINESIS**

Dates: **January 16 - April 17, 2018** (NO class on March 6, and possibly February 27); if there is a "snow day", make-up date will be April 24

Time: **Tuesdays 1:15-2:45 p.m.** (12 classes)

Fee: **\$600, pre-registration is essential since the course size will be limited; payment by check or cash only**

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**

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 studied with and assisted Lulu E Sweigard at the Juilliard School from 1968-1974, and was authorized by Sweigard to teach her work. Sweigard named her visualization practices "Ideokinesis" in the 1970's (basing it on the imagery work she developed with Mabel Todd and on her own research at NYU and Teachers College, Columbia University). Currently, Irene is on the 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 48 years in NYC. Irene has been awarded the 2014 Balasaraswati/Joy Ann Dewey Beinecke Endowed Chair for Distinguished Teaching at the American Dance Festival, 2015 Juilliard John Erskine Faculty Award, and 2016 Dance Science & Somatics Educators Lifetime Service Award. Free access to her digital archive is available at: [iredowdchoreographies.com](http://iredowdchoreographies.com)