

EXPLORING PROPRIOCEPTIVE NEUROMUSCULAR FACILITATION PATTERNS AND THEIR POTENTIAL ROLE IN DAILY LIFE

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. We will be particularly attentive to how these patterns can enhance our adaptability and mobility while sustaining stability and enhancing equilibrium. 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: **September 11 - November 27, 2018** ("storm make-up day" on Tuesday December 4)

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** paid one week in advance, no refunds after September 10 (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 must be made to: **Stephen Williams**

For more information: call Irene Dowd at 212-420-8782 (8:00 am -8:00 pm) OR e-mail Stephen Williams at **nohostudio@yahoo.com**

Biographical note: Irene Dowd is on the dance faculty of the Juilliard School and Hollins University graduate program, and 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 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 the 2016 Dance Science and Somatics Educators Lifetime Service Award from DSSE (Dance Science and Somatic Educators). Free access to her digital archive is available at: iredowdchoreographies.com