

EXPLORING THORAX/SHOULDER INTEGRITY
a workshop taught by Irene Dowd and Steven Fetherhuff
presented by Stephen Williams at NOHO PILATES

This workshop is a Pilates-based exploration of the exquisite versatility and dynamism of our thorax, shoulders and arms.

Irene Dowd will analyze the potential joint movements which the thoracic spine, rib cage, shoulder girdle and shoulder joint are capable of performing. She will lead participants through a kinesthetic experience of the muscles that produce movements of the thorax, shoulders and arms, with particular emphasis on removing impediments to breathing, mobilizing the scapula on the rib cage, and recruiting the rotator cuff and scapula muscles as needed in action.

Steven Fetherhuff will demonstrate various protocols on the Pilates equipment that enhance function of the thorax, shoulder and arm.

Both Irene and Steven will collaborate in reviewing common challenges, as well as approaches to modifying traditional protocols to avoid injury and enhance balanced muscle conditioning.

Date: September 29, 2018

Time: Saturday, 1:30 - 5:30 p.m.

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)