

**COMMUNICATING, SEEING AND DOING:  
STRATEGIES FOR ENHANCING FUNCTION IN ACTION  
Taught by Irene Dowd**

This course is designed for teachers, trainers, dancers, and movement coaches who wish to enhance their skills in communicating, analyzing and coaching movement, both for themselves and for others with whom they work. In order to refine movement performance, we must first be able to perceive what is being done in the present. In order to achieve that refinement, we must be able to devise a strategy for arriving at the movement goal more effectively. Critically important, we must be able to communicate our perception and our strategy to the person with whom we are working. Unless the communication between us is clear and undistorted, we can neither establish nor achieve mutual goals.

Once we have seen what appears to be the case in the present and understood what the person hopes to achieve in the future (including that person's functional and activity goals), we can begin to create strategies for coaching that person along a pathway toward that future goal. In this course, we will focus on strategies that involve re-configuring the what and the how of our thinking (concept and visualization of the movement) as well as strategies that involve re-coordinating our muscle work while practicing different muscular use patterns. In other words, we will practice changing our idea of the movement as well as our way of engaging our musculo-skeletal system in order to perform the movement (re-training our physical being in the process).

The purpose of this course is to be able to more effectively figure out ways to address the questions: "what do we SEE, and what shall we DO in order to achieve our mutual goals?"

**PRE-REQUISITE: a full year course in anatomy either with Irene or at a recognized and accredited college or university**

**DATES: January 15 - April 9, 2019** ("storm make-up day" on Tuesday April 16)

**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)

**REGISTRATION AND PAYMENT TO: Stephen Williams, director NOHO Pilates (mail payment to: Stephen Williams 611 Broadway, Suite 608, NYC 10012)**

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](mailto:nohostudio@yahoo.com)

**Biographical note:** Irene Dowd is on the dance faculty of the Juilliard School, Movement Research, and Hollins University/ADF MFA program in dance. She has been a long-time regular guest to NYU Tisch School of the Arts and Canada's National Ballet School. Author of *Taking Root to Fly*, she has maintained a practice in kinesthetic anatomy and neuromuscular re-education since 1970 in NYC, while continuing to be a guest teacher in academic and dance institutions throughout the US, Canada and Europe. Irene is recipient of the 2014 Balasaraswati/Joy Ann Dewey Beinecke Endowed Chair for Distinguished Teaching at the American Dance Festival, 2015 Juilliard John Erskine Faculty Prize, 2016 Dance Science & Somatics Educators Lifetime Service Award, and 2018 Honorary Fellowship from Trinity Laban Conservatoire of Music and Dance. Free access to her digital archive is available at: [iredowdchoreographies.com](http://iredowdchoreographies.com)