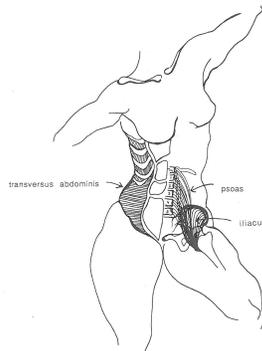


THE ABDOMINAL STORY  
Presented at Noho Pilates  
Saturday March 9, 2019  
1:30 to 4:30 p.m.  
Taught by Irene Dowd

The abdominal story is a story of the very dynamic and adaptive relationship between our rib cage and our pelvis, our upper and our lower spine, our arms and our legs. While this relationship is very much moderated in the front of our body by our abdominal wall muscles, those muscles can only be fully effective when cooperatively engaging with our spinal muscles and hip muscles, and even the muscles of our arms and legs. Indeed, the story is wonderfully complex.

How do we train all these muscles to be strong, flexible, appropriately responsive and able to work in constantly changing coordination with each other? What are the possible intimate and functional relationships between breathing and our abdominal wall muscles? Are there exercises that are more effective than others in preparing us for the physical demands of real life? These are just some of the questions we will address in the workshop.

Participants will learn some highly effective and adaptive physical practices that can serve us towards ensuring that all these muscles are ready to do what we need of them. These practices can be done lying down, standing up, or sitting without needing to use any special equipment except our own purposive brains and the constant presence of gravity.



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Fee: \$150, due one week in advance

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

Payment must be made to: Stephen Williams at Noho Pilates @ 611 Broadway, Suite 608, NYC 10012

Please register by emailing: Stephen Williams at [nohostudio@yahoo.com](mailto:nohostudio@yahoo.com)

For questions regarding details about the workshop: email or call Stephen Williams at 718-344-5971 or call Irene Dowd at 212-420-8782 between 8am and 8pm only

Note: Class size will be very limited, due to the nature of the material being taught, do not delay in registering if you know you plan to participate