

THE MULTIPLE ASPECTS OF ROTATION IN OUR BODY
FROM A PILATES PERSPECTIVE

Presented at Noho Pilates

Saturday May 4, 2019

1:30 to 5:30 p.m.

Taught by Irene Dowd and Steven Fetherhuff

Often, when we talk about rotation of the body, we are thinking about the rotation of our head to right/left, rotation inward/outward at the hip and shoulder joints, and rotation of our pelvis in one direction as our rib cage rotates to face in the opposite direction, etc.

Another kind of rotation is the movement, in all dimensions, that takes place at our ball and socket joints (i.e. spinning/rolling of one joint surface in relationship with other). This rotation optimally takes place in a fashion that maximizes range of motion while keeping the articulating bones in fullest possible contact with each other. If we can understand this optimal motion and visualize it when we perform challenging actions, we are quite likely to experience greater freedom of movement and ease.

In this workshop, we will consider both kinds of rotation while focusing primarily on some areas of the body which are involved in virtually every action we perform in the course of a day: our hip joints, shoulder joints, and spine (including our neck).

During the workshop, we will:

- Practice observation skills in seeing where the rotation is taking place or not taking place in someone's body
- Bring functional rotation into Pilates practices, and add rotation practices to some of the traditional Pilates protocols
- Practice cuing strategies that facilitate desired rotation during performance of these protocols



Fee: \$200, 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

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 9am and 8pm only

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