

**Fall 2019 Course being taught by IRENE DOWD
sponsored by Stephen Williams**

KINESTHETIC ANATOMY & BIOMECHANICS OF MOTION: SPINE/TRUNK

This course provides participants with a functional and kinesthetic introduction to our musculoskeletal system. We will study bones, joint biomechanics, muscles of spine and trunk, pelvis, rib cage, and skull. We will consider how our trunk functions as a 3D volume that contains, supports, and moves us through space. We will examine coordinated activity patterns of our trunk muscles during basic movements of daily life in varying relationships with gravity. The schedule of topic presentations is:

Sept 12 – skeletal structure of spine as a whole, locating vertebra

Sept 19 – bony landmarks of pelvis, movements within the pelvis

Sept 26 – landmarks of lumbar spine, mechanics of joint motion of lower spine

Oct 3 – muscles of the back

Oct 10 – muscles of the abdominal wall

Oct 17 - role of trunk and spine muscles in sustaining various lower spine orientations & movements of the lower trunk

Oct 24 – bony landmarks, muscles and movement of thoracic spine & thorax

Oct 31 – moving the volume within thorax: introduction to respiration

Nov 7 - muscles of respiration, muscular patterns involved in breathing

Nov 14 – bony landmarks and joints of the skull & cervical spine, movements of head, jaw and neck, mechanics of joint motion of the upper spine & trunk

Nov 28 – muscles and movement of the posterior neck & upper thorax

Dec 5 – muscles and movement of lateral and anterior neck and upper thorax

DATES: September 12 – December 5, 2019 NO CLASS ON Thanksgiving day, November 24 (“storm make-up day” on Thursday December 12); note that there might NOT be class on Oct 24 so that would be made up by continuing through Dec 12, with "storm make-up day" on Thursday December 19 if needed)

TIME: THURSDAYS 2:00 - 4:00 pm (12 classes)

Fee: \$750, paid one week in advance, no refunds after September 11 (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/registration must be made to: **Stephen Williams**

For more information: call Irene Dowd at 212-420-8782 (8am -8pm) 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 2016, and the 2016 Dance Science and Somatics Educators Lifetime Service Award from DSSE (Dance Science and Somatic Educators), and 2018 Honorary Fellowship from Trinity Laban Conservatoire of Music and Dance. Free access to her digital archive is available at: iredowdchoreographies.com