

**UNDERSTANDING INDIVIDUAL MUSCLES THROUGH MULTIPLE SENSES: FOCUS  
ON MUSCLES OF THE LOWER TRUNK**  
Taught by Irene Dowd  
Spring 2020

The purpose of this course is to understand the "functional profile" of individual muscles in a deep, multi-sensory physical way. We will do that by looking at the muscles, drawing them, feeling them on our own bodies, and performing mini-choreographies for each muscle in which muscle is engaged from its most elongated to its most shortened length (concentric contraction), and then from its most shortened to its most elongated (eccentric contraction) while sustaining its ability to contract and exert effectively. Most functionally useful, we will consider how each muscle can coordinate and collaborate with other muscles in the actions of daily living.

As a result of experiencing our body through drawing, touching and moving, we can become more skilled at visualizing and kinesthetically experiencing the ways in which each muscle serves our whole body to produce our movement through time and fully three-dimensional space. We might be able to more easily identify our "lazier" muscles and our "over-achieving" muscles, and how they might fully collaborate together.

The muscles of the lower trunk that we will investigate include: latissimus dorsi, lumbo-sacral and thoraco-lumbar erector spinae and transverso-spinalis muscle groups, abdominal wall muscles, and ilio-psoas. These muscles not only serve to stabilize the lower spine and trunk during weight shifts, walking/running, and arm/leg gestures; but also produce the significant actions of changing the relationships between pelvis and rib cage that are basic elements of our daily lives.

Dates: **January 14 through March 31 or April 7, 2020** ("make-up day" Tuesday April 7 or 14, 2020)

Time: **Tuesdays 1:15-2:45 p.m.** (12 classes)

Fee: **\$650, pre-registration is essential since the course size will be limited; payment by check or cash only** paid one week in advance, no refunds after September 10 (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 must be made to: **Stephen Williams, Noho Pilates, 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**

**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 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](http://iredowdchoreographies.com)