

CLASSIC PNF PATTERNS AND WAYS TO ADAPT THEM TO DIFFERENT GOALS
taught by Irene Dowd, and assisted by Stephen Williams
on Zoom
March 11 and March 25, 2023

Workshop ONE on March 11: Lower Limb PNF patterns
Workshop TWO on March 25: Upper Limb PNF patterns

In each workshop, we will -

- *learn the classic PNF pattern
- *observe the presence of the pattern in many daily life activities (e.g. walking, running, jumping, kicking; throwing, putting on coat, picking up a heavy knapsack and throwing it over shoulder)
- *practice focus on initiating from most distal parts of body (i.e. toes/fingers) with an action intention, as is recommended for maximizing whole body integration
- *consider strategies to stabilize vulnerable areas such as sacro-iliac joints and shoulder joints (which can be destabilized in efforts to perform these patterns, especially if seeking to maximize range of motion)
- *pursue strategies that involve entire body engagement (rather than leaving out some areas of chronic "tension" and "holding")
- *personalize orientation relative to gravity, etc. in a way that more fully enhances action goals

Dates: March 11 and March 25, 2023

Times: Saturday, 2:00 - 4:00 p.m. ET

Fee: \$120 for entire workshop series (i.e. both parts), pre-registration and payment for entire workshop series is essential to receive this discount fee. If you decide to take only ONE workshop in the series, or decide to pay over time, the fee for each workshop is \$75. Ideally, you would take both parts of the workshop in order to receive fullest benefits and comprehension of this topic.

Pre-registration is required, to receive invite onto Zoom site for workshop

Payment must be made to: "**Stephen Williams**" by check or PayPal or Venmo. If making payment by mail, send to: Stephen Williams at Noho Pilates @ 611 Broadway, Suite 608, NYC 10012

For more information: e-mail Stephen Williams at nohostudio@yahoo.com or Irene Dowd at eidcas@gmail.com

Course will take place on ZOOM, although a small number of participants might be allowed in the room (this is still to be determined as space is an issue)

NOTE: Zoom class will be available to participants for viewing for 7 days after workshop