

KNEE: A DELICATE BALANCING OF FORCES

Saturday October 21, 2023

2:00-4:00 pm

Taught by Irene Dowd with Stephen Williams
on ZOOM

Content of the workshop includes:

Reviewing exactly how the knee moves (kinematics) between bending, straightening, and hyperextending.

Locating the structures that support the complex motion of knee.

Organizing weight from spine to feet, and/or feet to spine, in order to minimize unnecessary twisting forces on knee

Balancing the muscle action of muscles crossing the knee to protect the knee from excessive twisting and sheering forces on knee.

Building control, coordination, strength, flexibility, and endurance of the muscles that control knee motion

Practicing sequences to promote these goals - both weight-bearing without equipment and utilizing Pilates-based practices

Date: Saturday, October 21, 2023

Time: 2:00 - 4:00 p.m.

Location: Noho Pilates, 611 Broadway, Suite 608, NYC 10012 (northwest corner of Broadway and Houston Streets)

Pre-registration is required in order to be allowed onto Zoom site of workshop

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

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

Fee: \$75 - Pay to Stephen Williams with **PayPal or Venmo**. Contact Stephen Williams at nohostudio@yahoo.com and make your payment to him. If you want to pay by check, write your check to Stephen Williams and mail to: **Noho Pilates, 611 Broadway, Suite 608, NYC 10012**. **Please make sure that you get your payment to him before the course begins so that he can send you the Zoom link, and the handouts in advance.**

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