

## **ILIOPSOAS: A MYSTERIOUS AND MULTI-FUNCTION COMPLEX**

Saturday November 4, 2023

2:00-4:00 pm

Taught by Irene Dowd with Stephen Williams  
on ZOOM

### **Content of workshop includes:**

Reviewing anatomy and location of ilio-psoas (e.g., psoas located behind diaphragm crura, in front of kidneys and ureters, behind other organs including liver and digestive tract, iliacus located behind pelvic organs, both then attach to lesser trochanter on femur)

Considering functions of the ilio-psoas: note that these two muscles serve slightly different functions but generally work together - with variable amounts of one predominating over the other in different actions and joint positions - the story is convoluted

Strategies that can elongate ilio-psoas

Protocols that can strengthen ilio-psoas

Ways of enhancing quick response time of ilio-psoas

Learning a series of short sequences that involve releasing, elongating, exerting, shortening iliacus and psoas - each and both - weight-bearing without equipment and utilizing Pilates-based practices

Coordinating in daily life of ilio-psoas with other hip joint muscles, abdominal wall muscles and spinal muscles

**Date: Saturday, November 4, 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](mailto:nohostudio@yahoo.com), and/or e-mail Irene Dowd at [eidcas@gmail.com](mailto: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](mailto: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