

Enhancing Eccentric Contraction to Build Functional Strength and Resilience: Using Pilates Equipment and Equipment-free Training Practices

Saturday, March 2, 2024

2:30 - 4:30 p.m.

Taught by Irene Dowd with Stephen Williams
on ZOOM

Eccentric contraction is the type of muscle work that makes our muscles stronger (producing a thicker cross-sectional area), our tendons stronger and more resilient, and even plays a role in maintaining adequate bone density. It also makes us sore, and is most likely to result in musculo-skeletal dysfunctions when we are not adequately prepared for what we are currently doing.

What is eccentric contraction? It is what we do when we are contracting a muscle even as it is elongating. Examples of activities that require eccentric contraction include landing from a jump as quietly as possible, lowering a sleeping child into bed and tiptoeing away, or lowering the ladle into the gravy dish without spillage. It serves everyone who wishes to enhance skill, control, and safety from the sports field to the dance theatre to the dinner table.

In this workshop, we will see how the use of Pilates-equipment springs, straps, push-bars, and gravity can efficiently serve us in the creation of gradually progressed and safe eccentric muscle strengthening programs for various specific muscle groups.

We will also learn some sequences choreographed by Irene that emphasize eccentric control of various major muscles groups of spine/trunk - designed to enhance ability to perform extravagant spine motion with control and safety.

In other words, we will study the What, When, Where, How and Why of eccentric contraction - and learn strategies for pursuing it most effectively.

Date: Saturday, March 2, 2024

Time: 2:30 - 4:30 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: \$80 - 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