

**PNF: PROPRIOCEPTIVE NEUROMUSCULAR FACILITATION PATTERNS:
effective full body warm-ups for dance and sports and everyday activities
Fall Workshop 2024
taught by Irene Dowd
in collaboration with Stephen Williams
Saturday, November 16, 2024
2:30 – 4:30 PM**

In this workshop, we will review and practice the basic PNF patterns for all parts of the body. This will be a movement class suitable for most levels of fitness and movement skill. This does not require you to have learned these patterns before this workshop. The PNF patterns we will practice include: PNF patterns for head/neck, shoulder girdle/scapula, hand/wrist, upper limb, pelvis, foot/ankle, lower limb.
Details of fees, location, etc.

Date: Saturday, November 16 2024

Time: 2:30 - 4:30 p.m.

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

NOTE that this workshop is for anyone who wants to learn or review a very quick and efficient warm-up, wake-up, and way of coordinating entire body

Pre-registration is required in any case, 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