

KINESTHETIC ANATOMY & BIOMECHANICS OF MOTION: THE LIMBS

January 21 – May 6, 2025

Taught by Irene Dowd and Assisted by Stephen Williams

This course has been created to provide participants with functional and kinesthetic comprehension of our musculoskeletal system of the extremities, i.e. the legs and arms. We will study the bones, joint biomechanics (kinematics) and muscles of the limbs. We will practice choreographed sequences created to provide a kinesthetic understanding as well as physical training of our hip, knee, ankle, foot, shoulder girdle, shoulder joints, elbows, forearms, wrists and hands. We will also consider how these joints move and the patterns of muscle coordination that move them in the activities of daily life, such as walking, lifting, carrying and manipulating objects. The schedule of topics is as follows (subject to slight changes):

January 21 – structure and range of motion of hip joint
January 28 - muscles crossing the back and outsides of the hip joint and what they do
February 4 – muscles crossing the front and insides of the hip joint and what they do
February 11 - structure and motion of knee joint
February 18 – muscles and tissues crossing knee joint, their functions in motion
February 25 – strategies for enhancing knee joint function
March 4 – structure, motion, muscles of leg and ankle joint
March 11 – architecture and motion of foot
March 18 – muscles of the foot
March 25 – structure, motion, muscles of shoulder girdle
April 1 – structure and motion of shoulder joint, and rotator cuff function
April 8 – all muscles of shoulder joint, coordinating shoulder girdle with shoulder joint
April 15 – structure, motion, muscles of elbow and forearm
April 22 – wrist joint and muscles; bones, structure and motion of hand
April 29 - muscles, movements and activities of hand
May 6 – review and practice of choreographic material taught

DATES: January 21 – May 6 (16 weeks, "rain-date" on May 13, 2024) TIME: Tuesdays 2:30 – 4:30 p.m.

TIME: **TUESDAYS 2:30 - 4:30 pm** (16 classes for a total of 32 contact hours)

FEE: **\$1100 paid in advance**, no refunds after the course has begun (fee per hour is same as in previous courses)

LOCATION: **NOHO Pilates @ 611 Broadway, Suite 608, NYC 10012** (at north-west corner of Broadway and Houston Streets) and on **ZOOM**

PRE-REGISTRATION AND PAYMENT ARE ESSENTIAL in order to receive handouts and zoom link:

Payment/registration must be made to: Stephen Williams: nohostudio@yahoo.com

For more information: call Irene Dowd at 917-710-7447 (8am -8pm) or email Irene at:

eidcas@gmail.com OR e-mail Stephen Williams at nohostudio@yahoo.com

If you sign up for this course, you will receive a **ZOOM link** at beginning of seminar that is usable for the entire course (Zoom recording can be viewed for 7 days after the class meeting)

NOTE: a **hybrid course** - you can attend in person physically &/or on Zoom or view the Zoom later - just let us know what you choose.

PAY FEE of \$1100 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.**

Biographical note: Irene Dowd retired as a faculty emeritus in 2023 after 28 years of teaching as member of the dance faculty of the Juilliard School. In 2024, she taught at Movement Research, and Hollins University/ADF MFA program in dance, and the Hunter College Arnhold Graduate Dance Education Program, as well as in her own programs curated by Stephen Williams. She was a regular guest to NYU Tisch School of the Arts and Canada's National Ballet School for many

years previously. Author of *Taking Root to Fly*, she has maintained a practice in kinesthetic anatomy and neuromuscular re-education for 55 years in NYC, while continuing to be a guest teacher in academic and dance institutions globally. Irene is recipient of the 2014 Balasaraswati/Joy Ann Dewey Beinecke Endowed Chair for Distinguished Teaching at the American Dance Festival, the 2015 Juilliard John Erskine Faculty Prize, 2016 Dance Science & Somatics Educators Lifetime Service Award, 2018 Honorary Fellowship from Trinity Laban Conservatoire of Music and Dance, and the 2023 Dance Teacher Award.