

**IDENTIFYING PERSONAL DYNAMICS AND PHRASING PATTERNS: CONSIDERING THEIR EFFECT
ON PHYSICAL CONDITION AND PERFORMANCE OF OUR CHOSEN ACTIVITIES**

**Spring 2025 workshop
taught by Irene Dowd**

in collaboration with Stephen Williams

Saturday, April 5, 2025

2:30 – 4:30 PM

Think of music and consider the way in which it can be performed in entirely different ways so that our listening and our reaction to the music is affected differently, even though the notes are the same. Similarly, the way we move through time when we are walking can vary greatly, even though we are performing the same skeletal joint movements and shapes in space. We can be recognized (even from a distance) by our preferential dynamics/phrasing when we are walking, and our friends can generally also determine our state of mind by just looking at how we are moving at the moment. In this workshop, we will identify each of our own personal phrasing/dynamic preferences and repertoire, as well as explore additional new repertoire that is unfamiliar. We will probably explore just a few elements such as: moving fast or slowly, accelerating or decelerating, moving smoothly/sustainedly or sharply/ballistically/in sudden bursts (think of the slow loris in contrast to the squirrel, for example).

Date: Saturday, April 5, 2025

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 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