

**ADAPTIVE GOAL-ORIENTATED STRATEGIES FOR MENTORING DANCERS: FOCUS ON KNEE**  
**Spring 2025 workshop**  
**taught by Irene Dowd**  
**in collaboration with Stephen Williams**  
**Saturday, April 26, 2025**  
**2:30 – 4:30 PM**

Our knee joints are complexly structured (both internally and externally) and can do many things. Their complexity also makes them vulnerable to trauma. Many dancers fear knee injuries, with good reason. We will practice analyzing patterns of usage of the knee that are less likely to cause injury or excess wear-and-tear, strategies for building balanced strength of muscles surrounding the knee and hip joint that affect knee usage and motion, increasing coordination of our whole body to minimize stress on knees, enhancing the joint motion of our knee joint in various dance activities, and ways in which we can address common dance goals to enhance knee well-being. In other words, we will create a little knee health insurance policy (not guaranteed to protect us from the risks of living, but nonetheless offering some protection). We will consider some of the aesthetic issues surrounding our knee joints in dancing, and ways to address those.

**Date: Saturday, April 26, 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](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: \$80** - 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