

REVIEW AND PRACTICE OF ALL THE CLASSIC PNF (PROPRIOCEPTIVE NEUROMUSCULAR FACILITATION) SEQUENCES FOR ENTIRE BODY

**Spring 2025 workshop
taught by Irene Dowd
in collaboration with Stephen Williams
Saturday, July 19, 2025
2:30 – 4:30 PM**

This workshop will consist of the practice of all the PNF patterns for the entire body: foot/ankle, lower limb, pelvis, trunk/spine, shoulder girdle, hand/wrist, upper limb, head/neck. Irene and Stephen will demonstrate and participants will be carefully watched and coached (if they are in the room or on-line at the time of the workshop). Irene will demonstrate and coach ways in which the patterns can be adapted to various physical limitations including poor balance, very limited pain-free range of motion, joint hypermobility, muscle weakness, and other challenges – as requested in the class. She will emphasize building strength increasing resistance using gravity, self resistance and weights. She will also emphasize how to maximize both concentric and eccentric contraction when performing the sequences in order to enhance control and also efficiently build strength. At the end of the workshop, participants will have a whole body workout that can be practiced solo on a regular basis.

Date: Saturday, July 19, 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 on Zoom.

However, for this workshop, participants will be able to download the workshop and keep for future reference.

Fee: \$90 - 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