

**POSITIVE FUNCTIONS OF ECCENTRIC CONTRACTION AND WAYS OF CREATING ECCENTRIC
CONTRACTION PROGRAMS FOR A SPECIFIC INDIVIDUAL MUSCLE**

**Spring 2025 workshop
taught by Irene Dowd
in collaboration with Stephen Williams
Saturday, November 15, 2025
2:30 – 4:30 PM**

Eccentric contraction is activation of a muscle while it is elongating, such as lowering our spoon slowly into our soup by eccentrically contracting the muscles that cross the front of our elbow. Eccentric contraction has many benefits including: building strength more efficiently and quickly, increasing control and decreasing impact when landing from jump/running/walking, recovering from muscle injury, increasing bone building, enhancing muscle awareness, and more. We will learn how to create personal programs of utilizing and enhancing eccentric contraction of each and any muscle of our body, without involving special equipment or settings.

Date: Saturday, November 15, 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: \$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