

## KINESTHETIC ANATOMY & BIOMECHANICS OF MOTION: THE LIMBS

January 20 – May 5, 2026

Tuesdays 2:30 - 4:00 pm

Taught by Irene Dowd and Assisted by Stephen Williams

This course has been created to provide participants with functional and kinesthetic comprehension of the musculoskeletal system of our extremities, i.e. our 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 hips, knees, ankles, feet, 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, running climbing up and down stairs, lifting, carrying, pushing/pulling with arms and manipulating objects with our hands. The schedule of topics is as follows (subject to slight changes):

- #1. structure and range of motion of hip joint
- #2. muscles crossing the back and outsides of the hip joint and what they do
- #3. muscles crossing the front and insides of the hip joint and what they do
- #4. structure and motion of knee joint
- #5. muscles and tissues crossing knee joint, their functions in motion
- #6. strategies for enhancing knee joint function
- #7. structure, motion, muscles of leg and ankle joint
- #8. architecture and motion of foot
- #9. muscles of the foot
- #10. structure, motion, muscles of shoulder girdle
- #11. structure and motion of shoulder joint, and rotator cuff function
- #12. all muscles of shoulder joint, coordinating shoulder girdle with shoulder joint
- #13. structure, motion, muscles of elbow and forearm
- #14. wrist joint and muscles; bones, structure and motion of hand
- #15. muscles, movements and activities of hand
- #16. review and practice of choreographic material taught

DATES: January 20 – May 5 (16 weeks, "rain-date" on May 12, 2025)

TIME: **TUESDAYS 2:30 - 4:00 pm** (16 classes for a total of 24 contact hours)

FEE: **\$1,080 paid in advance**, no refunds after the course has begun

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 recording later - just let us know what you choose.

**PAY FEE of \$1,080 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 get your payment to him before course begins so 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.