

**KINESTHETIC ANATOMY AND BIOMECHANICS OF MOTION:
THE SPINE & TRUNK**
taught by Irene Dowd
Fall 2024

In this course we will review the anatomical bone structure, joint motion, muscles and potential actions of the spine/trunk. Focus will be on joint motion (kinematics) and on movement choreographies that engage all the muscles of the spine and trunk.

Emphasis will be especially on how each bone of pelvis, each vertebra, each rib, skull and bones of skull move at their various joints. We will locate each of these joints in our own body and visualize all the potential motion that can take place at each of these joints.

Learning a series of short movement sequences choreographed by Irene will not only give us a kinesthetic experience of all of our spine/trunk muscles, but can potentially enhance our dynamic stability, mobility, control, coordination, and readiness to move our spine/trunk in all directions - including our head, rib cage, pelvis.

We will consider such issues as hypermobility/hypomobility of spine, spine/pelvis asymmetries, functional postural concepts, etc. Common daily life and skilled activity challenges will be considered and addressed as time permits - potentially inducing the creation of some new training choreographies.

DATES: September 17 – December 3, 2024 (if needed, "make-up day" on Tuesday December 10)

TIME: TUESDAYS 2:30 - 4:30 pm (12 classes for a total of 24 contact hours)

FEE: \$800 paid in advance, no refunds after the course has begun (fee per hour is same as in previous courses)

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 later - just let us know what you choose.

PAY FEE of \$800 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.**