

**ADAPTIVE GOAL-ORIENTATED STRATEGIES FOR MENTORING DANCERS – FOCUS ON FOOT**  
**Fall 2024 workshop for Dancers**  
**taught by Irene Dowd**  
**Saturday, October 5, 2024**  
**2:30 – 4:30 PM**

in this workshop, we will review how to create adaptive strategies to address the needs and dance goals of different types of dancers – each with their own unique body and mind and individual goals as an artist. This will be a practical class in which Irene will demonstrate strategies adapting to individual volunteers. The volunteers must present specific dance goals of their own, especially focused on dance issues pertaining to the foot such as: functional and dysfunctional pronation, balance issues, pushing off and landing from a jump or leap, etc.

Irene will teach a series of warm-up & training choreographies,

Then she will coach dance volunteers.

We will all practice and see the results – Irene will measure “before-and-after” differences in the desired performance of the strategies she will devise, which can include specific warm-ups, movement sequences, increased clarity about anatomy/kinesiology the joint motions and muscle use patterns required to perform the dance skill, imagery, and pursuit of clear spatial and theatrical intent.

**Date: Saturday, October 5, 2024**

**Time: 2:30 - 4:30 p.m.**

**Location: Noho Pilates, 611 Broadway, Suite 608, NYC 10012** (northwest corner of Broadway and Houston Streets)

**NOTE: This course will be in person, and on zoom.** When you register, give us an idea of which one you think you will do.

**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