

**INCREASING RANGE OF MOTION THROUGH MUSCLE TRAINING:  
role of stretching, releasing, strengthening and coordination  
Fall 2024 workshop  
taught by Irene Dowd  
in collaboration with Stephen Williams  
Saturday, October 19, 2024  
2:30 – 4:30 PM**

It is not always obvious what is needed when we can't achieve the full active range of motion with the ease that we aspire to. For many, the first strategy is to stretch, but that isn't always effective and may even decrease range and ease. Being able to exert the muscles required to produce the motion, can be the limiting factor (and exerting muscle/s on one side of a joint may reflexively release/relax the muscles on other side of the joint being moved due to reciprocal inhibition). Sometimes it is our idea of the movement that is getting in our way of being able to perform (e.g. locating hip joint in a different place than it actually is, assuming that only that one joint is allowed to move when most activities involve motion in many if not all our joints). We will first consider general principles and strategies that enhance muscle length, muscle relaxation or contraction, strength, endurance and coordination, and other strategies of muscle training. Then we will consider specific joints including hip joints, knee joints, ankles, spine – as each provides unique challenges.

**Date: Saturday, October 19 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 that this workshop is for anyone interested in muscle training: lengthening, releasing, strengthening and building endurance of muscles.**

**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