

**AN INTRODUCTION TO IDEOKINESIS:
a strategy for enhancing motor learning
Fall 2024 workshop
taught by Irene Dowd
in collaboration with Stephen Williams
Saturday, November 2, 2024
2:30 – 4:30 PM**

Ideokinesis is a strategy for enhancing our ability to move. It involves a process of visualizing a pathway or vector of motion through one's body, with the purpose of fine-tuning movement performance. The practice of Ideokinesis can be utilized to refining and heightening coordination, equilibrium, motor skill, efficiency and ease during performance of everyday activities such as being on Zoom or other on-line interfaces, reading, talking, lifting and carrying a heavy bag; or more specialized activities such as engaging in intense physical exercise, performing as a musician, dancer, actor, etc.

In this workshop, I will provide a very brief introduction to the teachings of Lulu Sweigard as I received them at the Juilliard School in the time between 1968 and 1974.

I will present some of the applications I have made of the practice of Ideokinesis to optimizing such activities as walking, sitting down and standing up, picking up and carrying a heavy weight, using a computer or other electronic device without getting a sore/tired neck, upper back, lower back.

Date: Saturday, November 2 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 motor learning and use of imagery to enhance learning personal movement /activity goals

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: \$80 - 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