

Fall 2015 Course being taught by IRENE DOWD
sponsored by Stephen Williams

KINESTHETIC ANATOMY & BIOMECHANICS OF MOTION: SPINE/TRUNK

This course has been created to provide participants with functional and kinesthetic comprehension of our musculoskeletal system. We will study the bones, joint biomechanics and muscles of the spine and trunk, as well as pelvis, rib cage, and skull. We will carefully consider how our trunk functions as a 3D volume that contains, supports, and moves us through space. We will examine the coordinated activity patterns of our trunk muscles during basic movements of daily life and different relationships with gravity. At the end of most class meetings we will analyze a specific protocol for trunk stabilization and mobilization in relation to real-life goals.

The following provides a summary of the tentative schedule of topic presentations (subject to changes and adjustments):

Sept 19 – skeletal structure of spine as a whole, locating vertebra, terminology review

Sept 26 – bony landmarks of pelvis & lumbar spine, movements of lower trunk, mechanics of joint motion of lower spine

Oct 3 – muscles of the back

Oct 10 – muscles of the abdominal wall, role of trunk and spine muscles in sustaining various lower spine orientations & movements

Oct 17 – bony landmarks of thoracic spine & thorax, movements and muscles of middle trunk

Oct 24 – moving the volume within thorax: respiration, muscles of respiration, muscular patterns involved in breathing

Oct 31 – bony landmarks and joints of the skull & cervical spine, movements of head, jaw and neck, mechanics of joint motion of the upper spine & trunk

Nov 14 – muscles of the neck & upper thorax, neck as “head stalk”

Nov 21 – postural and movement functions of the spine and trunk as a whole

DATES: September 19 – November 21, 2015 NO CLASS ON November 7,
“make-up day on Sunday November 22 if a class is unavoidably cancelled

TIME: Saturdays 2:00 - 5:00 pm (9 classes)

Fee: \$700, paid one week in advance, no refunds after September 18 (24 hours before beginning of course), pre-registration is essential

Location: NOHO Pilates @ 611 Broadway, Suite 608, NYC 10012 (at north-west corner of Broadway and Houston Streets)

Payment/registration must be made to: **Stephen Williams**

For more information: call Irene Dowd at 212-420-8782 (8am -8pm) or

e-mail Stephen Williams at **nohostudio@yahoo.com**

Biographical note: Irene Dowd is on the dance faculty of the Juilliard School, Movement Research, and Hollins University/ADF MFA program in dance. She is a regular guest to NYU Tisch School of the Arts and Canada's National Ballet School. Author of Taking Root to Fly, she has maintained a practice in kinesthetic anatomy and neuromuscular re-education for over 44 years in NYC, while continuing to be a guest teacher in academic and dance institutions throughout the US, Canada and Europe. Irene has been awarded the 2014 Balasaraswati/Joy Ann Dewey Beinecke Endowed Chair for Distinguished Teaching at the American Dance Festival.