

**COMMUNICATING, SEEING AND DOING:  
STRATEGIES FOR ENHANCING FUNCTION IN ACTION**  
Taught by Irene Dowd

This course is designed for teachers, trainers, dancers, and movement coaches who wish to enhance their skills in communicating, analyzing and coaching movement, both for themselves and for others with whom they work. In order to refine movement performance, we must first be able to perceive what is being done in the present. In order to achieve that refinement, we must be able to devise a strategy for arriving at the movement goal more effectively. Critically important, we must be able to communicate our perception and our strategy to the person with whom we are working. Unless the communication between us is clear and undistorted, we can neither establish nor achieve mutual goals.

Once we have seen what is true in the present and understood what the person hopes to achieve in the future, we can begin to create strategies for coaching that person along a pathway toward that future goal. In this course, we will focus on strategies that involve re-configuring the what and the how of our thinking (concept and visualization of the movement) as well as strategies that involve re-coordinating our muscle work while practicing different muscular use patterns. In other words, we will practice changing our idea of the movement as well as our way of engaging our musculo-skeletal system in order to perform the movement (re-training our physical being in the process).

The purpose of this course is to be able to more effectively figure out ways to answer the questions: "what do we SEE, and what shall we DO in order to achieve our mutual goals?"

**PRE-REQUISITE:** a full year course in anatomy either with Irene or at a recognized and accredited college or university

**DATES:** January 22 - April 9, 2015 ("rain-date" date: April 16)

**TIME:** Thursdays, 2 - 4 pm, for a total of 12 weeks

**FEE:** \$700, pre-registration is essential since the class size will be limited (no refunds after January 21)

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

**REGISTRATION AND PAYMENT** must be made to: **Stephen Williams**

**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 has been a regular guest to NYU Tisch School of the Arts and Canada's National Ballet School for many years. 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 is the recipient of the 2014 Balasaraswati/Joy Ann Dewey Beinecke Endowed Chair for Distinguished Teaching at the American Dance Festival.