

ENHANCING EQUILIBRIUM STRATEGIES

Presented at NOHO Pilates

SUNDAY October 9, 2016

1:30-5:30pm

Taught by Irene Dowd and Steven Fetherhuff

Balancing involves constant motion in response to change, in order to equalize the weights or forces our bodies are experiencing. That change may be subtle or abrupt, involving a negotiation with gravity, other moving objects and people, as well as our own body shifts in relationship with ourselves and with the environment.

In order to negotiate a relationship of constant change, one is generally highly dependent on proprioception (sensory perception of motion and body orientation), especially that which arises from our vestibular mechanism (inner ear), vision, and sensors located in our joints, muscles and skin (especially those in our ankle joints, muscles of our neck and trunk, fingertips and soles of feet).

Our goal is to be maximally successful in achieving equilibrium throughout our daily life in our own challenging environment. Some ways in which we can gain balance skills include:

- learning how to make simple adjustments to decrease risk of falling and increase stability as we negotiate our personal world of interactions
- developing habits of considering all our functional choices before testing our limits (i.e. looking before we leap)
- expanding our physical limits through various trainings including targeted and progressive equilibrium and strengthening protocols that especially serve our ability to balance on one leg, change levels, reach into space, or move very rapidly through a congested space
- practicing the Pilates method in a way that sensitizes our bodies to dynamically orienting in a changing environment, thus enhancing our ability to balance
- reviewing specific Pilates protocols which particularly enhance equilibrium

As we move through life into maturity, our strategies may need to change. Since longevity is increasing, finding a way to safely move through our rapidly changing world (without withdrawing from the activities we enjoy) becomes more and more essential. We will discuss and explore ways in which the use of our powerful brains coupled with adaptive physical training strategies can serve us through time, as we seek equipoise.

Fee: \$175, due one week in advance

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

Payment to: Stephen Williams at NOHO Pilates @ 611 Broadway, Suite 608, NYC 10012

Please register by emailing: Stephen Williams at nohostudio@yahoo.com

For questions regarding details about the workshop: email or call Stephen Williams at 212-677-9203 or call Irene Dowd at 212-420-8782 between 8am and 8pm only

Note: Class size will be limited, do not delay in registering if you know you plan to participate

DUE TO HIGH DEMAND, THIS IS A REPETITION OF THE WORKSHOP BEING TAUGHT ON THE PRECEEDING DAY