

PERCEPTUAL MOBILITY: expanding our perceptions, points of view, and perspectives on our world including the people around us
Fall2025 workshop
taught by Irene Dowd
in collaboration with Stephen Williams

We all have preferential ways of perceiving and therefore understanding the world around us, including everything and everyone. To name just a few, we might tend to:

- orient our bodies in space relative to whatever we are attending to (e.g. looking out to the right side or to the left side when looking at something/someone)

- rely more on our eyes, or our ears or our kinesthetic senses to receive information and remember it

- consider our observations from an anatomical, kinesiological, biochemical, motor learning point of view based on our training and interests

- focus particularly on elements that were drilled into us by our parent figures, our teachers, our doctors, our friends (both for ourselves and for those we observe – e.g. always keep your spine straight and notice if others keep their spine straight also)

- perceive through the lens of what we were brought up to believe regarding physical well-being (such as western, alternative, oriental, indigenous, or folk medicine)

Any of these ways of perceiving and understanding can potentially be meaningful and might help us find a way to be harmonious within ourselves and in relationship with the world we live in. However, different ones can be most apt in different circumstances. If we have more ways of perceiving and understanding, then we may have more ways of harmonizing and functioning in a rapidly changing world.

Date: Saturday, October 18, 2025

Time: 2:30 - 4:30 p.m.

Location: Noho Pilates, 611 Broadway, Suite 608, NYC 10012 (northwest corner of Broadway and Houston Streets)

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 on Zoom.

Fee: \$90 - 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