

BACK, NECK, AND HEAD PAIN: IDENTIFYING POSSIBLE CAUSES AND INVESTIGATING STRATEGIES TO DIMINISH THE PAIN

January 21 – March 11, 2026

Wednesdays 2:30 - 4:00 pm

Taught by Irene Dowd and Assisted by Stephen Williams

Back pain, neck pain and headache are extremely common in this country and are often the cause of misery, lost work and both time &/or money spent on multiple MD visits, physical therapy, acupuncture, massage, and other therapeutic interventions.

In this workshop series we will consider some of the common sources of pain in spine, neck and head - such as sacro-iliac hypermobility/dysfunction, disc herniation, spinal arthritis, facet joint syndrome and arthritis, spondylolisthesis, retrolisthesis, spinal stenosis, dysfunctional postural habits, asymmetrical usage, and other causes. We will review some of the symptoms and anatomy/kinesiology that are commonly associated with each of these potential pain sources.

Having this information can perhaps give us insight into how to understand what is going on in our own bodies and to create strategies that may help alleviate or control the pain.

I will teach protocols that may serve to enhance what a person might do to achieve their goals of decreasing pain and increasing physical function. The protocols will include: physical activity programs that can be practiced without any special equipment, as well as with special equipment, alternatives to current physical activities that may cause pain (e.g., swimming instead of running), suggestions for changes in how one performs whatever one is doing throughout one's daily life by changing focus (and thus re-interpreting how to manage pain), and using imagery any time to reconfigure postural and work strategies.

DATES: January 21 – March 11, 2026 (8 weeks, "rain-date" on March 18, 2026)

TIME: WEDNESDAYS 2:30 - 4:00 pm (8 classes for a total of 12 contact hours)

FEE: \$540 paid in advance, no refunds after the course has begun

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

PRE-REGISTRATION AND PAYMENT ARE ESSENTIAL in order to receive handouts and zoom link:

Payment/registration must be made to: Stephen Williams: nohostudio@yahoo.com

For more information: call Irene Dowd at 917-710-7447 (8am -8pm) or email Irene at: eidcas@gmail.com OR e-mail Stephen Williams at nohostudio@yahoo.com

If you sign up for this course, you will receive a **ZOOM link** at beginning of seminar that is usable for the entire course (Zoom recording can be viewed for 7 days after the class meeting)

NOTE: a HYBRID course - you can attend in person physically &/or on Zoom or view the Zoom later - just let us know what you choose.

PAY FEE of \$540 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 to get your payment to him before course begins so he can send you the Zoom link, and the handouts in advance**

Biographical note: Irene Dowd retired as a faculty emeritus in 2023 after 28 years of teaching as member of the dance faculty of the Juilliard School. In 2024, she taught at Movement Research, and Hollins University/ADF MFA program in dance, and the Hunter College Arnhold Graduate Dance Education Program, as well as in her own programs curated by Stephen Williams. She was a regular guest to NYU Tisch School of the Arts and Canada's National Ballet School for many years previously. Author of Taking Root to Fly, she has maintained a practice in kinesthetic anatomy and neuromuscular re-education for 55 years in NYC, while continuing to be a guest teacher in academic and dance institutions globally. Irene is recipient of the 2014 Balasaraswati/Joy Ann Dewey Beinecke Endowed Chair for Distinguished Teaching at the American Dance Festival, the 2015 Juilliard John Erskine Faculty Prize, 2016 Dance Science & Somatics Educators Lifetime Service Award, 2018 Honorary Fellowship from Trinity Laban Conservatoire of Music and Dance, and the 2023 Dance Teacher Award.