

WORKSHOPS WITH IRENE DOWD

EXPERIENCING OUR SPINE AND TRUNK VOLUMETRICALLY

Saturday February 6, 2010 1:30 to 5:00 p.m.

When we begin to understand that our body core is a space-occupying volume, some anatomical arcanum begins to make physical sense. For example, we can understand why our spine is curvy instead of straight, we comprehend why moving our eyes or minutely shifting our pelvis on the seat of our chair can reorganize our entire spine, we know why expansion on one side creates compression on the opposite side of our torso, and we perceive the role that trunk mobility can play in maintaining optimum organ functions.

In the workshop, we will take a guided tour through the contents of our trunk from crown of our head to our pelvic base. We will locate bony and organic landmarks, and then practice a series of simple choreographic sequences which gently mobilize and/or involve the bony, muscular, fascial and organic tissues that compose our insides. We will consider practical ways to communicate this information to our students so that they can more easily learn to perform challenging movement coordinations involving pelvis, spine, rib cage, neck and head actions.

ARTHROKINEMATICS OF THE SPINE AS A WHOLE

Saturday, February 20, 2010 1:30 to 5:00 p.m.

In this workshop, we will see, experience, analyze and comprehend all the movements that can take place in the joints between each of the vertebra of our spine. In so doing we will learn why flexion elongates our back muscles and makes more room for our spinal nerves to pass to/from spinal cord and the rest of our body; why extension decompresses our intervertebral discs and is safer for people with osteoporosis; why side bending and rotation generally take place together and may be associated with the every day asymmetric limb actions that can sometimes “put a vertebra out”; why we need to be mindful of moving in all directions to maintain a healthy spine physiology.

We will practice a simple 3D spine warm-up choreography together. Then we will practice analyzing and coaching various training protocols and practices taught in pilates/yoga/dance/sports training which involve complex movements of the spine.

one workshop is \$100 or take both for \$180

at **Rolates Pilates**

939 Eighth Avenue, #207^{btw.} 55th and 56th st.

To register please call 212-247-9603, or print, fill out and return our Registration Form on our website

www.rolates.com



Irene Dowd, renowned kinesiologist, is currently on the dance faculty at the Juilliard School, Canada's National Ballet School, NYU Tisch School of the Arts, Hollins University M.F.A. Program in Dance. She is the Author of Taking Root to Fly and has been teaching for over 40 years.