

THIS SUMMER

JULY 27-28, 2019

SPECIAL CORE
DYNAMICS
WEEKEND
WORKSHOP



Daphne Fernberger performing
"Ellipse" choreographed by Irene Dowd

IRENE DOWD

APPLYING PNF PRINCIPLES TO CONDITIONING, TRAINING AND WARM-UP PROGRAMS

The practice of PNF (proprioceptive neuromuscular facilitation) patterns can serve as a very efficient way of warming-up, sensitizing, strengthening, stretching, and re-training all the major muscle groups of our body. In this workshop, you will learn how to practice these patterns with the assistance of gravity, theraband, partner, or other means (such as Pilates equipment). Together, we will also explore ways to adjust the practice to emphasize different elements of neuromuscular retraining, for example, focusing more on re-coordination, dynamic strengthening or adaptability to an unpredictable environment. Each of these patterns is specific, action-oriented, and involves reorganization of the whole body in order to fulfill it.

As time and interest of the participants permits, Irene will teach some PNF-like patterns designed to enhance the engagement of very specific muscle groups such as: the rotator cuff muscles of the shoulder, or the lower trunk muscles which provide dynamic stability to the sacro-iliac and lumbo-sacral joints. We may also explore ways in which PNF patterns and principles might be integrated into the practice of yoga, sports and dance training, and other types of physical training.

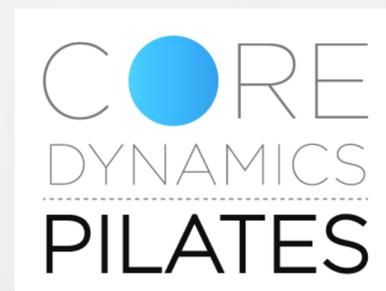
While PNF and PNF-based patterns may appear quite complicated, they can actually be taught in a manner accessible to all (as was always intended by the creators of the original patterns). Participants will receive coaching on how to teach and cue this material in ways that all kinds of people at varying skill and ability levels can understand and master.

JULY 27 & 28, 2019
9:30AM - 4:00PM

THE STUDIO
501 FRANKLIN AVE.
SANTA FE, NM 87501

COST \$499
\$50 TO REGISTER

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ABOUT IRENE



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 49 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 numerous honors and awards, including the 2018 Honorary Fellowship from Trinity Laban Conservatoire of Music and Dance. Irene has choreographed for Peggy Baker, Margie Gillis and other solo dancers. She continues to be a student of Pilates-based work with Lisa Love and Jean Claude West.