

EXPLORING DYNAMIC EQUILIBRIUM IN THE CONTEXT OF PILATES AND DAILY LIFE PRACTICES

Taught by Jean-Claude West and Irene Dowd

Equilibrating is a continuous activity of accommodating and morphing to one's environment as the forces acting upon us are constantly in flux. These forces come from the outside (gravity, Pilates straps/springs, being in a moving vehicle) and from within (breathing, moving one's own limbs away and toward body center, head/spine shifting and accommodating to action goal).

In this workshop, Jean-Claude will utilize belts and other equipment to induce vectors of force acting from the outside, and guide participants through awareness and expansion of their own strategies to balance those forces. Irene will teach several short action phrases (choreography) that both challenge and teach us balancing strategies.

Both will demonstrate extensively with volunteers from the workshop.

DATES: JUNE 23RD & 24TH, 9AM-4PM
LOCATION: A BODY OF WORK SAN FRANCISCO

To register: Space will be held in the order that registration and checks are received.

Please **first** send an email to the address listed below with your name, current contact information, and workshop name before sending your payment. We will inform you if you are in the workshop or on a waiting list, as spaces will fill up quickly. We advise you to register early if travel arrangements need to be made.

Payment: To reserve a space, the full payment of \$550 is required, payable to Anna Schmitz.

Please note the workshop name and dates in the memo space.

Irene Dowd is on the dance faculty of the Juilliard School, the Hollins University/ ADF MFA program in dance, and Movement Research. She has been a guest faculty at many universities, conservatories and dance companies throughout the US and Canada. Irene is the recipient of the 2014 Balasaraswati/Joy Ann Dewey Beinecke Chair for Distinguished teaching at ADF, recipient of the 2015 Juilliard School John Erskine Faculty Prize, and the 2016 Dance Science and Somatics Educators Lifetime Service Award from DSSSE (Dance Science and Somatics Educators). Author of Taking Root to Fly (now in the 11th printing of the 3rd edition), she has maintained a private practice in kinesthetic anatomy and neuromuscular re-education for almost 50 years in NYC. 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. Recently she completed a digital archive, which can be viewed at: www.iredowdchoreographies.com

Jean-Claude West is a master teacher, clinician and inventor presently residing in Mill Valley, Ca. He began his career in NYC concentrating on restoring functional movement patterns in the dance population. His present focus is on adaptive responses of the spine, fine-tuning movement patterns for efficiency and balance. For the past 25 years his Functional Anatomy courses have been taught to physical therapists, osteopaths, chiropractors and movement specialists in Pilates and Gyrotonics, nationally and internationally. He is the inventor of the JC5600, an amalgamation of Pilates based apparatus. He is also the co-inventor of the Functional Footprints, a tool to retrain hip and knee function, and the Biomechanical Asymmetry Corrector (BAC), which treats scoliosis. He has a strong background in biomechanics and a Masters Degree in Motor Learning from Columbia University. He is co-author of "Functional movement impairment in dancers" in the Journal of Back and Musculoskeletal Rehabilitation.

165 Lark Lane
Mill Valley CA. 94941
E-Mail: jeanclaudewest@gmail.com