

February, 21-22, 2026

Know Your Movement Language Intensive

Company: Balance Arts Center
Venue: Balance Arts Center/Zoom
Location: New York, NY

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In this weekend intensive, you will learn and practice Laban's vocabulary in action. Participants will learn to describe movement in detail and lead students in a movement experience. We will explore systems of reference, spatial directions, actions, spatial measurement, paths, and dynamics. Having a full vocabulary at your fingertips helps improve your observation and communication skills. There will be a text for the course.

Both in-person and online.

Saturday & Sunday, 10-1 & 2-4

\$300

Learn more & register at [balanceartscenter.com/know-your-movement-language-intensive](https://www.balanceartscenter.com/know-your-movement-language-intensive)

Balance Arts Center
151 W 30th St 3rd floor
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<https://www.balanceartscenter.com/know-your-movement-language-intensive>

Schedule
February 21, 2026: 10:00am
February 22, 2026: 10:00am

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