October, 12-13, 2019

Laban Movement Analysis: Body, Effort, Space & Shape

Company: Moving for Life
Venue: Studio 55C
Location: New York, NY

▶ Share | Print | Download



Two-Day Workshop
October 12 & 13 - 10:30-5:30pm
Studio 55C

Laban Movement Analysis (with Ana Leon Bella and Dana Davison) Explore the sacred geometry of crystalline forms as they occur in and out of the body, move from internal impulses to music, visual imagery and storytelling. Discover the qualities of your own movement and how to balance them through the work of Rudolf Laban. Learn new language for movement in words, graphs and symbols, by drawing and experiencing the categories of: body, including parts, actions, phrasing; effort, through the dichotomies of time, space, weight and flow; shape, with forms, modes of change and flow support, and space, harmonizing levels, dimensions, diameters and scales.

This coursework is part of four workshops for the Moving for Life Certified Instructor training program which can be taken by anyone, and can also count as credit toward becoming a Certified Teacher of BodyMind Dancing, and/or Dynamic Embodiment Practitioner. Based on Martha Eddy's somatic movement work, the courses take a Dynamic Embodiment (DE) approach to Bartenieff Fundamentals, Laban Movement Analysis and Body-Mind Centering® Embodied Physiology/Body Systems and Neuro-Motor Development. Classes are designed to help instructors become exquisitely attentive and adaptive to the needs of diverse students – people with a range of illnesses, ages and movement backgrounds. Discount available for taking all four.

Moving for Life
55 Avenue C
New York, NY, 10009
2122221351
https://www.eventbrite.com/e/laban-movement-analysis-body-effort-space-shape-tickets-60318348805?aff=ebdssbdestsearch

Schedule
October 12, 2019: 10:30am
October 13, 2019: 10:30am

< back

previous listing • next listing