August 17 - December 15, 2018

The Anatomy of Choice - Laban, Bartenieff, Anatomy/Kinesiology

Company: Alexandra Beller Dances
Venue: Brooklyn Studios for Dance
Location: Brooklyn, NY

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Scott Shaw

Early Bird Special: $800 before 8/14
$850 after

12:30 pm - 3:30 pm

Brooklyn Studios for Dance - 210 Lafayette Ave, Brooklyn, NY

By focusing each class on Laban Movement Analysis, Bartenieff Fundamentals and Anatomy/Kinesiology, students will gain a 3-Dimensional awareness of the body in motion. Classes will start with one hour of movement practice based on deepening our somatic connections and re-patterning the body for greater efficiency. An hour of Anatomy/Kinesiology follows, where we will enrich our knowledge of how bones, muscles and joints collaborate. We will conclude with an hour of LMA, to synthesize our multiple perspectives on how and why we move through space and how meaning is created through movement. The course will equally utilize physical embodiment, deep analysis, and social contextualization.The workshop is geared towards teachers, bodyworkers, artists, healers, and movers who wish to expand their understanding of how, and why we move, and what meaning is derived from our choices.

This workshop counts as all three prerequisite Intro workshops required for entry into Laban Institute of Movement Studies Year-long and Modular programs. This includes Intro to LMA, Intro to BF and Intro to A/K.

Alexandra Beller Dances
210 Lafayette Ave
Brooklyn, NY, 11238
http://alexandrabellerdances.org/labancourse/

Schedule
August 17, 2018: 12:30pm
September 15, 2018: 12:30pm
September 22, 2018: 12:30pm
September 29, 2018: 12:30pm
October 13, 2018: 12:30pm
more

< back

previous listing • next listing