

February 20 - April 30, 2016

Workshop: Choosing your Place in Space: Studies in Laban Movement Analysis, Bartenieff Fundamentals, and Anatomy/Kinesiology

Company: Alexandra Beller/ Dances
Location: Brooklyn, NY

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Toni Melaas by Steven Schreiber

Choosing Your Place in Space: Studies in Laban Movement Analysis, Bartenieff Fundamentals, and Anatomy/Kinesiology
co-taught by Alexandra Beller, Stevie Oakes, and Kathleen Shea

***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.

Ten Week Workshop

February 20-April 30 (no March 19)- 10 weeks
Saturdays 11-2pm

Cost: \$975

Cost: \$975 (cost is \$925 if you attend our FREE intro session on Sat, January 23 11am-1pm- 44 E 2nd St in Manhattan. Reservation required.
Sign up at alexandrabellerdances.org/springlaban
Reserve your spot by making your \$100 deposit today at alexandrabellerdances.org.

This course invites students to rigorously explore human movement potential through integrated studies of Laban Movement Analysis, Anatomy/Kinesiology and Bartenieff Fundamentals. By increasing our awareness of the body and its relationship to the environment, we are able to transform both our functionality and expressivity. We will encounter a wider range of choices and enhance our ability to communicate efficiently through movement.

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.

"My approach to LMA and BF is to use them as a set of filters through which to see ourselves more clearly by breaking down and rebuilding our definitions about Body, Effort, Shape and Space. After 30 years as a dancer (15 also as choreographer), I have a lot of ideas about both embodiment and creative practice. None of those have gone out the window. I enjoy unpacking those ideas and using LMA and BF in order to re-assess and challenge them before rebuilding them. I believe that empathy is just as important as analysis, that not knowing is more important than knowing. I somehow manage to find cohesion between these two beliefs and the rigorous interrogation of movement that is available through the systems of LMA and BF."— Alexandra Beller

About the Instructors: Alexandra Beller is Artistic Director of Alexandra Beller/Dances, which is currently celebrating its thirteenth anniversary. She was a member of the Bill T. Jones/Arnie Zane Dance Company from 1995-2001, and while with the company, performed in over 50 countries and throughout the U.S. Alexandra completed the Year Long Program at LIMS (Laban/Bartenieff Institute for Movement Studies), and holds a CMA (Certified Movement Analyst) degree.

Stevie Oakes received her MFA in Dance from NYU/Tisch School of the Arts after earning a degree in Chemistry and Kinesiology from the College of William & Mary. Living in New York City, she has enjoyed the privilege of performing works by a diverse collection of artists. Meanwhile, as a member of the team at the Harkness Center for Dance Injuries, Oakes combines her passions of dance and science as both

educator and researcher. Oakes is thrilled to have joined the dance faculty as an Assistant Professor at the College at Brockport.

Kathleen Shea is a Certified Movement Analyst of the Laban/Bartenieff Institute of Movement Studies and teaches movement/yoga classes in Brooklyn and Manhattan. ksheayoga.com

MORE INFO AT <http://alexandrabellerdances.org/springlaban/>

Alexandra Beller/ Dances

TBD

Brooklyn, NY, 11201

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Schedule

December 31, 1969: 7:00pm

[< back](#)

[previous listing](#) • [next listing](#)