

Friday, January 13, 2023

FREE BF Workshop

Company: Laban Bartenieff Institute for Movement Studies
Location: Brooklyn, NY

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Personal BF Lessons 2023 This year, once again, the Laban/Bartenieff Institute of Movement Studies is offering free 1 to 1 movement lessons on Friday, January 13 at 2:30 pm. Your lesson will run for 50 minutes to 1 hour. These sessions are offered as part of the training for students in the Certificate Program in Laban Movement Studies. They are now in the second half of their training in Laban Movement Analysis and the Bartenieff Fundamentals, which is, among other things, a method for looking at and analyzing movement and promoting change in movement. We are looking for people who are willing to be practiced on . . . all you have to do is come to the studio and let a student help you with any movement issue you want to work on - posture & alignment, movement challenges, improving skill in your favorite activities or new activities, use of your body at work, etc. (These sessions are educational, movement oriented, and are done fully clothed) ALL STUDENTS, FACULTY AND PARTICIPANTS MUST BE FULLY VACCINATED AND MASKED FOR THE SESSIONS.

REGISTRATION: To register for a session and/or ask questions please contact: Andrea Haenggj, CMA at andreaahaenggj@labaninstitute.org
Please come 10 minutes prior to the session.

Laban Bartenieff Institute for Movement Studies
ART/NY on South Oxford St. 138 South Oxford St.,
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Please email
<http://andreaahaenggj@labaninstitute.org>

Schedule
January 13, 2023: 2:30pm

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