

September 21 - November 16, 2021

## The Anatomy of Choice: A course in Laban Movement Analysis and Bartenieff Fundamentals

Company: Alexandra Beller/Dances  
Location: New York, NY

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Scott Shaw

A course in Laban Movement Analysis and Bartenieff Fundamentals

TUESDAYS

SEPTEMBER 21-

NOVEMBER 16, 2021

2:00 PM- 5:00 PM

\$500

By focusing each class on Laban Movement Analysis and Bartenieff Fundamentals, 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. 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.

<https://alexandrabellerdances.org/labancourse>

This workshop counts as two prerequisite Intro workshops required for entry into Laban Institute of Movement Studies Year-long and Modular programs. This includes Intro to LMA and Intro to BF. Intro to Anatomy/Kinesiology to be offered as a separate course. Alexandra completed the Year Long Program at LIMS (Laban/Bartenieff Institute for Movement Studies), and holds a CMA (Certified Movement Analyst) degree.

Alexandra Beller/Dances  
Address 1  
New York, NY, N/A

### Schedule

September 21, 2021: 2:00pm

September 28, 2021: 2:00pm

October 5, 2021: 2:00pm

October 12, 2021: 2:00pm

October 19, 2021: 2:00pm

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