

LBMS series:

Introductory workshop focused on Body, and particularly the Bartenieff Fundamentals

Mit Marieke Delannoy & Katharina Conradi

Workshopsprache Englisch, deutsche Übersetzung möglich

The Laban Bartenieff Movement System (LBMS) is a comprehensive system to observe, describe and understand the patterns of human movement. LBMS offers an embodied theoretical framework describing the four basic components of movement: Body, Effort, Shape and Space (the what, the why, the how and where of action) and the inter-relationships of these components. This rich system supports developing movement vocabulary, optimizing efficiency, refining skills, and enhancing communication and expressiveness. With these movement parameters, one can also create, analyse, document and integrate the complex nature of movement. Through this workshop you will be able to hone into detailed somatic movement principles and the proprioceptive senses of the body. This will allow you to increase your body awareness, to broaden your movement possibilities, deepen your somatic and theoretical body knowledge. In the work as a dance therapist, and/or movement professional, this supports yourself and your clients/students in somatic, emotional and cognitive growth.

- Ort:** zoEspaces, Elsässerstrasse 34. 4056 Basel
Daten/Zeiten: WS I: 24. - 26. April 2019: Developmental Patterns
WS II 26. - 28. April 2019: Principles in Bartenieff Fundamentals
Kosten: WS I: CHF 380.-, WS II: CHF 380.- Beide WS: CHF 700.- Stud/AHV 20% Rabatt
Anmeldung: sekretariat@zoe-tanz.ch
oder via www.zoe-tanz.ch ->projects oder -> Kurse
Mehr Infos: sekretariat@zoe-tanz.ch oder zoeTanz 061 381 70 68

LBMS SERIES

(Laban Bartenieff Movement Studies)

WS I:

24. -26. April 2019

Developmental Patterns

WS II:

26. - 28. April 2019

Principles in Bartenieff
Fundamentals



*Eine Kooperation mit
EMOVE Amsterdam*

Introductory workshops:
The Body and the Bartenieff Fundamentals

zoe tanz
professionals

LBMS series WS I

Introductory workshop focused on Body, and particularly the Bartenieff Fundamentals

24. - 26. April 2019: Developmental Patterns

Mit Marieke Delannoy
www.emoveinstitute.com

Developmental Patterns

Fascinated by the lightness and harmony of children's movement, Irmgard Bartenieff began to observe their motor development. She discovered effective movement patterns which derive from movement development which we all go through and which form the lifelong basis for our movement and posture. Due to developmental problems, strain, habitualities, accidents, or pain, the development or performance of these patterns become inhibited, and movement becomes less effective, more difficult, and more painful. Working with the developmental motor patterns teaches the body to remember and reintegrate original movement patterns.

The developmental patterns also are called total body organization patterns, because of the involvement of the whole body in each pattern. Each pattern represents a certain stage in development with the corresponding experiences. It is about connecting with yourself and with the world around you.

In this workshop we will focus on experiencing these patterns along the developmental progression, but also look into therapeutic themes that relate to each of them.

LBMS series WS II:

Introductory workshop focused on Body, and particularly the Bartenieff Fundamentals

26. - 28. April 2019: Principles in Bartenieff Fundamentals

Mit Katharina Conradi
www.emoveinstitute.com

The Principles of Movement

Bartenieff Fundamentals address optimizing the supportive relationship between body organisation and movement intention. It incorporates fundamental principles and specific movement sequences. We will explore our Moving Self in dance through the lens of these principles such as Breath Support, Dynamic Alignment, Core Support, Axis of Length, Body Level Phrasing, Rotation and Spatial Intent. Each concept will be presented through simple experiential movement platforms that awaken the body's attention and wisdom to its functional anatomy and presence in space.

With embodied knowledge of these principles we can track our personal movement preferences more clearly. While the patterns each of us have developed may serve us well at times, we may also wish to have more choices in how we operate. Through experiencing new pathways and possibilities of how to support our bodies, we can find new ways to move in efficient and balanced ways.

In this Workshop we will approach the goal of Bartenieff Fundamental which is to move with ease, efficiency and expression. Body- and self-awareness will be enhanced, we will reflect on the inner as well as the outer process of movement experience.