

ArtsCaravan Presents

**LABAN / BARTENIEFF EXERCISE
AND MOVEMENT CLASSES**

ENHANCE MOVING IN LIFE

*EXPERIENCE THE GENTLY CHALLENGING BARTENIEFF
FUNDAMENTAL “CORRECTIVES”*

For Teens and Adults

Taught by Rosemary Ilardi-Ellis, CMA

Certified by Laban Bartenieff Institute of Movement Studies

With extensive experience in Sacred Dance

When: MONDAYS June 28–August 2

Time: 7:00 – 8:00 P.M.

**Cost: Pre-register-\$75.00/5 classes;
\$20.00 drop-in**

Rudolf Laban's Movement Analysis and Theory of Movement aims to help us understand how and why movement occurs in order to recreate movement and enable efficiency. LMA was developed through observation and experience of the performing arts, martial arts, as well as pedestrian and work actions. Irmgard Bartenieff brought Laban's theories to the States, developing 'corrective' exercises which she used in her work with Muscular Dystrophy patients, dancers and others.

Questions? Call ArtsCaravan 131 Bedford Hills, Katonah 914-232-0424