

Laban / Bartenieff Exercise-Movement Classes

Mondays, 7:00 – 8:00 p.m. 6/28, 7/12, 7/19, 7/26, 8/2 2010

- ✦ Wear comfortable clothes that you can move and stretch in
- ✦ Socks or bare feet are best; other footwear must of indoor use only
- ✦ No mats; we will be working on the floor a good part of the time; blankets for cushioning are available; you may wish to bring your own blanket or a towel.

- ✦ Each class will include working on the 6 Bartenieff fundamental exercises
- ✦ We will do a short movement phrase at the end of each class that incorporates the focus of the session's movement practice
- ✦ Each class will focus on a different LMA component, body area and moving experience:
 - 6/28- Body; lower body (“grounding”); walking
 - 7/12- Shape; Head, arms, chest; expressing
 - 7/19- Space; limbs; dynamics (more/less moving)
 - 7/26- Effort; Core, center; reacting
 - 8/2- Space-Effort, all; combined areas; whole body