

## **LABAN 2018 International Conference Workshop Descriptions**

### **Adrian, Barbara; Bloom, Katya; Casciero, Tom; Mizenko, Jennifer & Porter, Claire**

LMA for Actors: Five Different Perspectives, as Presented in The Laban Workbook for Actors

The authors of "The Laban Workbook for Actors" will present exercises from their recently released book. Each author will engage the participants in a unique exercise that uses LMA to enhance and deepen the acting process. The author's chapter titles are "A Physical Foundation for the Actor", by Tom Casciero, "Moving into Character" by Katya Bloom, "Moving Your Voice: Expanding Your Vocal Creative Potential Through LMA", by Barbara Adrian, "Links Between LMA and Key Acting Techniques", by Jennifer Mizenko, and Claire Porter's "Building a Movement and Text Performance."

### **Angel, Vicky**

Laban/Bartenieff Practices and Aesthetic Education

In this experiential workshop session, participants will engage in an aesthetic approach to movement, based on the Lincoln Center Education model. We will investigate universal themes from a selected work of art to create group dances. Shared participation and viewing of our movement studies will generate language and ideas. We will reflect on our work using an inquiry process and integrate Laban/Bartenieff language to connect with the aesthetic experience.

### **Buchholz, Astrid**

All at Once: Voice and Movement

You are a singer, and your director wants you to move – or vice versa? In both cases, a number of obstacles are to be met. The workshop will look into some common problems and the remedies, which LBMS can provide. After checking the systems, which constitute the voice, participants will investigate the muscular patterns supporting them. Using exercises drawn from Bartenieff, a goal will gradually be reached: a strong vocal support, while moving through space simultaneously. A workshop for singers, speakers, and movers of all age and levels.

### **Carroll, Roo**

Meditation and Mindful Movement Through a Laban Lens

The workshop will be a practice and embodiment of formal meditation/zazen and walking meditation/kinhin working with weight and flow using the breath and working with the present moment. The work emphasizes the body level, exploring body parts and whole body movements and the multiple ways to move using mindfulness practices, anatomy, developmental patterns, and simple body actions. Participants will also work with partners, taking turns moving, observing, drawing, mirroring, and integrating movements. The focus will always be on the joy of the present moment and the simplicity of beginning again.

**Chanik, John**

## Moving Seniors – Maintaining Essential Movement with Bartenieff Fundamentals

With age, it is vital to maintain as many movement capabilities as possible. People may take for granted movement abilities such as rolling, changing level and walking, but these are essential to maintaining mobility, adaptability and independence in later years. Participants of this workshop will explore the Bartenieff “Basic 6” and variations and see how Bartenieff Fundamentals<sup>sm</sup> Principles and concepts are the “basic” essentials for moving in senior years, helping to adapt to changing bodies and to stay active.

**Cox, Eleanor & Huntleigh, Amanda**

## The Core of Music is Movement

This workshop communicates how BF support the subtle internal movements required for technical and expressive musical performance. We will explore Breath, Core-Distal, Upper-Lower, and Cross Lateral PTBCs as they apply to musicians’ movements, starting with the whole body and deepening into more subtle movements both of the distal ends and the core. We will provide tools for communicating with non-dancing musicians and modifying BF floor sequences so that musicians can find the core of music in movement.

**Davison, Dana**

## The Body in Translation

Moving to a poem and short story read alternately in Russian and English, then from drawings made for the story, this workshop will explore the relationship between words, sounds, forms, languages, images and movement, examining the impulses and reactions of these unusual bodily translations. It will address the following questions: How do we translate what we hear in a language we don’t speak into our bodies? How does the experience change when we understand the words? What happens when we see images of the story?

**Doll, Mary Chase**

## The Breath of the Compassionate: moving Islamic Sacred Geometry through the Lens of Laban Movement Analysis.

Can we, in our daily life, create a sacred place/space that stems from the connection of all things moving within a cosmos that is ever expanding? *In this workshop participants observe, participate in and discuss the 9 sections of The Breath of the Compassionate specifically looking at the blurring of the Kinesphere into the Dynamosphere.*

**Evans, Bill**

## Master Class in the Evans Dance Technique: integrating an Approach to Laban/Bartenieff Movement Studies

Participants of all ages who have achieved an intermediate level of dance technique will experience Evans' unique approach to educating pre-professional dancers—and coaching professional dancers—through the lenses of Body, Effort, Shape and Space. Evans built his work on knowledge generated as a professional performer in classical ballet, classic modern and tap dance companies. His classes honor the wholeness and personal uniqueness of each participant and are designed around LBMS concepts, which are investigated through both improvisation and structured phrases.

**Funsch, Christy**

100 Prompts for Fundamental Practice

“100 Prompts for Fundamental Practice” is an, idea-generating, experiential workshop advocating for daily practice. Taking Irmgard Bartenieff's Principles as launching points, “100 Prompts” extrapolates LMA theory in a series of tasks intended to be completed over the course of 100 days (here condensed in a workshop format). “100 Prompts” is adapted from Funsch “100 days=wild” score created to support solo choreographic practice. As an unfolding score it is applicable to all creative, somatic, and academic/theoretical studies.

**Gantz, Judy & Heifetz, Deborah**

How LMA Influenced the Creation of Embodied Leadership Training (ELT)

In this workshop we will present and discuss how we created Embodied Leadership Training (ELT), which is a dynamic and interactive personal development program. What aspects of LMA shaped ELT and what aspects of LMA were limits to working with a non-dance population. What movement theories were applied in ELT and how is LMA a means for teaching embodiment. Teaching *Embodiment* with a focus on self-awareness, communicating under conflict and creativity demanded that we incorporate an understanding of human needs, somatic mindfulness and recent findings in trauma research.

**Guest, Anne Hutchinson; Curran, Tina; Heiland, Teresa & Megill, Beth**

Literacy and Artistry in Action: Community Games with Language of Dance®

The intellectual and creative potential of reading and writing a dance-based language is still largely unexplored in our field, perhaps because its earlier study felt more like a restriction than a springboard for artistic potential and creativity. However, when we investigate the rich variety in the creative uses for reading and writing dance, we might rediscover an untapped reservoir for growth in our field. This literacy game introduces a interactive pedagogical approach engaging collaborative learning to explore movement and co-create dances.

**Hackney, Peggy & Meaden, Janice**

Touch for Repatterning Using: Irmgard's Basics

Master teachers Peggy and Janice will share what they remember from their time with Irmgard, which are the Basics of her work that can be facilitated with Touch for Repatterning<sup>sm</sup>, a unique approach to touch skills that they have developed for Integrated Movement Studies. This work can lead to a career as a Bartenieff Fundamentals Practitioner and to a career in Somatic Movement Education and Therapy. Janice and Peggy have worked together 40 years to develop their work and will share their perspective with the Laban/Bartenieff Community on this 40th Anniversary of LIMS.

**Jobe, Kate**

Getting to What's Right About What's Wrong: Using L/BMA in Psychology with "Non-Movers"

Clients go to therapy with a problem or for personal development. The signals, or movements, that occur in everyday conversation about their situations reflect organic unconscious expression of what they are disturbed by. This experiential workshop will present ways of working in movement with these signals using L/BMA and Arny Mindell's Process Oriented Psychology as an unobtrusive path to using L/BMA with clients with diverse tolerance for engaging with movement. It is appropriate for therapeutic practitioners of all kinds and those interested in personal development.

**Klein, Susan & Eddy, Martha**

The Impact of Bartenieff Fundamentals on Contemporary Modern Dance/Somatic Dance

This workshop, taught by two founders of popular somatic dance forms – Klein Technique™ and BodyMind Dancing™, will explore how Bartenieff Fundamentals has influenced diverse forms of contemporary dance. They will show and discuss how both of these forms grew out of Bartenieff Fundamentals: Klein Technique™ began to be developed in the 70's as a way to increase movement potential, decrease the likelihood of injury and gain a deep understanding of the connections of the body, both on the structural and energetic level. BodyMind Dancing™ was developed by Martha Eddy in the 1980s as a way to teach Bartenieff Fundamentals, Laban Movement Analysis, and Body-Mind Centering through the art of dance.

**Mackavey, JILL & Mayzes McCarthy, Danielle**

BF, LMA, and Sensual Movement

What is sensual movement? What transforms ordinary movement into a sensual experience? Where is the sensuality in the Bartenieff Fundamentals™? In the Developmental Patterns? In LMA? How does sensuality enhance the experience and effectiveness of the Fundamentals, and beyond? In the workshop participants will explore these questions and make connections for themselves as they move through the Fundamentals in undiscovered ways through the sensuality of *Liquid Motion™*. Push, pull, yield, and heel-rocks that tilt, tuck, and free the pelvis, are just a few of the earthly delights in store.

**Minnick, Michele**

Bringing the Whole Self to Somatic Practice

This is a combined research presentation and workshop. It offers an interrogation and an integration of LMA/BF with emotion and affect-based approaches to performer training and contemporary research on emotion and human development. The aim is to open discussion around emotion as an element of somatic practice itself, as a key link particularly between Inner and Outer, and Function and Expression.

**Peskin Gidron, Sharon**

Overcoming Stagefright Through L/BMS Work

This workshop will enable the participants to experience and explore movement patterns of both fear and charisma, and to discover paths of shifting from helplessness to confidence through body engagement. LBMS principles will be used to facilitate change processes, leading participants to experience ease and confidence instead of stage-fright.

**Rapisarda, Lorella**

The Missing Pull

During a period of crisis in her teaching life, Lorella felt she needed a new direction: "What am I missing? The missing pull!" The idea is close to what Laban called "emphatic movements", which relates to more conscious choices instead of "automatic movements", guided by a defensive attitude. During this workshop participants will be guided through a journey with the LMA/BF principles associated with Shiatsu, looking for new directions and inspirations. The constant question will be if they are going back to habit's responses or guiding movements towards conscious choices. Intermediate Level with knowledge of LMA/BF vocabulary

**Reisel, Megan**

Adapting LMA to Any Movement Training

This workshop will focus on how Megan has woven LMA and Bartenieff Fundamentals (BF) into her work as a movement therapist, in private practice since 1983. The workshop will use the Gyrokinesis® format and demonstrate how LMA/BF create adaptation of the exercises to improve and enhance the original format from that system.

**Sarasvati, Bala**

Contemporary Dance Technique: Falling, Flying, Spiraling and Identifying the LMA/BF origins

This dance session will explore the creative process within the contemporary modern technique, including movement processes that involve release, riding on the wave of momentum, free-falling; and three-dimensional activities such as looping, threading, and spiraling while regenerating internal lines of energy. The correlation of all these dynamic aspects, now considered central to the contemporary modern dance genre at large, will be explored through level changes, short partnering sequences, moving through space and during stillness. The core of this experience is to access and further deepen inner body connections and awaken movement sensations to create motion, momentum and expression.

**Schmid, Stefi**

Jenny Gertz: A Pioneer of Children's Dance

A master student of Laban, Jenny Gertz was one of the first dancers in Germany who taught children to dance. Combining theory and practice, this workshop will be an introduction to her teaching methodology, illustrated by pictures from the Leipzig Dance Archive. Participants will discover and explore children's dance games and Motifs that she created based on Laban's work.

**Shea, Kathleen**

Somatic Yoga: How LMA/BF Can Enrich the Yoga Practice

A movement practice that draws from Laban Movement Analysis, Bartenieff Fundamentals, and the shapes of asanas. This workshop will be an experiential investigation into how LMA/BF can empower individuals to make choices. The main inroad will be how the 6 Body Organizations make the asanas simultaneously more potent and approachable. The work will start on the floor without mats for fundamental joint actions and rolling. The main sequence will include approaches to classical poses, sewn together with fluid pathways between shapes.

**Siotas, Anastasi**

EUREKA – The Icosahedron and Biotensegrity, a New Model of Dynamic Anatomy

Laban notation is based on the Icosahedron. Laban strongly believed that our anatomy is built according to the laws of "dynamic crystallization" and that a matrix of icosahedral symmetry is far better suited to describe movement of the upright human body than a six-sided cube. Laban's ideas of the unification of mind and body through a "hands-on" icosahedral model is the ideal substrate from which we can better understand and apply touch in re-educating client's inefficient movement patterns. The workshop will explore the theory and practical applications of the Icosahedron to Dynamic Anatomy.

**Tortora, Suzi & Bradley, Karen**

Ways of Seeing: An LMA/BF Dance/Movement Therapy Program

Through case studies, videos, worksheets and experiential explorations, participants will engage in the LMA/BF tools Suzi has created for her Dance/Movement Therapy and Wellness Programs. Suzi and Karen Bradley, a renowned CMA, colleague, friend and student of Suzi's *Ways of Seeing* International Web-Based training program will co-teach this workshop.

**Woodruff, Dianne & Hand, Jackie**

Bartenieff Fundamentals in the 21st Century: Working Models for the Fascial Matrix

Bartenieff often used Bindegewebsmassage (connective tissue massage of the fascia). Now in

the 21st c., research and understanding of fascia and the fascial matrix is proliferating. Dianne and Jackie have researched and clinically applied their knowledge of the fascial matrix to BF. This workshop introduces the nature of the fascial matrix and demonstrates its role in movement support. Participants will explore various movement sequences to experience how the matrix functions in the context of BF.