

DISCOVER YOUR PERSONAL MOVEMENT AT POLISH DANCE THEATER

Polish Dance Theatre, Mon 20th – Sunday 26th of February 2012, Poznan, PL. Sponsored by Grundtvig Long Live Learning Program

PROJECT DESCRIPTION

Laban Movement Analysis

Laban Movement Analysis is the way and language for interpreting, describing, visualizing and notating all ways of human movement. Created by Rudolf Laban, LMA draws on his theories of effort and shape to describe, interpret and document how the human body moves. Used as a tool by dancers, athletes, physical and occupational therapists, it is one of the most widely used systems of human movement analysis. Laban Movement Analysis is an outgrowth of Laban's theories that comprises four main categories: body, effort, shape and space. Laban Movement Analysis/Bartenieff Fundamentals is the integrated study of Laban and Irmgard Bartenieff's embodiment of his theories. Laban theories are in use in many fields. For professionals in movement (stage performance, sport, movement therapy) may be a tool for clarifying and deepening the quality of movement. In education of dance and its teaching it helps to finding out how a body works in space. It is also used in dance therapy as a diagnostic tool; dance therapy interventions are often based on movement characteristics of the client.

The Aim

As apparently 80% of communication happens on a non – verbal level it is vital to get to know more about this, for instance how the use of personal space effects social interaction. Participants will have an opportunity to discover how personal habits of movement can help or hold back their actions. Analysing personal movement style is a way of self reflection; becoming more literate in movement will probably have an effect on self confidence and self esteem. Enhanced self awareness may help improve insecurity and shyness in public performance.

The Content

In a 7 day workshop the width and depth of Laban Movement Analysis will be explored for personal growth of participants to be a lifelong tool for further individual exploration. The content of the workshop will focus on the use of Body, Space and Efforts and its implications for personal movement patterns, communicative and social skills. In this intensive journey of practice, instruction/demonstration, discussion/reflection and observation participants will work on their own and others' movement preferences.

Practical Arrangements

The whole project takes place in the rehearsal space, so sports outfit is a necessity. Participants are obliged to prove their stamina as the workshop is based on sorts of the bodily activities. Considering the training as a group study participants are expected to move well to be a good study example for others. You must be ready for maximum of 6 hours of corporal intensive work day by day!

PROGRAM INFORMATION

Study Material

The study includes improvisation and short dance and movement phrases in the frame of the following systems

- Laban Movement Analysis
- Laban Based Modern Dance

Main Activities

- PRACTICE of movement and analysis in groups/dyads
- IMPROVISATION/structured dance in short phrases
- INSTRUCTION offered by the teacher
- DEMONSTRATION presented by participants
- DISCUSSION of daily movement and routines
- REFLECTION upon each other movement
- OBSERVATION of each other and sample video materials

Additional Activities

- gaining knowledge of communication
- learning of human body and mind
- developing creativity through reflection of personal routines
- empowering self confidence through group process work
- improving public skills by gaining knowledge and practice in movement
- gaining European social skills in the international, multi-age group of participants

The Process of Study

Participants will have an in-depth **explanation** with specialists in the area and may use it in their everyday life. International character of the group will help to address a better quality of self reflection because of possible cultural differences in moving and reading movements and gestures. The main issue of this part of the workshop will introduce the knowledge that we are rarely conscious of - that body has a physics-dynamics and many possibilities that are rarely used in daily life. Knowledge and practice will sustain basis for self reflection and further movement analysis.

Participants will take part in the training consisting on **observation, practice, self reflection, improvisation and short structured phrases**. Their abilities are to be recognized in advance, so they will follow either improvisation path or structured dance, as LMA practice. Fundamentals will provide knowledge and practice of the body ability to move, potential of movement, and qualities of possible movement. Participants will also practice all of the possible ways of moving the body, and how the body behaves when new tasks of movement are introduced as the knowledge.

In the process of **introduction**, participants will learn that movement qualities are personal characteristic of each of us. Through movement and analysing each other movement qualities, they will learn what is the overall impression of personal movements to others, who receive it as information, and what about it informs. If a person wants to spread this information or not and how to control the message. This is going to be crucial issue of this objective.

This objective starts with **reflection** of personal movement, after it is already discovered and analysed, and some knowledge of the process has been acquired. Personal learning starts in the point, when participants has defined her/his movement qualities and wants to control the message that spreads out in the environment. Now, participants will start to apply the knowledge to her/his wishes of how to be perceived by others, how to move to make a certain impression in the group. For example, how to behave to make your public speech sound professional and how to make your listeners to listen to you carefully and make them being interested in what you are saying.

Innovation come after the process of learning has been completed. In this point participant will have a whole variety of tools to shuffle and use creatively in life. Participant will have an opportunity to use movement as an entertainment, to practice different sorts of movements that are possible but have never used before. Now, this new skills of moving the body can be used either for entertainment, to dance better in the party, to look younger, prettier, lighter, lively or energetic or it can be used in other circumstances, for example on interview with an employee, or opposite, to read the potential of the new comer to the company by her/his body movements. There is a number of situations both personal and social when skills of movement analysis can be addressed and applied.

All of the movements of the body are done by muscles and joints. This is why practice is the core of working with the body. Study process includes **improvisation** on theoretical issues and increase of dancing skills and memory movement during repetition of short structured phrases. Dance and improvisation are good practice to become aware of the body condition, its strength, stamina and possibilities. The core issue of this objective is to introduce everyday movement as a tool of good non verbal communication and self confidence in any life situation. Dance always helps to sustain good social and communicational skills.

Limitation in movement very often causes limitation in creative thinking. **Movement patterns** and habits are determiners of what we feel, think, decide of our life's. During the training participants will get self reflection and knowledge of how little movement they do and what their daily patterns are. Intensive practice of movement during the workshop, both improvised and structured, will let to get rid of patterns and open space for free creativity. Creative improvisation of the body will let easily improvise with other aspect of life – first with thoughts. This where real creativity starts and probably never ends.

Learning process has a structure, which it is important to intact some ways in life. There is a need of experiencing of how it starts, to get at least one experience of this kind. Organizing this workshop we believe, that for many, this is going to be a kind of experience that evokes this Long Life Learning process that actually – when started – never stops. For participants this is important to gain this knowledge of the process, accept it and use it for their everyday life.

European Union is a wide community that brings together peoples from different cultures. **Different cultures** have different heritage, habits, lifestyles. We normally do not know, how much we are different one from another. Work in international group will give opportunity to exchange knowledge of dances of different cultures, their meaning, their gestures and different communication patterns. Good movers from different countries will make the workshop group a genuine source of knowledge and evaluation.

DAILY SCHEDULE OF THE PROGRAM

8.00	Breakfast
9.00 – 10.30	Basic warm-up and Fundamentals
11.00 – 12.30	Theme of the day
13.00	Lunch
14.30 – 16.00	Theme of the day I: TECHNIQUE/IMPROVISATION
16.30 – 18.00	Theme of the day II: TECHNIQUE/IMPROVISATION
19.00	Dinner
20.00	Open lectures

RESOURCE PERSONS

Ciel Werts, LMA Instructor

Certified Movement Analyst, Teacher of Laban Movement Analysis, member of advisory committee. Registered as Certified Movement Analyst with the Laban/ Bartenieff Institute of Movement Studies in New York. Teacher in the Certificate Programmes of Laban Movement Analysis in Rotterdam and Berlin. Teacher of modern dance, improvisation, Bartenieff Fundamentals, and Laban Movement Analysis at the Hogeschool voor Muziek en Dans Rotterdam, the Amsterdamse Hogeschool voor de Kunsten and dance teacher in elementary schools, high schools, colleges and universities in the Netherlands and abroad. Choreographer and performer.

Joan van der Mast, Professor, Founder And Director Of Ex Nunc

Dance Teacher / Choreographer / Dance Coach / Dance Advisor. Laban Movement Analysis Certificated Specialist: C.M.A.-diploma 1988. Final thesis: Analysis of Modern Dance-styles and techniques; Master Course "Teaching Strategies in Chorological Studies" by Valerie Preston- Dunlop, Laban Center-London. 1983 -1998; Different specialisation courses in West-European Modern Dance. 1983 : Diplome RDA (Rotterdam Dance Academy). Teaching profiles: Master teacher Space Harmony at Eurolab, Hamburg; LMA , Laban based improvisation, composition and Modern Dance Technique for universities, conservatories, dance companies and professional dance institutes, ig. Zagreb, Chelyabinsk, Talin, Budapest, Skopje, Murska Sabota, Salt Lake City, Cape Town, Cotonou, Bamako, Luxembourg, Louvain-le-Neuf, Amsterdam, Tilburg, etc. Since 1997 the Faculty member Royal Conservatory The Hague. teaching Laban based Modern Dance technique

Iwona Wojnicka, Curator/Assistant

Mover and Performer, Teacher of Hatha Yoga, Researcher in the field of Laban Movement Analysis at Codarts, PhD student at University of Music in Warsaw and Fortbildung Basic Laban/Bartenieff Bewegungsstudien at Eurolab in Berlin. Dance Theoretician, Sociologist.

WHO CAN APPLY?

- persons over 18 years old
- persons who's main occupation is outside dance and dance teaching*
- citizens or registered resident of a country participating in the Lifelong Learning Program
- non professionals in Laban Movement Analysis
- practitioners in the field of body movement (dance, sport, fitness)

*Professional dancers and dance teachers are not eligible for this founding. Persons whose job is connected to stage, like actors, jugglers and performers have to describe their private motivation for taking this workshop.

WORKSHOP FEE

The project is sponsored by the Grundtvig Long Live Learning Program. Participants of the training are covered costs of teaching, board and lodging as well as the cost of transportation from their home town to the workshop venue – Poznań PL - and the way back. As the training is sponsored by EU, there are special obligations for participants. Participants purchase the flight recommended by the organizer on precise date and time. The reimbursement of travel is given after by the end of the training. Participants are obliged to be present at all of the lectures. Regulations in form of the contract will be to sign by all of the persons accepted for the training.

APPLICATION PROCEDURE

Applicants are obliged to fulfil the application form available at the project website and send it to project@ptt-poznan.pl The selection procedure includes analysis of your occupation and personal motivation to taking this training. Your application has to be accepted by the Grundtvig National Agency in Poland. The project is based on the group process, so the organizers have a right to select participants according to their capacities to fulfil the project objectives.

CONTACT

For more information visit www.ptt-poznan.pl

If you have any further questions or would like to send us application contact us on project@ptt-poznan.pl