

Laban Movement Analysis

*care performance
potential*

Devised by the Hungarian-born dance artist and theorist, Rudolph Laban (1879-1958), Laban Movement Analysis is comprised of a comprehensive vocabulary, theory and analytic framework for identifying and enhancing the many aspects of human movement. LMA examines movement through the interrelated components of Body, Effort, Shape and Space. How an individual uses and attends to these components determines his or her unique movement signature. Once these are identified, the potential for expanding one's nonverbal communication and enlivened expressivity may be tapped. The LMA framework, when used to intentionally grow one's personal movement vocabulary and skills, produces many benefits:

- The various body systems come into balance
- The likelihood of injury is reduced
- A resilient dynamic alignment emerges
- We gain access to our full palette of expressivity

Irmagard Bartenieff, a longtime student of Laban, who subsequently moved to America and became a physical therapist, extended the LMA theories. Through a lifetime of clinical research and personal experimentation, Bartenieff crafted a set of principles and exercises that apply Laban's theories to the practicalities of the human structure and neurology in motion within the spatial, temporal and gravitational fields. A few of her organizing principles include dynamic alignment, breath, core and rotary support, points of movement initiation, spatial tension and developmental patterning for connectivity. Today, her work (the Body component) has been fully integrated into the LMA system.

As with thinking, behavior and emotion, how we move can become habitual and limiting as a way of being in the world. The complete LMA system offers a rich, fun and delightful map for self actualization and awareness on a variety of levels.

The study of the complete Laban Movement Analysis material generally involves two to three years of continuous study and qualified practitioners are known as "Certified Movement Analysts" (CMSs) or "Certified Laban Movement Analysts" (CLMAs). One of the most widely used systems in the world, LMA has unlimited applications. Dancers, actors, musicians, and public speakers use this framework effectively to enhance technical and expressive performance skills. Companies and business professionals find it helpful for hiring and team building. Physical Therapists, Pilates and Yoga instructors employ LMA principles for greater clarity and added variety for their clientele. In short, for anyone who is seeking improvement in their communication, or an expanded movement life, LMA provides a wonderful toolbox!

I currently use LMA in my work with private clients and am also available to offer this material in workshop format for specific populations or groups. For rates and availability contact me directly through suzie@suzielundgren.com.