

“MOVING IN RELATION -

Movement exploration and observation.”

**Weekly live-online introductory classes in**

**Laban Movement Studies**

With

Susanne Montag-Wärnä

CLMA (Certified Laban/Bartenieff Movement Analyst)

**Mondays**

**08.04.-10.06.2024**

**6 p.m. - 8 p.m. (CET)**

**via Zoom – link**

**Costs**

**Single class “drop-in”:** **18,00 €**

**10 times / whole course:** **150,00 €**

In classes of Laban Movement Studies we are exploring and observing movement within the categories of Body, Effort, Space, Shape, Phrasing and Relationship. Movement is complex. Observation which is cut down to small entities of different aspects of movement (e.g relationship to space) can be analysed within the structured system of Laban Bartenieff Movement studies. Like this we will experience our movement preferences playfully and we learn to understand how movement is composed.

We work with set material and led improvisation.

**Information and registration, Zoom link and banking data:**

**[susanne.montag-warna@laban-eurolab.org](mailto:susanne.montag-warna@laban-eurolab.org)**

**Visit also the webpage of EUROLAB e.V. (European association of Laban/Bartenieff Movement Studies)**

**[www.laban-eurolab.org](http://www.laban-eurolab.org)**