



## **Embodied Decision Making: A Self-Development Course in Two Parts**

with

Carol-Lynne Moore and Calvin Jarrell

Labor Day Weekend – September 5-7, 2015  
Table Mountain Inn  
Golden, Colorado

### **The Self-Development Course**

#### ***Part 1: Movement Workshops***

Saturday, September 5 (9 AM – 5 PM). Saturday sessions emphasize the moving self and the motivation to act. The course begins with a structured exploration of effort and shape qualities through both full-bodied movements and more subtle, conversational actions. Links between effort, shape, and decision-making processes are demonstrated, using examples of individual profiles. Participants are also introduced to the concept of Posture-Gesture Merger as a measure of individuality and authenticity that is crucial to self-development. This introduction includes basic observation exercises to help participants differentiate integrated movements from isolated gestures and poses.

There is an optional social activity Saturday evening.

Sunday, September 6 (9 AM – 12:30 PM). Sunday's session focuses on what movement reveals about the motivations of others. Kinetic explorations sensitize participants to how effort flow and shape flow facilitate social interaction. Participants also experience different combinations of effort and shape and discover how these non-verbal patterns can either invite collaboration or signal the need for independence. The course concludes with illustrations of how Movement Pattern Analysis can maximize self-development and support more productive working relationships.

#### ***Part 2: Movement Pattern Analysis Profile Interviews***

Participants who wish to combine the experiential movement workshops with objective movement feedback can arrange to have a full Movement Pattern Analysis profile prepared. This requires a two-hour, face-to-face interview with one of the instructors for the collection of detailed movement observations.

Interviews can be scheduled on Sunday afternoon, July 6, or Monday morning, July 7 (Labor Day). There are 8 interview spots available.

After Labor Day, the instructors will construct and interpret each profile. Then the interviewer will arrange a phone consultation to discuss the profile. This discussion is followed by a personalized written report with suggestions for maximizing patterns of embodied decision making.

## Course Instructors

**Carol-Lynne Moore**, Ph.D, CMA, and Registered Movement Pattern Analyst, has been involved in the field of movement analysis as a writer, teacher, and consultant for over 35 years. During this time, she worked closely with Warren Lamb on consulting assignments and training the next generation of Movement Pattern Analysts. Dr. Moore's publications include *Executives in Action*, *Movement and Making Decisions*, *Beyond Words*, and *Meaning in Motion*.

**Calvin Jarrell**, MFA, CMA, and Registered Movement Pattern Analyst, has been involved in the study and teaching of dance and movement for over 30 years. He is Professor Emeritus and former Director of Dance at Southern Illinois University Edwardsville. Since 2007, Professor Jarrell has been involved in doing arts-based research in Cuba. Currently he is the Executive Director/Founder of Integrated Arts & Media International.

## Practical Details – Getting to Golden

Participants coming from out-of-state should fly into Denver International Airport.

Golden is 36 miles west of the Denver airport, with a direct driving time of 45 – 60 minutes. Shuttle service is available through SuperShuttle, [www.supershuttle.com](http://www.supershuttle.com), and Golden West Airport Shuttle, [www.goldenwestairportshuttle.com](http://www.goldenwestairportshuttle.com), or 303-756-9399.

The Table Mountain Inn is centrally located in Golden's walkable downtown.

The movement workshops will be held in the hotel. Individual interviews will be held in the nearby home offices of MoveScape Center, with transportation provided.

## Local Hotels and Bed & Breakfast

Denver Marriott West  
1717 Denver West Blvd.  
Golden, CO 80401  
(303) 279-9100

Table Mountain Inn  
1310 Washington Ave.  
Golden, CO 80401  
(303) 277-9898  
[www.TableMountainInn.com](http://www.TableMountainInn.com)

The Golden Hotel  
800 11th St.  
Golden, CO 80401  
(303) 279-0100  
[www.thegoldenhotel.com](http://www.thegoldenhotel.com)

La Quinta Inn  
3301 Youngfield Service Rd.  
Golden, CO 80401  
(303) 279-5565  
[www.laquintadenvergolden.com](http://www.laquintadenvergolden.com)

The Dove Inn  
711 14th St.  
Golden, CO 80401  
(303) 278-2209  
[www.doveinn.com](http://www.doveinn.com)

The Silk Pincushion  
1523 Ford St.  
Golden, CO 80401  
(303) 278-8813  
[www.thesilkpincushion.com](http://www.thesilkpincushion.com)

Pansy's Parlor  
906 12th St.  
Golden, CO 80401  
(303) 278-6616  
[www.pansysparlor.com](http://www.pansysparlor.com)

## Registering for Embodied Decision Making

Part 1: Movement Workshops only — \$445

Parts 1 & 2: Movement Workshops (\$445) + Individual Movement Pattern Profile (\$750) — \$1195

Early registration discount for Parts 1 & 2 – register by **July 29, 2015** and pay only \$1125!

For further details, see the attached registration form.

**Cancellation and refund policy.** If you are unable to attend as planned, please notify MoveScape Center as soon as possible. Your registration fee, less \$25 for handling, will be refunded. We regret that not refunds can be offered if notification of cancellation is received on or after the start of the seminar on Saturday morning, September 5, 2015. MoveScape Center reserves the right to cancel the course in the case of insufficient enrollment. In this instance, registration fees will be refunded in total.

## Questions about Embodied Decision Making?

Contact Carol-Lynne Moore, MoveScape Center Director, at 303-618-9842 or via email at [info@movescapecenter.com](mailto:info@movescapecenter.com).

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Labor Day Weekend  
September 5-7, 2015  
Table Mountain Inn, Golden, Colorado

## REGISTRATION FORM

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone (home) \_\_\_\_\_ (work) \_\_\_\_\_

(cell) \_\_\_\_\_ (FAX) \_\_\_\_\_

email \_\_\_\_\_

## Part 1: Movement Workshops Only

Fee: \$445

Total enclosed \$ \_\_\_\_\_



## Parts 1 & 2: Movement Workshops + Individual Movement Pattern Analysis Profile

Early registration discount (**must be received by July 29**)

Fee: \$1125

**OR** Regular registration accepted up to August 31

Fee: \$1195

Total enclosed \$ \_\_\_\_\_

Please indicate 1st, 2nd, and 3rd choices of interview times;  
we will do our best to accommodate but request flexibility with scheduling.

Sunday, July 6

\_\_\_\_\_ 2PM – 4 PM

\_\_\_\_\_ 4:30 PM – 6:30 PM

Monday, July 7

\_\_\_\_\_ 9AM – 11 AM

\_\_\_\_\_ 11:30AM – 1:30 PM

Return this form with a check payable to MoveScape Center, PO Box 12051, Denver, CO 80212