



## The Movement Harmony Project: Part I

### “Exploring Choreutic Forms”

a six-week correspondence course with  
Carol-Lynne Moore  
May 31- July10, 2019

#### What is movement harmony?

Effective voluntary movement is harmonic, in the following sense. Whether the aim is functional or expressive, voluntary action requires the appropriate use of energy and the coherent coordination of the body as it moves through space. For the healthy mover, the mental intention to move flows seamlessly into a well-coordinated physical action without the need to analyze, calculate, and painstakingly calibrate body, effort, and space.

While the name of Rudolf Laban has become practically synonymous with *movement analysis*, breaking movement down into its component parts was only part of his life work. Laban was equally concerned to understand the seemingly miraculous way in which the different components of movement cohere. Harmony is the term he chose for his examination of *movement synthesis*.

#### The Movement Harmony Project: Part 1 — Exploring Choreutic Forms

Part 1 focuses on the “rhythmic circles” and “spatial scales” that Laban designed to stimulate individual exploration of body and space harmonies. This correspondence course provides a curated opportunity to experiment with the Primary Scales and the important harmonic sequences derived from these scales, such as the axis, girdle, transverse and peripheral 3-rings, and more.

Harmonic sequences are explored across six weeks. Each Friday, via email, participants receive explanatory materials for the Choreutic form to be studied, visual images to print and color, and suggestions for ways to embody the scales. In addition, each assignment includes questions to be answered. These questions are returned mid-week via email, to facilitate further individual discussion with the instructor.

#### About the instructor

Carol-Lynne Moore, PhD, CMA, has been exploring Laban’s ideas for 40 years. In 2018 she was honored to receive a Lifetime Achievement Award from the Laban/Bartenieff Institute of Movement Studies. This correspondence course draws on her teaching experiences in 26 different American and European Certificate Programs; her ongoing research; and her writings, notably *The Harmonic Structure of Movement, Music, and Dance According to Rudolf Laban: An Examination of His Unpublished Writings and Drawings*.

## **Instructor's Statement**

You can take a clock apart to examine its component pieces. However, you won't learn much about how it works unless you also study how the parts function together as a whole.

Laban's carefully designed Choreutic sequences are models of how body and space function together. That is, anatomical proportion, joint structure, and range of motion dictate the trace-forms the body can execute in space.

My aim is to compile and present Laban's Choreutic forms in a user-friendly format that allows for them to be experienced physically and reflected upon critically. I am looking for a few brave movers and readers to engage with me on a journey of discovery. My aim is not to "prove" Laban's theory of movement harmony, but rather to encourage others to think, explore, expand, and perhaps modify the ideas Laban presents.

## **Practical matters**

This is an advanced course. Participants must have some basic familiarity with concepts drawn from Laban Movement Analysis and be able to read direction symbols in simple motif format.

Copyrighted course materials will be sent to participants each week in PDF format. These are meant to be printed at home for personal use. Participants will need a set of at least 12 colored pencils in order to complete the visual representations of Choreutic sequences. Explanatory materials and colored images of scales are designed to be a resource, not only for this course, but also for future study and reference.

## **Registering for The Movement Harmony Project: Part 1**

Course fee: \$150

**Registration closes: May 24, 2019**

Please mail in the attached registration form with payment.

## **Questions about The Movement Harmony Project?**

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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#### REGISTRATION FORM

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

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

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

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

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

email \_\_\_\_\_

**Registration fee: \$150**

**Registration closes May 24, 2019**

Return this form with a check payable to:

MoveScape Center  
PO Box 12051  
Denver, CO 80212

Phone: 303-618-9842