



## **EXPLORING YOUR KINESPHERE: A PERSONAL JOURNEY**

a four-week correspondence course with  
Carol-Lynne Moore  
August 30 – September 25, 2024

### **What Is the “Kinesphere?”**

Rudolf Laban coined the term “kinesphere” for the open space surrounding the body that can be reached by extended limbs without taking a step. We never leave this movement sphere. This bubble of personal space is always with us, as Laban notes, “like an aura.” Moreover, as the name implies, it is our bodily actions themselves that give shape, form, and meaning to this personal movement space.

### **Mapping the Kinesphere**

Rather than conceiving this personal space as an empty void, Laban gave the kinesphere imaginary landmarks using the octahedron, cube, and icosahedron. In this way, Laban created various geographies that allow movement space to be explored systematically.

In this four-week course, we draw on Laban’s concepts to survey the personal geographies of our kinespheres. We begin with basic notions such as level and reach space. Then we move on work with key central lines of motion – dimensions, diagonals, and planar diameters – relating body to space and exploring stabilizing and mobilizing spatial sequences.

This course serves as a review of core spatial concepts, highlighting the logical way Laban constructed maps of personal space to facilitate movement. More importantly, we take these concepts beyond description and analysis to focus on space as an evocative and expressive aspect of movement – one full of personal meaning.

### **How the Course Works**

Each week via email participants receive original written materials discussing elements of Space, along with a homework assignment to be returned in a few days to the instructor.

The homework assignments include structured explorations of space, self-observation and reflection, and the study of visual and video examples.

Each homework assignment receives personalized attention and response.

## **About the Instructor**

Carol-Lynne Moore, Ph.D., C.M.A., and Registered Movement Pattern Analyst, has been involved in the field of movement study as a writer, lecturer, and consultant for four decades. A master teacher of Laban Movement Analysis, she has a deep practical and theoretical understanding of Laban's work. She has taught in over 25 Certification Programs in the U.S. and Europe and currently directs MoveScape Center in Denver, Colorado. Her recent publications include *Meaning in Motion* (MoveScape Center, 2014), *Beyond Words*, 2<sup>nd</sup> ed. (Routledge, 2012), *The Harmonic Structure of Movement, Music, and Dance According to Rudolf Laban* (Mellen, 2009), and *Movement and Making Decisions* (Rosen, 2005). In 2018 she was honored to receive a Lifetime Achievement Award from LIMS.

## **Instructor's Statement**

I have always had a personal affinity for Space. I also recognize that Laban's use of solid geometry to define the kinesphere can seem alien to bodily experience. Thus for many movers, Space becomes the area of BESS that really is the final frontier (or the last straw!). This is unfortunate, because we experience space, not only visually and conceptually, but also kinesthetically and emotionally.

This course is designed to make the links between body and spatial form palpable. I aim to show how Laban constructed his geography of movement space by logical steps, linking the geometry of trace-forms to bodily structure and range of motion. Through guided exploration of personal space, participants not only develop keener perceptual and analytical understanding, but also sensitivity to the subtle meanings and rich associations that arise from inhabiting and enlivening their own kinespheres.

## **Practical Matters**

This is an advanced course. Participants must have theoretical and bodily familiarity basic Space concepts used in Laban/Bartenieff Movement Studies, including the Dimensional and Diagonal Scales. In addition, participants must be able to read direction symbols in simple motif formats.

Copyrighted course material will be sent to participants each week as email attachments. These are meant to be printed at home for personal use. Explanatory materials and visual images are designed to be a resource, not only for this course, but for future reference.

## **Registering for "Exploring Your Kinesphere: A Personal Journey."**

Course fee: \$125

**Registration closes August 23, 2024**

Please mail in the attached registration with payment. If you prefer to pay via PayPal or Zelle, please contact the instructor.

**Questions about *Exploring Your Kinesphere*?**

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: \$125**

**Registration closes August 23, 2024**

Return this form with a check payable to:

MoveScape Center  
PO Box 12051  
Denver, CO 80212

Phone: 303-618-9842