



HARMONICS OF SPACE: A COSMIC JOURNEY

a four-week correspondence course with
Carol-Lynne Moore
November 1– 27, 2024

What is “Space Harmony”?

Rudolf Laban drew an analogy between the harmonic structure of music and that of dance by creating movement sequences he called “scales.” Just as musical scales sensitize the musician’s ear to tonal intervals and harmonious relationships, Laban’s movement scales sensitize the dancer to spatial intervals and harmonious relationships between the body, gravity, and the empty space surrounding the mover – the kinesphere.

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 both kinesthetically and mindfully.

In this four-week course, participants study four important families of movement sequences designed by Laban – the Axis Scale, the Girdle, the “terrestrial” Primary Scale, and the “celestial” A Scale. All these sequences unfold within the virtual geography of the icosahedron.

This course serves as a review of core spatial concepts including dimensions, diagonals, diameters, and the “deflected directions” used in harmonic scales; central, peripheral, and transverse movement; and the underlying principles Laban employed to create harmonic spatial sequences.

In addition, we highlight analogies between Laban’s spatial sequences and musical scales and reflect on the evocative and cosmological associations embedded in Laban’s harmonics of space.

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 harmony scales, 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*, 2nd 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 the Laban/Bartenieff Institute of Movement Studies.

Instructor's Statement

I have always had a personal affinity for Space. I also recognize that Laban's use of geometry to define the kinesphere can seem alien to bodily experience. However, the more I work with the virtual geometries of movement space designed by Laban, the more I find his notions not only practically useful but also suggestively evocative of the deeper, "cosmic" aspects of human movement.

This course is designed to make the links between bodily experience 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 key harmonic sequences, 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 with basic Space concepts used in Laban/Bartenieff Movement Studies, including the dimensions, diagonals, and planar diameters. In addition, participants must be able to read direction symbols in simple motif formats. Because this is not a hybrid course, it will be extremely helpful if participants have already been introduced to the Axis, Girdle, Primary Scale, and A Scale in the movement studio – even if this was long ago and the sequences have been forgotten!

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 “Harmonics of Space: A Cosmic Journey.”

Course fee: \$125

Registration closes October 30, 2024

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

Questions about “Harmonics of Space”?

Contact Carol-Lynne Moore, MoveScape Center Director, at 303-618-9842 or via email at info@movescapecenter.com



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REGISTRATION FORM

Name: _____ Date: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone (home) _____ (work) _____

(cell) _____ (FAX) _____

email _____

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Return this form with a check payable to:

MoveScape Center
PO Box 12051
Denver, CO 80212

Phone: 303-618-9842