



“The Transformation Drives”

a three-week correspondence course with
Carol-Lynne Moore
October 31 – November 19, 2025

“The Dancer Moves from Mood to Mood”

Moods are fluid, changeable, and dynamic. We cannot observe moods directly, but we can infer what someone is thinking and feeling by the way he or she moves. The effort theories developed by Rudolf Laban provide a language for describing the dynamics of movement moods in many different ways.

To capture *how* a movement is performed dynamically, Rudolf Laban identified four motion factors – Weight, Time, Space, and Flow – and eight effort qualities. Building on this foundation, he discerned different “basic actions” in which variations in Weight, Time, and Space (three of the four motion factors) are prominent, and Flow is latent. Laban detected these eight “basic actions” in energetic physical labor aimed at fulfilling material needs. Yet this is only the beginning of Laban’s effort theory....

From Function to Expression

When Flow replaces one of the motion factors of a basic action, a transformation occurs that produces a profoundly different experience. Laban identified three other drives – Passion, Vision, and Spell. Each of these drives transports the mover into what can best be described as a distinctive “inner landscape,” a way of being and behaving in the world that is different from the practical orientation of the Action Drive.

For example, when Flow replaces the motion factor of Space, the mover is transported to a trackless, fluid landscape dominated by sensation, feeling, and intuition. Laban referred to combinations of the motion factors of Weight, Time, and Flow as manifestations of a Passion Drive, movements aimed at expressing and fulfilling emotional needs.

When Flow replaces the motion factor of Weight, the mover is lifted away from the sensation of grounded embodiment to an airy inner landscape filled with drifting thoughts, feelings, and insights. Laban referred to combinations of the motion

factors of Space, Time, and Flow as manifestations of a Vision Drive, movements concerned with planning, studying, reflecting, and imagining.

When Flow replaces the motion factor of Time, the mover is transported to an enduring archetypal landscape in which time stands still. Laban referred to combinations of Space, Weight, and Flow as manifestation of a Spell Drive, movements aimed to exert a spell-binding power.

How the Course Works

Each week via email participants receive original written materials discussing Laban's effort theory in general and one of the three transformations drives in detail. This material is accompanied by a homework assignment to be returned in a few days to the instructor.

The homework assignments include structured effort explorations, with prompts to facilitate new ways of experiencing the eight combinations of the drive. In addition, assignments include self-observation and the study of video or other visual examples.

Each homework assignment receives personalized attention and response.

About the instructor

Carol-Lynne Moore, PhD, CMA, Registered Movement Pattern Analyst, 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

Over the course of seven years, it was my privilege to study the many unpublished writings and drawings that Laban produced during the final two decades of his life. It became clear that his ideas continued to evolve beyond the level represented in his published works.

Effort is often defined as the inner motivation to move; that is, the thoughts, feelings, and desires that prompt us to act in the world. The ongoing flow of thought and feeling that animates us is certainly fluid and changeable. Yet Laban perceived an underlying organic order.

Drawing on notions of contrast and balance, he created patterned sequences of effort change that allow a mover to experience a range of moods, physically, mentally, and emotionally.

My aim is to present Laban's effort theories in a new light, to encourage physical exploration and critical reflection. I am looking for a few brave movers and readers to engage with me on a journey of discovery....

Practical matters

This is an advanced course. Participants must have familiarity with effort theory, experience embodying states and drives, and the ability to read effort symbols in simple motif format (although I will provide a key and a review).

Copyrighted course materials will be sent to participants each week in PDF format. 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 also for further study and reference.

“The Transformation Drives”

Course fee: \$100

Registration closes: October 24, 2025

Please mail in the attached registration form with payment.

Questions about “The Transformation Drives” --

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 _____

Registration fee: \$100

Registration closes October 24th, 2025

Return this form with a check payable to:

MoveScape Center
PO Box 12051
Denver, CO 80212

Phone: 303-618-9842