



## **IRMGARD BARTENIEFF: IN HER OWN WORDS**

a four-week correspondence course with  
Carol-Lynne Moore  
September 11 - October 7, 2026

### **Irmgard Bartenieff – More than the “Basic 6”**

While Irmgard Bartenieff (1900 – 1981) is justifiably famous for the somatic practice known as “Bartenieff Fundamentals,” her contributions to the field of Laban-based movement studies far exceed these bodily practices. When I met and studied with Bartenieff in 1975, she was an icon of possibility for her students, a living example of the many ways Laban Movement Analysis could be applied.

Bartenieff studied with Rudolf Laban in Germany in the mid-1920s, earning a coveted diploma. She extended her understanding in the 1950s, working with Warren Lamb and other Laban protégés in England. These on-going studies informed her professional activities as a dancer, physical therapist, dance therapist, educator, and principal researcher in cross-cultural dance style analysis.

*Body Movement: Coping with the Environment* was written by Bartenieff with Dori Lewis and published in 1980, shortly before Irmgard’s death. The text provides an excellent overview of movement analysis, enriched by examples of application drawn from Irmgard’s various professional activities. The book, however, does not fully capture Irmgard’s “voice.”

To better appreciate Bartenieff’s unique contributions to movement study, this course focuses on less well-known writings by Irmgard alone. The course is designed to free Bartenieff from being siloed in the “body” category of BESS and to promote instead a deeper understanding of her integrative perspective, particularly for those who did not have the privilege of working directly with this remarkable woman.

### **How the Course Works**

By now, many of the articles Bartenieff published are “fugitive sources;” that is, out-of-print and hard to locate. Consequently, course materials will focus on scans of these rare materials. Each week via email participants receive reading materials, with guiding questions to be answered.

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 five decades. In 1976 she graduated from the Effort/Shape Certification program directed by Irmgard Bartenieff, joining the faculty a year later. She was instrumental in founding the Laban Institute of Movement Studies (LIMS) in 1978. 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

When I began to study "Effort/Shape" with Irmgard Bartenieff in 1975, I was 23 and she was 75 years old. Her age was just a number – what mattered was the depth and breadth of her many experiences.

Only long afterward, did I recognize how the content of the Effort/Shape program embodied Irmgard's integrative perspective. After studying with Bartenieff, as Marcia Siegel wrote, "you could never again see the universe as a collection of isolated particles."

In recognition of her contributions, Bartenieff's name was added to the moniker of the Laban Institute in 1981, shortly before her death. By now, what was once "Effort/Shape" or "Laban Movement Analysis" has become "Laban Bartenieff Movement Studies" (LBMS). Yet we have not yet achieved a fully articulated understanding of Bartenieff's contributions to movement studies.

Laban was one of the earliest theorists to recognize movement and dance as "psychophysical phenomena." Bartenieff embedded this understanding at the practical level, focusing on how movement can support physical and mental health. A fuller appreciation of her critical and creative modifications of movement study is long overdue.

## Practical Matters

This is an advanced course. It is recommended that participants have theoretical and bodily familiarity with Laban Movement Analysis and Bartenieff Fundamentals. Selected writings by Bartenieff will be provided, along with biographical information and other resources to help provide a sense of who Irmgard was and her contributions to movement study.

Participants will not be working directly with the published text by Bartenieff – *Body Movement: Coping with Environment*. Nevertheless, three chapters (“Activate and Motivate,” “Dance Therapy,” and “Ethnic Studies”) are relevant to this course. Moreover, the book is highly recommended as a resource for later study of all things LBMS related.

**Registering for “Irmgard Bartenieff: In Her Own Words”**

Course fee: \$125

**Registration closes September 4, 2026**

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

**Questions about Irmgard Bartenieff?**

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 September 4th, 2026**

Return this form with a check payable to:

MoveScape Center  
PO Box 12051  
Denver, CO 80212

Phone: 303-618-9842