



MOSTLY ABOUT SHAPE (and a little bit about Effort)

a four-week correspondence course with
Carol-Lynne Moore
October 16 - November 11, 2026

What is Shape?

Body, Effort, Space, and Shape (BESS) are the four broad categories utilized in Laban/Bartenieff Movement Studies. In recent years, Shape has emerged as an independent category and incorporates both *Modes of Shape Change* (shape flow, directional movement, and carving) and *Shape Qualities* (such a rising, advancing, enclosing, etc.). As a significant movement element, Shape draws not only on the work of Laban and Bartenieff, but also of Warren Lamb and Dr. Judith Kestenberg.

In this course, we trace the evolution of concepts of Shape and how this aspect of movement has been interpreted by those who have identified and studied it. Each week focuses on different elements of Shape, including shape flow, formal elements of line, directional movement and carving, still shapes (ball, pin, wall, screw), shape qualities, destination versus motion, gathering and scattering, and concavity and convexity.

While the focus here is on Shape, Warren Lamb noted that “Effort goes with Shape organically.” Consequently, this course will touch on Effort (albeit lightly) in relation to certain aspects of Shape.

How the Course Works

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

The homework assignments include structured shape explorations, 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, PhD, CMA, Registered Movement Pattern Analyst, has been studying movement through the LBMS lens 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 combined interests in drawing, painting, and dancing, along with her lengthy collaboration with movement study pioneer, Warren Lamb (1923-2023).

Instructor's Statement

The field of movement analysis was still very fresh when I entered it in the mid-1970s. It seems to me there is still a lot to be learned about human behavior through movement observation and analysis. On the other hand, solid discoveries have been made, tested, and documented. We now have a history, and our collective futures will be brighter if we can draw on the work of those who have come before with open minds, bodies, and eyes!

As the final **S** in **BESS**, Shape has developed a reputation for being a contentious subject. It is not my aim to resolve long-standing disagreements during this course. Rather, I hope to offer a fresh look at this vital area of movement and to provide some tools that may help us understand Shape a little better.

Practical Matters

This is an advanced course. Participants must have theoretical and bodily familiarity with the modes of shape change and shape qualities as these have presented in their respective LBMS training programs.

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 "Mostly about Shape (and a little bit about Effort)"

Course fee: \$125

Registration closes October 8, 2026

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

Questions about *Mostly about Shape*?

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: \$125

Registration closes October 8, 2026

Return this form with a check payable to:

MoveScape Center
PO Box 12051
Denver, CO 80212

Phone: 303-618-9842