

emBodyment-integrity through movement
Jackie Hand

Newsletter

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**Encouraging Longevity
of Your
Health and Well-Being Through
Movement and Touch**

www.emBodyment-itm.com

WORKSHOP ANNOUNCEMENT

Charles Gambetta and I are offering a LMA/BF Workshop in March 2011 in Greensboro, NC

Workshop Faculty



Conductor and internationally recognized pedagogue Charles Gambetta created the Embodied Conducting™ method after 10 years of research and study. The Laban/Bartenieff Institute of Movement Studies in the US and the Laban Conservatoire in London both recognize his work as authoritative. He has conducted orchestras in the US, Bulgaria, Ukraine, Italy and Romania and currently serves on the faculty and as administrator of the International Institute for Conductors in Bacau, Romania. www.charlesgambetta.com

Making Music with Movement
An Embodied Conducting™ Workshop
March 7-11, 2011 in Greensboro, NC

embodiedconducting@triad.rr.com
or 336.643.8730

What is Embodied Conducting™?

- A revolutionary movement-centered approach to conductor training that incorporates Laban and Bartenieff Fundamentals training to awaken and develop a deeper understanding of the fundamental correspondence between music and conducting movements.

A MOVEMENT ANALYSIS - THE PROCESS OF A PROCESS

What do I do as a Laban Movement Analyst? Many things. This month I am writing about the process of collecting movement data for a project in which I am involved. This past spring, Donna Newman-Bluestein www.octaband.com/creator.htm and dancetherapymusings.typepad.com/ wanted a movement analyst to work with her on a project. She is training staff, family members of people with dementia and caregivers from a hospice program at Friends Village at Woodstown NJ <http://www.friendsvillage.org/>, in nonverbal communication.

I agreed to work with her to analyze via DVD particular movement criteria in the context of her work at Friends Village. Donna edited footage and collected observable movement onto a DVD. The first part of the observation took place in August and early September, when I observed 3 minutes of Donna to determine what was appropriate and common patterns for her within the defined context. This month I analyzed 4 minutes from a 7-minute DVD of staff members.

When observing Donna, I took notes on paper, much of these in motif* symbols and LMA descriptive language. I wrote the report of Donna from these notes, eliminating most of the LMA "jargon."

There are many ways of collecting movement data. I could have chosen to look only for the specified criteria and count the times it appeared. I could have motified the movement and analyzed

the motifs for patterns. There is an advantage in motifying or in writing movement descriptions as I chose to do for Part 2 of the project because Donna doesn't read motif. If I only note chosen criteria, I possibly miss movement information that was not preselected or guessed to be important to the project. The written movement descriptions allowed me to collect more pertinent information to the project because I was looking at movement from the categories of Body, Effort (dynamics) Space and Shape in *relationship* to each other.

It is important to me to always determine and define the context at the beginning of observing. It is helpful to know what I am looking for and why. Sometimes, as in blind studies, I am not privileged to this information, but must look only at the criteria designated by the lead researcher, who then uses the information collected by others and me in considering the whole.

The process of observing and meticulously writing movement description is arduous and requires much discipline from me to sit still in

front of the computer for long periods of time (with many, many breaks). I was able to send a report and written notes to Donna right before Thanksgiving. She will now incorporate these into her report and be in touch if it must provide more information.



Donna Newman-Bluestein

***Motif Writing** is a symbolized recording of movement. I like Loren Bucek's definition: "Motif Writing is a tool for facilitating dance content knowledge" Developing Dance Literacy: Integrating Motif Writing into Theme-Based Children's Dance Classes. <http://www.questia.com/googleScholar.qst?docId=5002294791> though I would change it to read "Motif Writing is a tool for facilitating MOVEMENT content knowledge." When I analyze motif I become aware of patterns of movement behavior that were not apparent to me otherwise.

*Educating You in awareness
of Your own body,
its movement patterns and potential.*

Please email me: Jackie@embodyment-itm.com
if you do not wish to be on my mailing list.

Nationally Certified in Therapeutic Massage and Bodywork #003189-00
Virginia Massage Therapy Certificate #0019007240
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