

emBodyment-integrity through movement
Jackie Hand

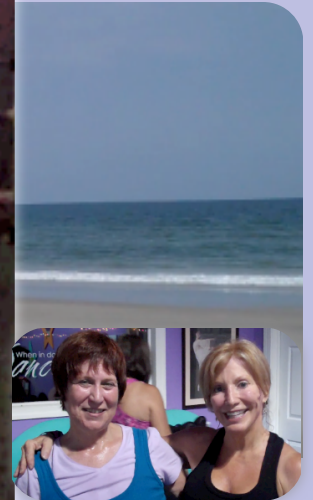
Newsletter

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

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EXERTION AND RECUPERATION

I am at the beach exercising the Laban movement theme of Exertion/Recuperation. E/R means finding different rhythms and phrasing in Effort (dynamics), use of Space and Body. So I am reading and walking on the beach and taking a few Zumba classes at "On My Toes" with Karen W. Barr, a wonderful Zumba instructor pictured above with me. Reading and dancing in relationship to each other are examples of exerting and recuperating. They are exertion and recuperation in context with each other.

Rudolf Laban studied forms in nature in relationship to human movement in developing Choreutics, i.e., the study of the harmonious movement of the body in space, also called Space Harmony. There is an interrelationship of all organic and inorganic forms to gravity and also to each other.

One of the forms in which we move is the icosahedron (refer to archived newsletters on the website for additional information on the icosahedron). Laban's understanding of balance in movement, whether it be where the body is in space, how it shapes through space, the qualities we exhibit as we move or their combination is the basis for Laban Movement Analysis. Our breath pattern is the fundamental E/R pattern on which our individual movement patterns are based.

An example of E/R in movement within the icosahedron is a golfer at the tee preparing to hit and then hitting the ball. The preparation, the swing, and the follow-through are examples of E/R in where the body moves in space, while changing dynamics and shape. The body shape changes and the spatial use changes in the swing of the club from back

high to front. The rhythm of the swing changes from some combination of strong quick, free (power) to directing the ball (aiming). After he completes his follow-through, the golfer then recuperates from the stroke by releasing the tension in his body. All human movement is rhythmic.

The beach is a perfect place to study forms and patterns in nature (shells, seaweed, waves) as related to Laban's theories of Space Harmony. This video, recommended by Linda Baker, is excellent: http://www.ted.com/talks/margaret_wertheim_crochets_the_coral_reef.html

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

Correction: Last month I inadvertently stated that the icosahedron had 6 not 3 planes. No one caught it! Is anyone reading my newsletters? It is corrected in the archives on my website.

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



Laban Icosahedral Scales in Nature

The fluted edges of the sea lettuce are reminiscent of the peripheral primary scale, while the rhythm of volutes and steeples of transverse scales flow along the top of this broken shell. These demonstrate patterns of exertion and recuperation in nature.

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