

# Laban Movement Research

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## Online Course

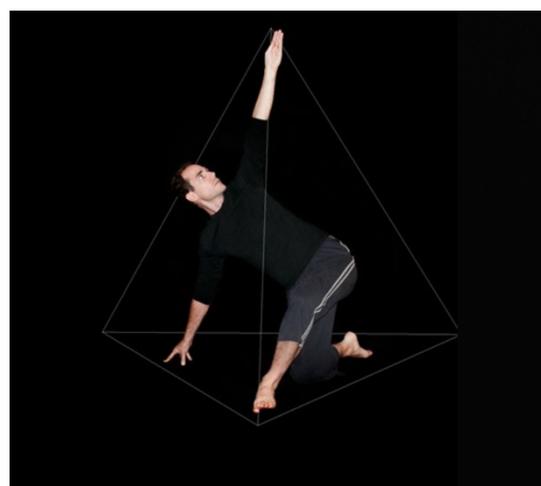
This is a six- or twelve-week course, structured into two-hour practical and theoretical sessions. Laban Movement Research is designed and delivered by **Dr Nicolas Salazar Sutil**

Course fees: £40 per session / £230 for 6 weeks / £470 for 12 weeks.

To book a 6-week course, 12-week course or an individual ad/hoc session, please contact: [n.salazar@leeds.ac.uk](mailto:n.salazar@leeds.ac.uk)

Nic a creative practitioner, action researcher and author. He has taught Laban for over fifteen years at various acting schools, research centres and universities in the UK and the Americas. He is currently Associate Professor in Transformational Practices at the University of Leeds.

He is the author of four books: *Theatres of the Surd* (2011); *Motion and Representation* (MIT Press 2015), *Digital Movement* (Palgrave 2015) and *Matter and Transmission* (Bloomsbury 2018).



## Course Overview

Laban Movement Research is a unique online course that combines practical and theoretical components of movement studies. It is intended to enhance your understanding of the creative potential of movement in the natural world and the arts. Drawing on the unpublished drawings and writings of Rudolf Laban, many of which are held at the Laban Archive at the University of Surrey, you will embark on a unique journey to understand the life of movement in the human and natural world. Drawing on spiritual, philosophical and environmental aspects of Rudolf Laban's movement art research, this course will deepen your understanding of movement beyond conventional training. Laban Movement Research will inspire you to gain a deeper awareness of how somatic, creative and artistic movement can provide a sense of purpose in times of change, health crisis, and environmental anxiety.

## Workplan: Six-week Course

Week	Workshop Title	Length
1	Choreosophy	2 hours
2	Space Harmony	2 hours
3	Effort and Recovery	2 hours
4	Laban in Colour	2 hours
5	Nervous Movement	2 hours
6	Movement Psychology	2 hours

## Workplan: Twelve-week course

Week	Workshop Title	Length
1	Choreosophy	2 hours
2	Laban and Nature	2 hours
3	Space Harmony	2 hours
4	Crystalline Movement	2 hours
5	Effort and Recovery	2 hours
6	The Dynamosphere	2 hours
7	Laban in Colour	2 hours
8	Chromatherapy	2 hours
9	Nervous Movement	2 hours
10	Laban's Scientific Writings	2 hours
11	Movement Psychology	2 hours
12	Laban, Lacan, Lewin	2 hours

## Contents

### Choreosophy + Laban & Nature

These sessions explore the underlying ideas of Laban's work, which are steeped in neo-Platonic and neo-Pythagorean philosophy. We delve into the study of solid geometry and regular patterns in nature, a wisdom of cycles that Laban called "choreosophy". We will be consolidating a contextual understanding of Laban's work in relation to the Monte Verità movement, vegetarianism and other cultural influences that marked his holistic upbringing. We explore Laban's fascination for movement in nature, as well as his curiosity for natural shapes, patterns and flows. The twelve-week course will expand on Laban's spiritual philosophy as a practical movement craft. You will be led into a deeper exploration of Laban's wisdom of circles, whilst learning about choreosophy in relation to the works of D'Arcy Wentworth Thompson and Ernst Haeckel.

## **Movement Harmony + Choreutics**

These sessions focus on Laban's fascination with form and the relationships between morphogenesis, or the creation of form, across extensive and acoustic space. These sessions also delve into Laban's understanding of musical harmony, from where he developed his theory of harmonic movement. We explore Laban's scales as a somatic and meditative movement practice. We then relate Laban's scales to other systems based on the harmony between human and environment, most notably *feng shui*. The twelve-week course will deepen your understanding of movement harmony by delving into the book *Choreutics*, Laban's masterpiece. We will then look closely at Laban's studies of regular solids, particularly the icosahedron, which Laban chose as the most suited of the five Platonic solids for the practice of harmonic human movement.

## **Effort & Recovery + The Dynamosphere**

These sessions introduce you to Laban's theory of efforts in relation to two of his lesser-known works, his book *Efforts: Economy of Human Movement*, written with F.C. Lawrence in 1947, and his unpublished and unfinished book *Effort and Recovery*. We explore the Eight Effort Actions in relation to what Laban called "effort poetry," applying our understanding of efforts to the design of architectonic, sonic and movement forms. We delve into the counterpoint philosophy underpinning Laban's work, where "effort" is understood as the polar opposite of "recovery". What exactly is recovery, according to Laban, and how does the living body reabsorb energy to produce the rhythms of work and rest? The in-depth twelve-week course delves deeper into Laban's theory of topological shapes and knots, as part of his detailed theory of dynamic movement.

## **Laban in Colour + Chromatherapy**

These sessions explore Laban's work as a visual artist and draughtsman. We look into Laban's unique theory of colour-coded movement. Based on unpublished writings and drawings, we dabble at Laban's colourful depiction of movement dynamics whilst advancing our understanding of the physical and energetic properties of colour. Over the twelve-week course, we will deepen our exploration of Laban's ideas surrounding light and colour therapy. You will be introduced to Laban's designs for a colour therapy machine, which he called the Chromatic Movement Dial. We will investigate Laban's experimental research into spectrobiology, astrological charts, and chromatic seasonal changes.

## **Nervous Movement + Laban's Scientific Writings**

Over the course of these sessions, we explore the unknown theory of nervous movement in Laban's unpublished writings and delve into the importance that physiological movement, particularly sensation, pain and nerve function, played in his later research. In the twelve-week in-depth course, we will explore some of Laban's scientific writings in more detail, as we seek to fathom the importance of brain and nerve function in motor control. We will be relating Laban's work to his Soviet contemporary Nikolai Bernstein

## Movement Psychology + Laban, Lacan, Lewin

During these final sessions, we identify connections between the works of Rudolf Laban and Jacques Lacan, exploring the study of topological form as representation of inner dynamics. This leads us to two very similar sets of ideas surrounding the nature of thought. In the twelve-week course, we will expand on these introductory ideas concerning Laban/ Carpenter's Movement Psychology and connect the works of Laban and Lacan with Kurt Lewin, particularly the latter's explorations of social movement and his practical studies on topological psychology. We will debate ways in which movement determines internal thought processes through kinaesthetic learning, and we will probe how external movement gives rise to, and characterises, psychological life.

### Copyright

As part of this course, you have access to original content from the Rudolf Laban Archive (University of Surrey) for the purpose of personal study (non-commercial use) only. You are not permitted to alter, supply copies of them to anyone else, mount them on an intranet or the internet, or otherwise publish them in any other personal or commercial format.

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### About the Rudolf Laban Archive

The Rudolf Laban Archive, a special collection held at the National Resource Centre for Dance (University of Surrey), is a repository of Laban's personal collections, bequeathed to this University by Lisa Ullman after Laban's death in Addlestone, Surrey, in 1958. The collection is unique and holds invaluable unpublished works by Laban including drawings, unpublished articles and books, films, film scripts, stories, poems, scientific and philosophical writings, as well as correspondence.

Please visit <https://www.surrey.ac.uk/library/archives-and-special-collections/our-collections> for details