

The Laban Sourcebook: Unveiling the Secrets of Movement Theory and Practice

About the Book

In the realm of dance, choreography, and movement studies, Eric Francis' "The Laban Sourcebook" stands as an indispensable masterpiece. This comprehensive volume presents a thorough exploration of Laban Movement Analysis (LMA), a groundbreaking system that revolutionized our understanding of human movement.

LMA, developed by the visionary choreographer and theorist Rudolf Laban, provides a systematic framework for analyzing, describing, and interpreting movement. By studying the elements of space, time, weight, and flow, practitioners of LMA gain invaluable insights into the dynamics of human motion.



The Laban Sourcebook by G. Eric Francis

★★★★★ 5 out of 5

Language : English
File size : 4477 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 388 pages
Screen Reader : Supported



Unveiling the Laban System

The Laban Sourcebook serves as a comprehensive guide to the Laban system, empowering readers with a deep understanding of its core principles and applications. Francis meticulously dissects LMA's four main components:

- **Body:** Exploring the body's anatomy, structure, and potential for movement.
- **Effort:** Analyzing the qualities of movement, such as force, speed, and flow.
- **Shape:** Examining the geometric patterns created by the body in motion.
- **Space:** Investigating the relationship between the body and its surrounding environment.

Through detailed descriptions, diagrams, and practical exercises, Francis brings LMA to life, enabling readers to experience the transformative power of this analytical tool firsthand.

Applications in Diverse Fields

The Laban Sourcebook is not merely an academic treatise; it also highlights the practical applications of LMA in a multitude of fields, including:

- **Dance and Choreography:** Enhancing movement vocabulary, refining technique, and fostering creative expression.
- **Physical Therapy and Rehabilitation:** Assessing movement patterns, improving coordination, and promoting recovery.

- **Ergonomics and Workplace Design:** Optimizing movement efficiency, reducing risk of injury, and enhancing productivity.
- **Sports Performance:** Analyzing movement patterns, identifying strengths and weaknesses, and improving athletic performance.
- **Education and Embodied Cognition:** Integrating movement into learning processes, promoting physical literacy, and fostering cognitive development.

By bridging the gap between theory and practice, The Laban Sourcebook empowers readers to harness the transformative power of movement in all aspects of life.

A Legacy of Excellence

Eric Francis, a renowned Laban expert and educator, has dedicated his career to disseminating the principles of LMA worldwide. His extensive research, teaching experience, and passion for movement shine through in every page of this seminal work.

The Laban Sourcebook has garnered widespread acclaim as the definitive reference guide for LMA practitioners and enthusiasts alike. Its clear writing style, comprehensive coverage, and practical exercises make it an invaluable resource for anyone seeking to deepen their understanding of movement.

Whether you are a dancer, choreographer, physical therapist, athlete, educator, or simply fascinated by the intricacies of human movement, The Laban Sourcebook is an essential addition to your library. Its timeless

wisdom and practical insights will continue to inspire and empower generations to come.

Call to Action

Embark on a transformative journey into the world of movement theory and practice. Free Download your copy of "The Laban Sourcebook: A Compendium of Movement Theory and Practice" by Eric Francis today, and unlock the secrets of human motion.

Available in hardcover and e-book formats.

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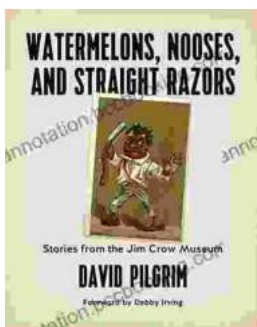
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