

Reflections about the resource I was awarded in August 2015

The book *Body Movement, Coping with the Environment* by Irmgard Bartenieff is an incredible resource of knowledge and inspiration about new modes of perceiving oneself, others and the environment.

The book presents an extensive explanation of Laban analysis components and the different fields of application.

I dedicated a great amount of time to practise the examples of Bartenieff Fundamentals and through the case studies of young and older patients I have had a better understanding of Laban analysis as a valuable means to provide diagnosis and treatment of emotional and physical problems. As to body function and expression Laban states: “An observer of a moving person is at once aware, not only of the paths and rhythms of movement, but also of the mood the paths in themselves carry, because are always more or less coloured by a feeling or an idea”.

I would like to say a heartfelt thank you to Independent Dance for giving me the possibility to be a recipient of Gill Clarke Resource Fund 2015 and deepen my movement analysis studies.

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