



# Introduction to Laban Movement Analysis

WORKSHOP with Susanne Montag-Wärnä



Photo: Johan-Wärnä

TANZFABRIK  
KREUZBERG

03. – 07.08.2026  
MON – FRI

In moving we carry out daily duties, and we are transmitting our inner world to the "outer". We observe and perceive movement within the theme-pair of Function – Expression. In continuous processes of change and transformation we are communicating with and relating to our environment. In Laban Movement Analysis (LMA) we learn about the complexity of dance by sensing and observing movement within the categories Body, Effort, Space, Shape, Relationship and Phrasing. Movement is meaning making. To successfully run through a functional movement phrase like "painting the wall", we must reflect on our intentional goal for the movement action. During this workshop we learn to concentrate on single core questions in observation such as "How do I approach my personal space?" We are getting to know parts of the terminology of LMA.

As a CLMA *Susanne* is fully engaged in transmitting the intangible heritage of this embodied knowing internationally. This workshop can be used as a prerequisite for the EUROLAB Certificate Program in Laban/Bartenieff Movement Studies ([www.eurolab-programs.com](http://www.eurolab-programs.com)).

03. – 07.08.26 / 17:00 – 21:00

Level: open/beginners welcome

In English, Deutsche Übersetzung möglich

Price: 280/250€\*

\*early bird until 12.07.2026

