

# ANATOMY IN MOVEMENT / DANCE MEDICINE with Anja Weber

*online course in English (via Zoom)*

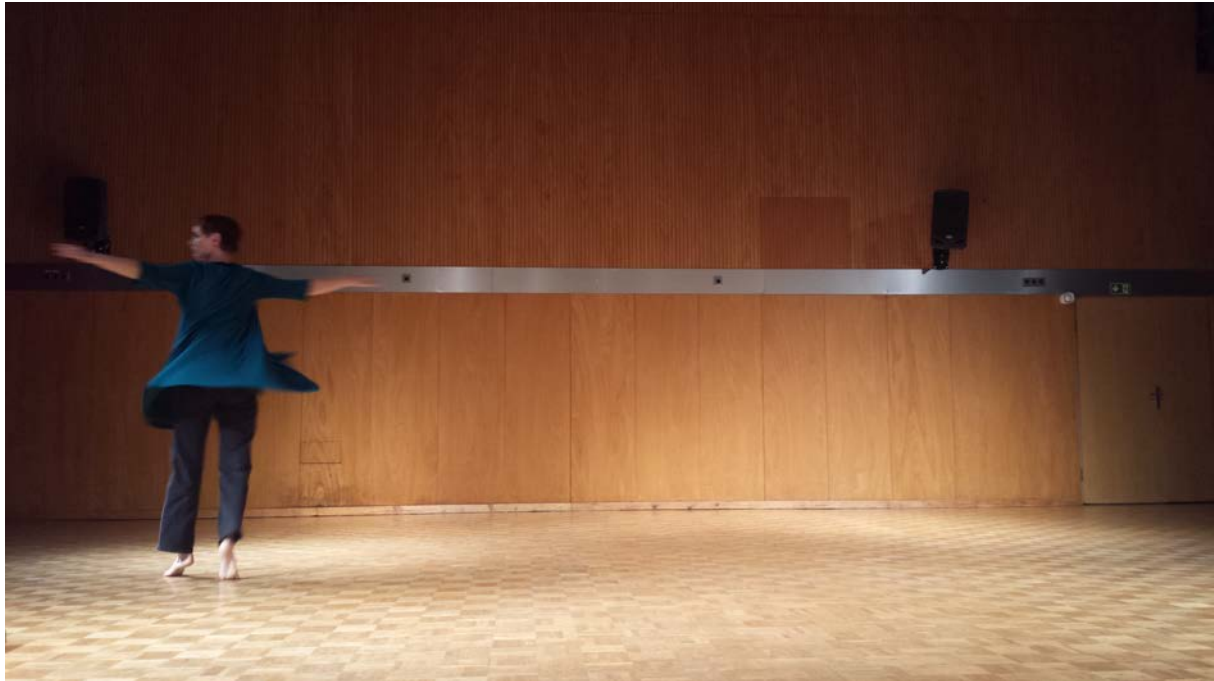


Foto credits: Claudia heland

## **05.-07.05.2023 and 09.-11.06.2023**

Friday            16:30-18:30  
Saturday        11:00-13:00 und 14:00-16:15 (incl. 15 min pause)  
Sunday          11:00-13:00 und 14:00-16:15 (incl. 15 min pause)

### **Registration:**

Anja Weber : [aarts@gmx.net](mailto:aarts@gmx.net) or <https://www.aartsanjaweber.de/>

### **Fee:**

**Early Bird 290,-** (Registration until 20.04.2023)

**regular 340,-** (payment before start!!!)

Please register per mail.

Payment information comes with confirmation of your registration.

### **Anja Weber, Berlin**

CLMA (Certified Laban Bartenieff Movement Analyst). KMP (Kestenberg Movement Profile), Tänzerin, Tanzpädagogin, Choreographin, M.A. phil. (Philosophie, Musik-, Theaterwissenschaft), Dipl.-Psych., FÄ für Psychosomatische Medizin und Psychotherapie

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## Topics and timetable

### 1. Weekend

Friday 16:30-18:30  
Introduction Anatomy of Movement and Body Systems I (tissues, cells, functions)

Saturday 11:00-13:00  
Growth, Development and Structures of the Movement System (Body System II)

Saturday afternoon 14:00-16:15  
Region I: Foot and Lower Leg

Sunday 11:00-13:00  
Region II: Knee and Leg Axis

Sunday afternoon 14:00-16:15  
Region III: Hip Joint and Pelvis

### 2. Weekend

Friday 16:30-18:30  
Repetition and additional information and practice of weekend 1

Saturday 11:00-13:00  
Region IV (part 1): Trunk, Torso, Spine

Saturday afternoon 14:00-16:15  
Region IV (part 2): Trunk, Torso, Spine

Sunday 11:00-13:00  
Region V: Shoulder girdle, Arm, Hand

Sunday afternoon 14:00-16:15  
More practical exercises / Neurophysiology of movement, open questions, closure

### Please bring

- 2 tennisballs or green or blue Franklin®-balls (both same size)
- 1 blue Theraband® (length ca 3,5 m) or at least a Yoga-Strap (or something similar)
- Space to move (at least your body length + 50cm square, if possible)
- Clothing to move in
- Computer / online access / Zoom with movable Kamera (for floor work)

**This 20h course is certified for Laban-Bartenieff-Movement studies - more info:**

<https://www.eurolab-programs.com> und <https://www.laban-eurolab.org>

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