

PRE-REQUISITE COURSE FOR INTRODUCTION TO BF

This course meets the requirements for pre-requisite for **Introduction to BF**.

Introduction to Bartenieff Fundamentals™

July 6 to 8, 2007

Hobart TASMANIA

Presented by Sandra Kay Lauffenburger

This course introduces the movement concepts of Bartenieff Fundamentals™ through movement experiences and didactic information. It will increase your awareness of the physical and physiological self during the process of movement, as well as assist in the creation of functional body connections, aid in embodiment of the basic biomechanical principles of the body's movement, and improve your ability to teach proper use of the body's support and movement systems.

Completion of this course will enable students to:

1. Demonstrate a heightened awareness of the functional patterns of their body during the process of movement
2. Understand the movement patterns and themes that provide the underpinnings of human expressive and functional movement
3. Have the basic skill for enabling and assisting others to find body connections for greater ease of expression and function

Sandra Kay Lauffenburger, B.Ed. M.Sc. Grad Dip(psych) Dip(DMvtTher)

Certified Laban Movement Analyst LIMS

Reg. Psychodynamic Psychotherapist PACFA ANZAP AASP

Registered Somatic Movement Therapist ISMETA

Director/Founder of Laban/Bartenieff and Somatic Studies Australia

Founding Councillor of Australian Pilates Method Assoc.

Sandra maintains a clinical practice in Somatic Psychotherapy and movement practices in Canberra, working with a spectrum of issues from chronic pain through to personality disorders. Over twenty five years of studying and exploring the body and movement as well as clinical training in Psychodynamic Psychotherapy (Self-psychology, Institute of Contemporary Psychotherapy, Sydney), inform her work. She teaches Dance Movement Therapy in Sydney at the Wesley Institute for Ministry and Arts. She is an invited presenter in Laban Movement Analysis around Australia and Canada. Before coming to Canberra in 1992, Sandra spent time studying and teaching movement at the C. G. Jung Institute of Psychoanalysis and Creative Arts in Houston, Texas. Sandra also has 23 years experience with the Pilates Method and Movement Therapy. Sandra is a Founding Councillor of the Australian Pilates Method Association and co-authored the curriculum used at UTS for training Pilates Method instructors. She is also on the faculty of Empathink (Self-psychologically based psychotherapy).

For information and registration contact Arwen McCutcheon 03-62346864 or bodymind@netspace.net.au