INTRODUCTION TO
SPACE HARMONY

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CONTEXT
observation, visualization, documentation, embodiment
LABAN MOVEMENT ANALYSIS

- Body
- Shape
- Space
- Effort
Body
Shape

Still Form Symbol Set

Proposed Listenbee 4/2005
(After Laban, Hackney, Guest)

- Any Still Form
- Linear Still Form (pin)
- Flat Still Form (wall)
- Round (Spherical) Still Form (ball)
- Twisted Still Form (screw)
- Tetrahedral Still Form
Space
Space
Effort

- Press
- Thrust
- Wring
- Slash
- Glide
- Dab
- Float
- Flick
Notation
AFFINITIES IN EFFORT & SPACE = SPACE HARMONY

MOVEMENT SCALES ARE DEVELOPED TO FACILITATE ACCESS TO SPACE AND THE AFFINED QUALITIES
In Euclidean geometry, a Platonic solid is a regular, convex polyhedron. The faces are congruent, regular polygons, with the same number of faces meeting at each vertex. There are five Platonic solids; their names are derived from their numbers of faces.
PLATONIC SOLIDS

CUBE

TETRAHEDRON

DODECAHEDRON

OCTAHEDRON

ICOSAHEDRON
DIMENSIONAL SCALE

LIGHT WEIGHT
QUICK TIME

DIRECT SPACE
INDIRECT SPACE

SUSTAINED TIME
STRONG WEIGHT
OCTAHEDRON
VERTICAL PLANE
PLANES

VERTICAL PLANE

VERTICAL PULL

HORIZONTAL PULL
VERTICAL PLANE
PLANES
ICOSAHEDRON