Feel all that we touch Listen to all that we hear See all that we look at Augusto Boal Theatre Practitioner Feel all that we touch Listen to all that we hear See all that we look at Augusto Boal Theatre Practitioner

Feel all that we touch Listen to all that we hear See all that we look at

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laban Efforts laban Efforts Weight: Strong/Heavy vs Weight: Strong/Heavy vs Light Light Time: Broken vs Sustained Time: Broken vs Sustained Space: Direct vs Flexible Space: Direct vs Flexible Rudolf Laban Rudolf Laban Body, Voice, Movement and Direction Body, Voice, Movement and Direction laban Efforts Laban Efforts Weight: Strong/Heavy vs Weight: Strong/Heavy vs Light Light Time: Broken vs Sustained Time: Broken vs Sustained Space: Direct vs Flexible Space: Direct vs Flexible

Rudolf Laban Body, Voice, Movement and Direction Rudolf Laban Body, Voice, Movement and Direction

Laban Efforts

laban Efforts

Weight: Strong/Heavy vs Light Time: Broken vs Sustained Space: Direct vs Flexible

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Rudolf Laban Body, Voice, Movement and Direction

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Laban Efforts

Floating/Wringing Flicking/Slashing Pressing/Gliding Punching/Dabbing

Floating/Wringing Flicking/Slashing Pressing/Gliding Punching/Dabbing

laban Efforts

Rudolf Laban Body, Voice, Movement and Direction





Laban Efforts

Floating: sustained, indirect, light Wringing: sustained, indirect, strong Flicking: sudden, indirect, light Slashing: sudden, indirect, strong Pressing: sustained, direct, strong Gliding: sustained, direct, light Punching: sudden, direct, strong Dabbing: sudden, direct, light

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