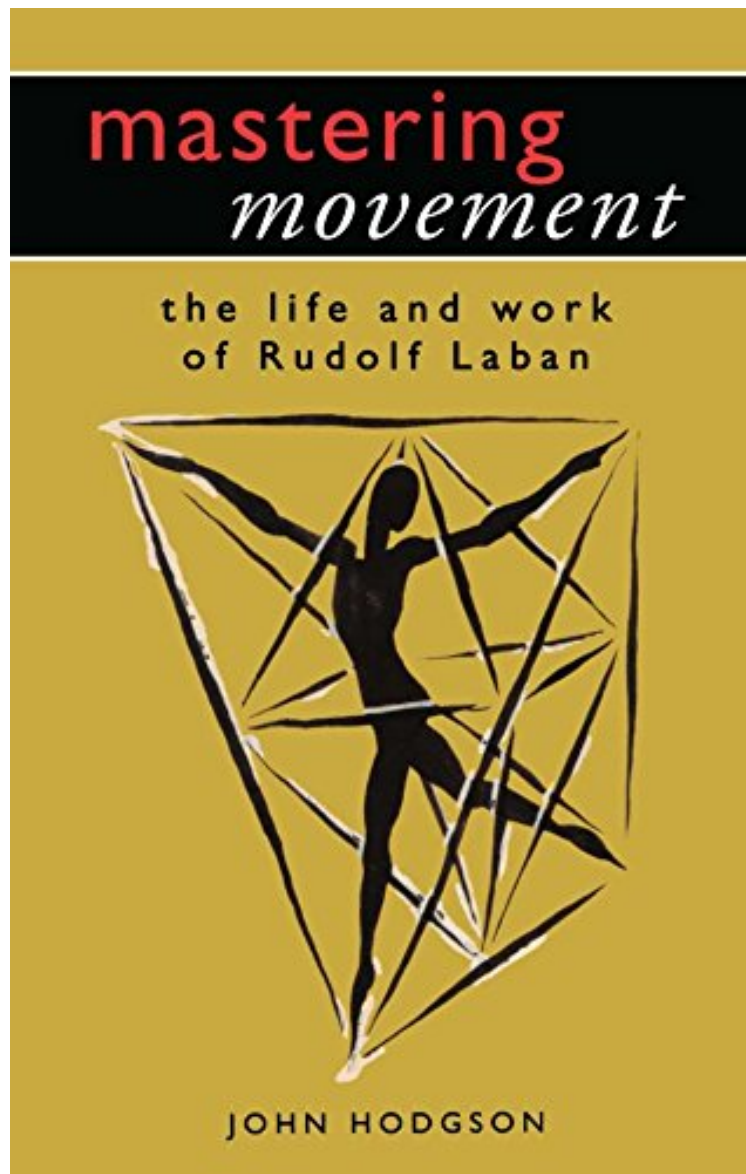


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## Mastering Movement: The Life and Work of Rudolf Laban (Theatre Arts (Routledge Paperback))

*John Hodgson*

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**John Hodgson : Mastering Movement: The Life and Work of Rudolf Laban (Theatre Arts (Routledge Paperback))** before purchasing it in order to gage whether or not it would be worth my time, and all praised Mastering Movement: The Life and Work of Rudolf Laban (Theatre Arts (Routledge Paperback)):

Like Picasso in painting, Stravinsky in music, or Stanislavski in theatre, Rudolf Laban (1879–1958) has been a seminal influence in contemporary arts. This is the first major study of Laban's movement theories and practice, exploring the ideas on mastering movement and giving the reader a practical understanding of balance and harmony in the human body – the core of Laban's thinking. John Hodgson looks at the different phases of Laban's life and writings to show that Laban's thoughts about human movement and its mastery and control are the building blocks for a practical understanding of how the human body can create both beauty and purity through movement.

About the Author John Hodgson was Head of the Faculty of Performing Arts at Bretton Hall, University of Leeds. He taught and studied Laban for over twenty-five years and was one of Britain's leading authorities on drama and movement training.