

Level and Direction in Space

In attempting to write what you are teaching in movement, symbols that indicate level and direction can be quite useful. Awareness of precise use of space also helps clarify space in our own movement choices and in the movement practices we design and observe in our students and clients. A space symbol can be used for the entire body or for one or more body parts.

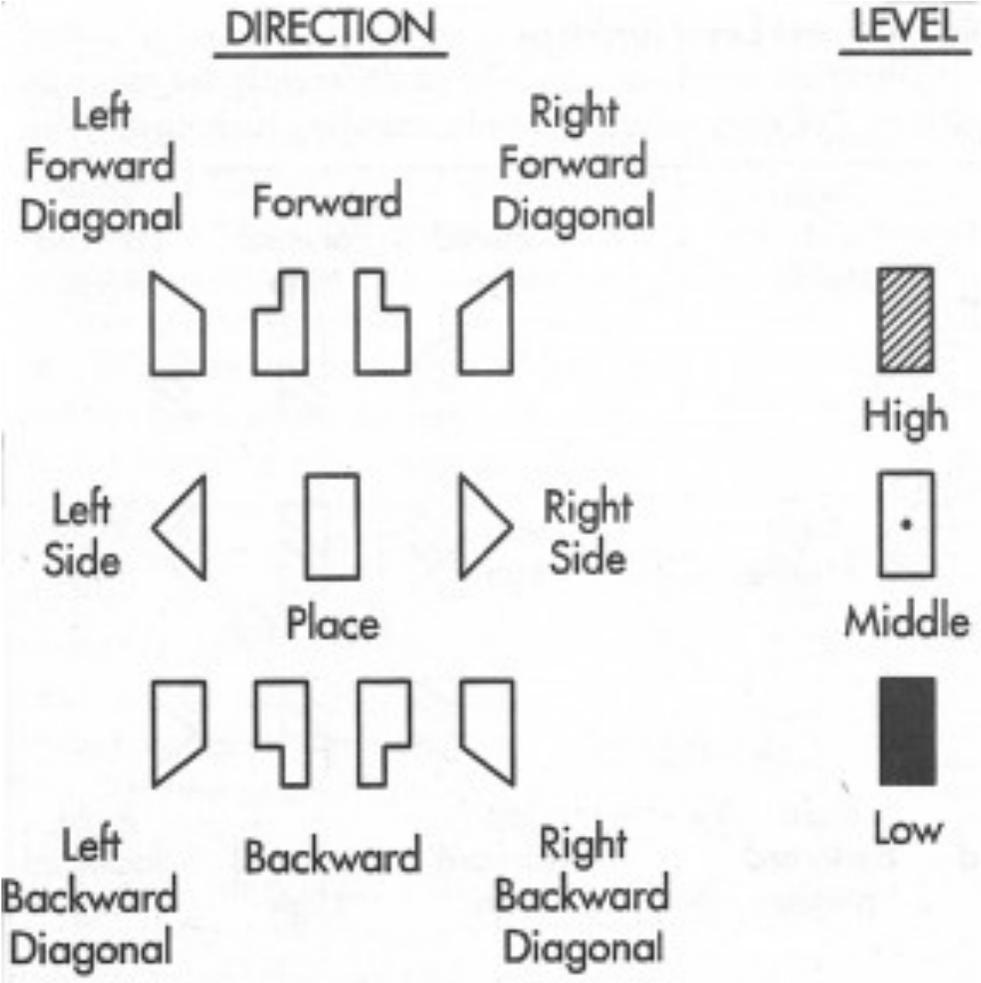


Figure 2