AN EXPLORATION OF
Movement Pattern Analysis

April 27-29, 2013 Friday evening 7-9, Saturday 10 – 6, Sunday 10 – 4
Venue tba. Led by Kedzie Penfield

MPA provides a Profile of your particular way of making decisions: how you organize yourself in relation to taking action – or not, as the case may be. Through detailed analysis of your movement style, MPA describes how you are motivated to decide about anything: the distinctive way you tend to think through or implement what you do. Gaining this insight enhances knowledge of yourself, improves interpersonal communication and facilitates more effective teamwork.

This weekend workshop will introduce you to the theoretical framework and movement concepts that make up the Profile. We will use observation of each other and of video material; seminar lecture and discussion and experiential movement improvisation to learn about the use of Effort, Shape, Posture, Gesture and the Affinities in the context of MPA. The content covered introduces you to material that is covered in more depth in the MPA training.

COST
Full price: £125
Early bird price: £110 (Payment must be received by March 1)
Concession: £90

For further information and booking forms contact Kedzie Penfield at kedzie1@btinternet.com

KEDZIE PENFIELD UKCP, BPC, CMA studied Movement Pattern Analysis with Warren Lamb, Pamela Ramsden and Carol Lynne Moore; qualifying as a Movement Pattern Analyst in 1991. Her background in movement analysis and movement therapy has informed her continued use and interest in MPA in a variety of settings: team building for voluntary organizations, character development for actors, understanding difficulties in relationships or work settings for individuals. As a senior dance movement therapist and psychodynamic counselor in private practice for twenty years, her work includes the use of the MPA framework and an indirect use of the observation skill that it gives.