

Saturday, September 17, 2011 - Saturday, February 25, 2012

Karl Anderson - Enormous Eyes: sculpting dance in real time

Company: Movement Research
Venue: Randy Warshaw Studio
Location: New York, NY

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Class begins with a brief idiosyncratic warm up and sharing our own personal sense of readiness. Then a guided preparation, deeply rooted in Skinner Releasing Technique's alignment principles, allows us to embody directional releasing and autonomy of the breath. SRT is a movement-based and imagery-based process of discovery.

Movement Research
115 Wooster St., #2F
New York, NY, 10012

Schedule
September 17, 2011: 1:30pm
October 1, 2011: 1:30pm
October 15, 2011: 1:30pm
October 29, 2011: 1:30pm
November 12, 2011: 1:30pm
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