

August 20 - December 17, 2014

## Karl Anderson-Skinner Releasing Technique™

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

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Skinner Releasing Technique™ facilitates an enhanced awareness of creativity. This imagery-based movement experience intuits ease and healing. Through improvisation and play, we connect with the energy of others and the universe. We delve deeper inside and shed our notions of style and aesthetics in favor of a more intense personal discovery. Students are encouraged to enter "feeling states" and explore the limitlessness of their multi-dimensional aliveness. SRT makes for a much more clear, concise, and subtle mover and nurtures an evolved sense of empathy and compassion. Students are encouraged to write and draw at the end of class as a way of further discovering their process.

August 20 – December 17 WED 6-9pm

\*No Class November 26

Movement Research  
115 Wooster Street  
New York, NY, 10012  
\$14  
<http://movementresearch.org>

Schedule  
August 25, 2014: 8:00pm

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