

March 2 - June 1, 2013

Karl Anderson - Skinner Releasing Techniquea

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

► [Share](#) | [Print](#) | [Download](#)

Skinner Releasing is an imagery based movement experience that circumvents resistance while enhancing ease and healing. At the ongoing level, we are encouraged to delve even deeper inside and shed our notions of style and aesthetics in favor of a more intense personal discovery. 10am-1pm. \$14.

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

Schedule

March 2, 2013: 10:00am
March 9, 2013: 10:00am
March 16, 2013: 10:00am
March 23, 2013: 10:00am
April 20, 2013: 10:00am

[more](#)

[< back](#)

[previous listing](#) • [next listing](#)