

October 10 - December 19, 2017

Skinner Releasing Technique™, Introductory Level

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

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Karl Anderson by courtesy of the artist

[Skinner Releasing Technique™, Introductory Level](#)

September 5 – December 19

TUE 7:30-10:00pm

Randy Warshaw Dance Studio

\$12 / \$14

This imagery-based somatic experience facilitates ease and healing. We delve deep inside and shed notions of style and aesthetics. Students enter "feeling states" and explore the limitlessness of their multi-dimensional aliveness. SRT makes for clear, concise, and subtle movers and nurtures an evolved sense of empathy and compassion.

[Karl Anderson](#) has been making stuff in NYC since 1987. He has degrees in dance (CalArts) and architecture (Pratt). Drawing from myriad interests and desires, his performances range from raw and jarring to subtle and poetic. Sincere exploration is the core of his creative expressions.

Movement Research
115 Wooster St 2nd Floor New York
New York, NY, 10012
<https://movementresearch.org/event/6360>

Schedule
October 10, 2017: 7:30pm
October 17, 2017: 7:30pm
October 24, 2017: 7:30pm
October 31, 2017: 7:30pm
November 7, 2017: 7:30pm
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