

January 28 - May 6, 2015

Skinner Releasing Technique with Karl Anderson

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

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SRT facilitates an enhanced awareness of our creativity. This imagery-based Somatic experience intuitively eases and heals. Through improvisation and play, 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 clear, concise, and subtle mover and nurtures an evolved sense of empathy and compassion. NO CLASS APRIL 1

Movement Research
115 Wooster Street #2F
New York, NY, 10012
\$14

Schedule
January 23, 2015: 8:00pm

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