

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 intuitively eases 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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