

March 2 - June 1, 2013

## Karl Anderson - Skinner Releasing Techniquea

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

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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

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