

October 21 - December 16, 2015

Skinner Releasing Technique™ (Introductory level) with Karl Anderson

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

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SRT facilitates an enhanced awareness of our creativity. This imagery-based Somatic experience intuits ease and healing. 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 OCTOBER 28, NOVEMBER 25.

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

Schedule

October 21, 2015: 6:00pm
November 4, 2015: 6:00pm
November 11, 2015: 6:00pm
November 18, 2015: 6:00pm
December 2, 2015: 6:00pm

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