

December, 4-18, 2013

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 one's own physical self and creative spirit. SRT is an imagery based movement experience which reduced holding and tension while enhancing ease of movement and enhanced healing. WED 7-10pm. Classes are \$14 each.

Movement Research
115 Wooster St., #2F
New York, NY, 10012
<http://www.movementresearch.org/classesworkshops/calendar/index.php>

Schedule
December 4, 2013: 7:00pm
December 11, 2013: 7:00pm
December 18, 2013: 7:00pm

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