September 13 - December 20, 2016

Skinner Releasing Technique™ with Karl Anderson

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

Photo courtesy of the artist.

Skinner Releasing Technique™ with Karl Anderson

September 13 – December 20

TUE 7:30-9pm* (Introductory)

MR@Randy Warshaw Studio

This imagery-based Somatic experience facilitates ease and healing. We delve deep inside and shed notions of style and aesthetics. Students enter "feeling states" and explore the limitlessness of their multi-dimensional aliveness. SRT makes for clear, concise, and subtle movers and nurtures an evolved sense of empathy and compassion.

Karl Anderson has been making stuff in NYC for over 25 years (slamfest.org). He has degrees in dance (CalArts) and architecture (Pratt). Drawing from myriad interests and desires, his performances range from raw and jarring to subtle and beautiful. Sincere exploration is the core of his creative expressions.

Movement Research
115 Wooster St.
New York City, NY, 10012
$14
https://movementresearch.org/calendar

Schedule
August 25, 2016: 8:00pm