

## Skinner Releasing™

*Skinner Releasing Technique (SRT) is an innovative approach to dance and movement training developed by Joan Skinner in the early 1960s.*

*SRT reveals the natural grace in every human being and taps into transforming states of consciousness that awaken the Dance within.*

*SRT lets us practice letting go: letting go of stress, letting go of unnecessary holding in our body, letting go of pre-conceptions about what is supposed to happen, letting go of fear of awkwardness, letting go of the belief that we somehow don't have the "right body."*

*Through this practice we find energy and power and rediscovery of our natural alignment, improving strength and flexibility, and awakening creativity and spontaneity.*

*The poetic imagery used in SRT often conveys a sense of effortlessness – of being moved rather than commanding movement – and fosters a safe environment in which the individual can release excess tension and open into spaciousness.*

*Tactile exercises are used to give the imagery immediate physical effect in the movements of participants.*

***"It is a powerful form of play."***

### Who is it for?

- *Anyone* who wants to move in a new and enlivening way.
- *Anyone* who would like to find beauty in self discovery.
- *Anyone* who is curious about a more expanded, spacious, grounded and multi-directional alignment.
- *Anyone* who wants to free creativity or creative blocks.
- *Dance* choreographers and improvisers.

### What does a class with Nanette include?

- *Guided visualizations.*
- *Individual movement time.*
- *Music specifically chosen to enhance the visualization and movement experience.*
- *Partner graphics- a gentle, specific hands on reminder of how our body can move more effortlessly.*
- *A deepening of one's movement practice.*

### Quotes from participants:

*"Releasing encourages and allows people to experience kinesthetic rediscovery of and return to the natural state of suspended ecstasy within our bodies."*

*"Each class invokes and gives space to practice freer and more satisfying movement, as well as what my whole self ventures to be—soft, pulsing, strong, dynamically still."*

### **Skeletal Spaces**

*become an inner landscape of crystal clear pools now and then...sunlight casts radiance into the pools they shimmer for a moment then become still and clear once more*

**--Joan Skinner**