

## SKINNER RELEASING TECHNIQUE™ with Bettina Neuhaus



7, 14, 21, 28 October & 4, 11 November 2019  
20h00 – 22h15

☆ Somatic Laboratory: Skinner Releasing Technique™ ☆

In October and November Bettina Neuhaus will facilitate another series of 4 classes *Skinner Releasing Technique™* (SRT) at the Somatic Laboratory, extended by 2 evenings, in which the group will work alone.

SRT is an integrative dance practice that is unique in the way it enhances technical growth and creative process. It uses guided poetic imagery and hands-on partner studies to facilitate a deeper and more refined kinesthetic experience of movement and a sense of wholeness. SRT stimulates the process of letting go of one's tensions and holding patterns, and through that, releases new possibilities in how we perceive and how we dance.

As a self-propelling process it supports each individual's way of learning and enhances any movement style. SRT provides the experience of dynamic and multi-directional alignment; one gains strength, flexibility and finds more freedom, effortlessness and presence in movement. We will engage with the foundational principles of SRT individually, with a partner, and as a group. [www.skinnerreleasingnetwork.org](http://www.skinnerreleasingnetwork.org)

As a follow up of an earlier SRT course in June 2019 these 4 classes invite to investigate more complex principles and imagery. Therefore some previous experience in SRT is useful but not a must!

### **Please note:**

Classes build upon each other and to enhance the process of each individual and the group in the most beneficial way participation means joining all 4 SRT classes and the 2 sessions by the group (21 October & 11 November).

☆ About the Somatic Laboratory ☆

The Somatic Laboratory in Amsterdam - found in 2018 - is formed by a group of dancers/movers/musicians who are interested in exploring somatic movement into dance, dance and sound improvisation and instant composition. We share our experience and knowledge, dive into practice together through exploring our research questions and are open for other dancers to work with us.

☆ 6<sup>th</sup> block ☆

The 6<sup>th</sup> block will consist of 6 Monday evenings, of which Bettina will facilitate 4 evenings. The other 2 nights we will share, explore and work further on these classes.

**Dates:** 7, 14, 21, 28 October & 4, 11 November 2019

☆ Bettina Neuhaus ☆

is an Amsterdam-based independent dance artist and certified Skinner Releasing Technique (SRT) teacher at both Introductory (2004) and Ongoing (2011) levels, who has been working in the field of performance internationally for 3 decades. In her artistic work she collaborates with dancers, musicians, visual artists, poets and philosophers.

In her teaching she shares her deep love for movement as a way of experiencing aliveness, and connecting us to ourselves and to the world. Bettina has been facilitating projects and workshops for a wide range of diverse groups, such as dancers, musicians, social workers, designers, architects and the elderly. She teaches Instant Composition and SRT extensively at major academies, festivals and studios across Europe and South America.

[www.bettineuhaus.com](http://www.bettineuhaus.com)

☆ Practicalities ☆

**Costs:** € 100,- for the whole series (6 evenings). The exact fee depends on the number of participants and includes the rent of the studio and the teacher's fee.

**Time:** walk in 19:45, sessions 20:00 - 22:15

**Dates:** 7, 14, 21, 28 October & 4, 11 November 2019

**Location:** Meneer de Wit, Centrum voor kunst en cultuur, Baarsjesweg 202, 1057 HS Amsterdam

**Max participants:** 10

**To apply:** send a message to [somaticdance.improvisation@gmail.com](mailto:somaticdance.improvisation@gmail.com) **before 1 October 2019**, stating your experience and motivation to join. We will try to get back at you asap with a confirmation and payment details. You don't have to have extended experience or be a dancer, but we ask you to be in touch with your body, curious about movement, somatics and improvisation.