

5 CLASSES
SKINNER RELEASING TECHNIQUE™
with Bettina Neuhaus
January 9, 16, 23 and February 6, 13, 2019 in Amsterdam



photo:Ellen v/d Kooij

*Experiencing presence aliveness and connectedness
Embracing intuition and imagination
Dancing with effortless freedom and articulation*

Skinner Releasing Technique (SRT) is an integrative approach to dancing that was developed by the American dance artist Joan Skinner in the '60s and has been continuously refined and deepened since then. It is recognized as a significant way to experience and empower the creative self and the dancing body, tapping into one's own imagination, intuition and knowledge.

SRT has evolved from the simple principle that when we let go of tension and holding patterns, we release new possibilities for perceiving and dancing. SRT uses guided poetic imagery and hands-on partner studies to facilitate a deeper and more nuanced kinaesthetic experience of movement. As a self-propelling process it supports each individual's way of learning and enhances any movement style. The work emphasizes elements such as availability, multidirectional alignment, suppleness, awareness of the breath, the autonomy of different body parts, our relationship to gravity, and moving off balance. We will engage with the foundational principles individually, with a partner, and as a group.

Classes are open to dancers and performers of all backgrounds and levels of experience and anyone with an interest in moving in relationship to his/her own imagination.

As this course proposes advanced material of the SRT Introductory Level some previous experience in SRT is recommended. For any questions about your participation please send a mail to info@bettinaneuhaus.com **more info:** www.skinnerreleasingnetwork.org

Schedule: Wednesday January 9, 16, 23 and February 6, 13, 2019: 19h00 – 21h30

Please note: no class on January 30, 2019!

Venue: Studio Vredenburg, Vredenburgsteeg 35, Amsterdam (in walking distance to CS)

Fee: All 5 classes: € 115,-

For sign-up & payment until December 8, 2018: € 100,- for all 5 classes.

Drop-in class: € 25,- All prices are inclusive of 21% VAT.

Please sign up before January 3, 2019!

Info & sign up: info@bettinaneuhaus.com

A registration can be done by e-mail in combination with the payment of the full fee to

NL58INGB0006241120 on behalf of B. Neuhaus.

Please mark your transfer with "SRT-Amsterdam".

In case of cancellation the following fee will be charged: before January 4, 2019: € 30,- at a later moment: the full fee. For any questions please feel free to contact me via info@bettinaneuhaus.com

Bettina Neuhaus (Amsterdam), is an independent dance artist, choreographer and certified Skinner Releasing (SRT) teacher at both Introductory (2004) and Ongoing (2011) levels. She studied dance at the Theaterschool Amsterdam and holds a Masters in Creative Practice Dance from Trinity Laban Conservatoire of Music and Dance in London. Bettina's choreographic and performative work investigates the relationship between the tangible, multi-sensorial dancing body with its inherent imagination, intelligence and poetry and its social and ecological context. Her practice centers around Instant Composition including collaborations with musicians, visual artists, poets and philosophers. Her body of work comprises theatre- and site- specific performances in diverse locations, performative installations and lecture-demonstrations. Bettina teaches SRT and Instant Composition at major academies, universities and studios throughout Europe and South America. Her current performance work includes *Vapour Sketches*, a duet with Eva Karczag, *creatura*, a production of TanzuferInternational and *SCALES*, a trio with musicians Adam Pultz Melbye and Chris Heenan. www.bettinaneuhaus.com