

**THE EXPANDING BODY**  
**Skinner Releasing Technique™ & Improvisation**  
**March 15 -17, 2019**  
**Bettina Neuhaus (Amsterdam)**



Foto: Laurel Jenkins

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 deep kinaesthetic 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. We experience dynamic and multi-directional alignment and gain more freedom, strength and effortlessness in movement.

When we tune into our relationship with the ground and allow our breath to expand through the entire body, we can engage more fully in the interplay of volume, weight and buoyancy in movement and at rest. Using the solidity of the ground and the availability of the air as we move refreshes the entire body. It stimulates circulation and flow, increases the mobility and availability of the joints and awakens our senses. Deeply rooted in this vibrant physicality our attention can freely expand into our surroundings, connecting us to space and other people. Sourcing from and nourishing this vast field of relationships and unforeseen possibilities becomes the gate into captivating dancing and composing with an articulate, available and present body and a fully engaged mind.

**Dates & Schedule:** March 15-17, 2019, Fri 19h00 – 22h00, Sa + Su 10h00 – 16h00 (incl. break)

**Venue:** Kolpinghaus Bregenz

**Fee:** € 250,-

**Early-Bird-Discount:** registration and payment until January 7, 2019: € 210,-

**Language:** English and German

**Deadline for registration:** February 25, 2019

**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 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 *creatura*, a production of TanzuferInternational, the performative installation *cumulUS* with Akemi Nagao, the dance performance *Vapour Sketches* with Eva Karczag and *SCALES*, a trio with musicians Adam Pultz Melbye and Chris Heenan. [www.bettinaneuhaus.com](http://www.bettinaneuhaus.com)

**Info & registration:** Tanzufer

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