

MOVED BY STILLNESS  
Skinner Releasing Technique™ & Improvisation  
March 16-18, 2018  
Bettina Neuhaus (Amsterdam)



Photo: Luca Stratolin

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 become aware of our relationship with the ground and tune into our breath, allowing it to expand through the entire body, we find volume, weight and buoyancy in movement and at rest.

Giving into this ongoing cycle of gently filling and emptying we sink deeper into our inner bodily world and yet open further to our surroundings. We become more receptive to the subtle movements and stillness in our own inner landscape and in the space we are in. By giving attention to what is already there stillness can become a gate to our imagination, intuition and unforeseen possibilities of choice that lead us into captivating dancing and composing alone and with others.

**Dates & Schedule:** March 16-18, 2018, Fri 19h00 – 22h00, Sa + Su 10h00 – 16h00 (incl. break)

**Venue:** Kolpinghaus Bregenz

**Fee:** € 240,- **Early-Bird-Discount:** registration and payment until January 5, 2018: € 210,-

**Language:** English and German

**Deadline for registration:** February 26, 2018

**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 and *SCALES*, a trio with musicians Adam Pultz Melbye and Chris Heenan.

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

**Info & registration:** Tanzufer

Ursula Sabatin, 6900 Bregenz / Austria

T: +43 557442167 mail to: [office@tanzufer.at](mailto:office@tanzufer.at) <http://www.tanzufer.at>