

Julie Mayo.Releasing.invitation

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SUMMARY KEYWORDS

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Hey everyone. My name is Julie Mayo I am hopping on here to let you know about releasing classes that I'm offering virtually on zoom through movement research the spring. The classes that I facilitate are largely informed by Skinner releasing technique created by John Skinner, the technique has withstood the test of time, so to speak in that it has so much relevance I think for performers and individuals that want to experiment with improvisational movement. The process involves guided imagery and various soundscapes or sound environments through which participants are invited to let go of habitual patterns of tension that may not be serving them. In order to discover or experiment with potentially new ways of moving new ways of perceiving movement. The classes are for both professionally trained dancers, as well as anyone who wants to experiment in movement, improvisation, sometimes sounding as well. And the releasing work is unique and that everyone moves at their own pace and within their own process, through the releasing work. It's a nice place for community to come together even virtually, which as we know is still an amazing facet of our forward moving world in that we can log in wherever we are to participate. And I hope to see some of you in releasing this spring, please don't hesitate to email or message or smoke signal any questions that you might have about it. If you're curious, thank you. Hope to see you