



# Skinner Releasing Technique (SRT)

## *Deepening into Opening*

Workshop with Lily Kiara

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8th. to 12th of May 2024

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Organisation MÚ  
Lieu: RE.SOURCES  
Valcivières - Auvergne - France





Lily performing her solo *If only I could be here now* - mai 23 - Re.sources

## Skinner Releasing Technique (SRT)

### *Deepening into Opening*

Tuning into both dance technique and the creative process simultaneously through the use of imagery, which is designed to enhance expansion and strength with efficiency and ease.

This workshop is open to all levels of experience. It's the second workshop offered in France at Valcivières. We'll be building some common ground on the first day and depending on participants' experience take it further from there.

Skinner Releasing Technique (SRT) is a visionary approach to dance and movement training, developed by Joan Skinner (1924-2021); a detailed, refined and expansive technique. It is designed to find greater ease in our dancing and dynamic alignment with our environment and a refined tuning with our bodies and imagination. The teaching strongly draws on guided imagery and hands-on partner studies, supporting an experiential understanding of both the technical and the creative process in movement. There is an ongoing fine tuning in allowing ourselves to consciously fall into unknown creative territories. We allow ourselves to be intimately in touch with our inner body as well as align with something greater than ourselves through

embodied listening. As we move with imagery that guides us through different layers of the whole self, the imagery can begin to move us. The poetic imagery can attune to physiological layers and includes the mystery of intangible layers present.

Embodied listening, inner spaces, presence, dynamic stillness, softening and allowing are some of the essential areas of practice in Skinner Releasing (other than release), that support action into newness. Softening supports the releasing of strength through efficiency and responsiveness. Allowing encourages listening, in this practice to one's own dancing first. This way we can become more available. In the technical work and in creating dances, directing and allowing are side by side, as are stillness and action, receptivity and fierceness. Joan Skinner says: "Letting go is a discipline". It is a continuous practicing.

In this workshop the main area of attention will be SRT. We'll be making connections throughout the whole workshop to experience directly how principles and practices in SRT support improvising and making dances in the moment. Subjects that might arise are for example: How may softening and availability affect timing? How may a sense of being in touch with your inner self affect the way you relate to your environment in the dance? How may presence affect clarity?

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**Lily Kiara** (Amsterdam, NL) | dance artist, facilitator, singer-songwriter

Lily Kiara danced her first improvised performance on invitation of her dance teacher at the age of eight. She started her professional training at the School for New Dance Development in Amsterdam (1990-1994), at Bennington College (1992) and Movement Research in NYC. Further on, Skinner Releasing Technique (certified teacher since 2001), martial arts and training in Instant Composition with teachers such as Julyen Hamilton and Lisa Nelson have greatly influenced her work and evolving vision. The work of her late teacher Suprpto Suryodarmo, Joged Amerta Movement through practicing and performing in Indonesia, continues to inspire her on numerous levels. In 2021 she graduated in London as a Biodynamic Craniosacral Therapist. Lily also is active as a folk singer-songwriter, solo and with her bands The RIVER and The Tall Tales.

Lily Kiara has been teaching classes and workshops in Skinner Releasing Technique and Creating (Instant) Dances, sometimes together with a musician or lighting designer. She has been teaching at independent studios, companies, festivals, academies and art institutions throughout Europe, USA, Australia and Indonesia and also guides artists in their process of making their own work, tuning into exactly what it is they are making this moment and what could support them in doing so with their highest potential.

you do not have to be a fire  
for  
every mountain blocking you  
you could be a water  
and  
soft river your way to freedom  
too.

-options

**nayyirah waheed, in salt**

*“Poetry and stillness are at the heart of my work; poetic embodiment and the depths of stillness, whether working with live musicians or in silence, in group or solo. I’m interested in refinement and layering, in detail of sensation and clarity of action. I love the mystery that’s so clearly part of the dance, while also figuring out how to make some of the intangible tangible in a way that we can actually practice and work through the body with what is beyond the merely physical. I’m interested in revealing what is in the space and stillness being created by the dancer(s) through the dance. When in the theatre I tend to work in stripped down spaces with nothing to gloss over or hide behind, dedicated to connect through the richness and intricacies of the dancing self and all that lives inside and alongside this”.*

<http://lilykiara.nl>

## Practical informations

- **Dates:** Workshop will take place from 8th to 12th of may 2024, 5 days of practice. Arrivals on the 7th April late afternoon, departures the afternoon of the 12th, or the 13th morning.
- **Schedule:** 5 hours a day of practice, except last day, sunday, one long morning class of 3h. The practice will take place between 10am and 5pm. These times can be adjusted by the teacher on a daily basis.  
  
On Friday May 10th, Lily will share a lecture performance at 7pm at Re.sources. You are of course warmly invited to this evening sharing.
- **The studio:** Re.sources is a renovated barn in a mountainous context, 160 m2 of wooden floor. The place is a little above the village on the road to pass of the Supeyres, at 15' from the town of Ambert, 75 km from Clermont Ferrand, Saint-Etienne and Puy en Velay, 130 km from Lyon.
- **Housing:** At 10 minute walk from the studio, the cottage La Cheveyre offers shared rooms for 3 to 5 people with shower. Also there's the auberge for the same price, with a few shared rooms for two to three people. These two options are the cheapest and closest housing to the studio. You can contact us for further info, and for other possibilities of lodging in the village that you would undertake to register by yourself - infos <http://www.mu-pied.com/possibilites-de-logement-alentour.html>
- **Workshop price:** 260 euros including 10 euros for membership of Mû association. 240 euros for « low income earners »
- **Meals & cooking:** We usually cook together in the big kitchen of the cottage. To facilitate organisation, shopping will be done before the course for those who wish to cook collectively. Vegetarian-based meals. The budget for food for five days is 60 euros per person.
- **Transportation:** There is an airport in Clermont Ferrand, as well in Lyon, from where you can travel by train and bus to our location. If you're coming by public transport: You need to get to Clermont-Ferrand or Vichy by train and then take a regional bus that will take you to Ambert. Allow 1? to 2 hours for the bus journey. The journey costs 3 euros. <https://www.laregionvoustransporte.fr/lignes/p03-vichythiersambertarlanc> <https://www.laregionvoustransporte.fr/lignes/p02-arlancambertclermont-ferrand> The train arrives in Montbrison (45' by car) with a connection from St-Etienne. Car pooling is therefore necessary. We will send you the list of participants to organise any car pooling.
- **Clothing:** We suggest you to take warm clothes and good shoes to wear for walking around in the mountainous landscape.
- **Registration:** Please fill in the registration form on line accompanied by the payment of the deposit (see next page). Deadline 15th of April. Your place will be registered as soon as we receive your deposit. Mû will not refund deposits after the deadline registration. Prior to this date any cancelation will be refunded minus 30% of the deposit. Once the WS is full we will create a waiting list.
- **Organisation - Location:**  
Mû association - Re.sources / Lieu dit La Moronie - 63600 Valcivières (FR) **Contact:** Tel France: +33 (0)9 52 29 57 66 mobile +33 (0)6 09 36 46 88 Email: [pied.mu@gmail.com](mailto:pied.mu@gmail.com)

## Registration to the workshop

Please fill in the online form:

**<https://framaforms.org/skinner-releasing-technique-ws-lily-kiara-may-24-1706276218>**

Bank account numbers for European transfer:

Association Mû

Credicoop

IBAN:FR7642559100000801346968696

Code BIC: CCOPFRPPXXX

## Reservation: lodging at the cottage

The collective lodging "La Cheveyre" is intended for the group. You can reserve your place on the online form

*- Price per night: 17,5 euros*

You'll pay directly the day of your arrival to the owner of the group cottage. Please, remember to have the cash with you, no credit card

### **Cottage Contact**

Jean Paul et Odile Mullié

Gîte La Cheveyre

Le Bourg

63600 Valcivières

TEL: 04 73 82 31 92 MAIL: [mullie.jeanpaul@orange.fr](mailto:mullie.jeanpaul@orange.fr)

### **Organization Mû association**

Re.sources, Lieu Dit La Moronie 63600 Valcivières (FR)

Contact Mû association - Email: [pied.mu@gmail.com](mailto:pied.mu@gmail.com) - Tel : +33 (0)9 52 29 57 66

**<https://www.mu-pied.com/>**

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