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Nota di contenuto	Intro -- Editor's Note -- Acknowledgments -- Contents -- Preface -- Introduction: Manny Emslie (UK) -- How to Disappear Completely - Memoirs of a Releaser from the Studio Days: Sally Metcalf (USA) -- A Non-Linear Approach to Being Alive: Stephanie Skura (USA) -- Movement, Metaphysics and Imagination - Skinner Releasing Technique as Contemplative Practice: Alex Crowe (UK) -- Becoming the Dancing: Bettina Neuhaus (Netherlands) -- Beyond Technique - Letting Go and the Art of Making Dances: Polly Hudson (UK) -- Attending to Details of Difference: Julie Nathanielsz (USA) -- Manifesting Dance - Homecoming, expansion and new frames for dance: Lizzy Le Quesne (UK) -- Principles in Practice - The Poetry of Life: Wilhemeena Isabella Monroe (New Zealand) -- Small Steps and Occasional Leaps - A Gradual Embrace of Eastern Philosophy: Julie Ludwick (USA) -- Half Century of Releasing - A Life Process: Jodi Blackburn-Roehl (USA) -- Listening into Clarity - Poetic Embodiment: Lily Kiara (Netherlands) -- Dancing Inside Out: Gaby Agis (UK) -- A Journey towards Poetic Materiality - Encounters between Image, Costume and Performance: Sally E. Dean (USA/UK/Norway) -- All These Strings in One Hand - Letting go into interdisciplinary practice: Meaghen Buckley (Canada) -- From a Ripple Comes a Wave - Integrated Learning in the Institution: Julia Sasso

(Canada) -- Adapting Skinner Releasing Technique for adults with learning disabilities - The Challenges, Joys and Ongoing Questions: Sophie Alder (UK) -- Mastery and Insignificance - Process and Paradox: Ruth Gibson (UK) -- Dancing the World with An Ethical Compass: Manny Emslie (UK) -- Landscape, Process, Being: Mary-Clare McKenna (UK) -- Greek Tragedy Meets Skinner Releasing Technique: Lionel Popkin (USA) -- My Time with Joan: Theresa Moriarty (USA) -- Glossary -- References.

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Sommario/riassunto

A collection of 21 essays introducing Skinner Releasing Technique and its application in dance and many other fields of practice.

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