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What is Release Technique? by: Daniel Lepkoff June 1999 Published in: Movement Research Performance Journal Fall Winter 1999 #19 In the summer of 1999 Movement Research was planning an issue of The Performance Journal focusing on Release Technique. Release Technique has significantly shaped my viewpoint and path as a dancer. My initial orientation and entry into Lepkoff Workshop: Rosario, Argenti...

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Chiropractic Chiropractic is a natural healing approach that promotes a healthy, pain-free lifestyle without the use of drugs or surgery. An adjustment is a hands-on therapy that delivers a controlled pressure that restores proper motion to a restricted joint. Active Release Technique (ART) ART is a manual therapy that corrects muscular and soft-tissue problems caused by the formation of adhesiv...

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