

Friday, September 6, 2024

## Beginner Principles in Contact Improv

Company: Nita Little  
Venue: The Floor  
Location: Brooklyn, NY

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### BEGINNER PRINCIPLES IN CONTACT IMPROV | WORKSHOP



Sept 6, 2024, 6p-10p  
[www.nitalittle.com](http://www.nitalittle.com) ← register here!

n/a

#### Beginner Contact Improv Principles

In this workshop we will explore curiosity, play, rest, and communication as tools to aid our relationship with gravity and sense of belonging on the earth. We will offer tools for improvisation through the use of scores, warm up exercises, and experimentation. We will find stability in constant motion and spirals in stillness. We will attempt to de-mystify falling and allow this practice of surrender to help us listen internally and while in contact with others, supporting collective choice making and communal care. This workshop is suitable for people of any movement background and will be geared towards those who are newer to contact improvisation. No previous dance experience is necessary.

Nita Little  
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Brooklyn, NY, 11201  
<https://docs.google.com/forms/d/e/1FAIpQLSeSVXBq2Q0tSw4JkbmYeehY1Xnsr3drgR2w-kzwNn-NIRtQVw/viewform>

Schedule  
September 6, 2024: 6:00pm

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