

Friday, January 30, 2026

Boundaries & Boundless 2026 - A Contact Improv Workshop

Company: Contact Improv NYC
Venue: Dumbo
Location: Brooklyn, NY

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TIMES:

Friday, January 30, 6:00pm - 10:00pm
Saturday, January 31, 10:00am - 2:00pm
Sunday, February 1, 10:00am - 2:00pm

LOCATION: Dumbo, Brooklyn, New York

FEE: \$145-245 sliding scale

DESCRIPTION:

This three-day Contact Improvisation workshop explores the dynamic relationship between clarity and freedom, limits and limitlessness. Through embodied practice and dialogue, we investigate how boundaries create the conditions for trust, play, and expanded possibility. The weekend offers technical skills, generative scores, and open dancing. Participants are invited to notice how patterns and power dynamics surface in their dancing, and how they can be met with curiosity, agency, and care. Open to movers of all levels*, this workshop offers tools to deepen attunement, diversify movement possibilities, and support a resilient, responsive CI community.

*While dancers of all experience levels are welcome, absolute beginners or participants with specific access needs are asked to notify us in advance.

Individual Workshop Descriptions [here](#).

TEACHERS:

Paula Ibáñez Díez (she) is a human rights lawyer and political scientist specializing in gender-based violence and strategic litigation, working from a transfeminist and intersectional perspective. She is a co-founder of Iniciativas de Justicia Transformadora, a cooperative that addresses harm and conflict through Transformative Justice frameworks, focusing on the structural conditions that enable abuses of power and on processes of responsibility-taking beyond punitive models. Paula advises organizations and collectives on the development of sexual harassment and anti-discrimination protocols, including Contact Improvisation communities in Spain. Drawing on her long-standing professional experience working with consent, boundaries, and power in legal and community contexts, she facilitates workshops on consent within CI spaces. Her teaching brings together embodied practice and critical reflection, supporting dancers of all genders and backgrounds to explore how consent and consensus are negotiated moment to moment.

Ilda Freire (they) is a genderqueer Contact Improvisation dancer, manual therapist specializing in Traditional Chinese Massage, and co-founder of CuerpoColectivo, a platform dedicated to exploring, creating, and sharing movement, dance, and performing arts. Their work is shaped by Capoeira Angola, contemporary dance, and a range of somatic and meditation practices, including Shiatsu and Vipassana. From 2014 to 2020, Ilda lived in Beijing, where they co-created The Feathers Project, an interdisciplinary initiative blending dance, artistic installations, and somatic practices, collaborating with diverse communities and festivals across China. Since then, they have taken part in international Contact Improvisation festivals and gatherings in Europe, Asia, and the United States as a dancer, facilitator, and organizer. Today, Ilda teaches regular Contact Improvisation classes in Madrid and leads workshops internationally. Alongside this, they develop creative projects through CuerpoColectivo, organizing programs, retreats, and training experiences such as BRINCA: Galicia Contact Festival.

Gabrielle Revlock (she/they) is a creator, performer, improviser, collaborator, and educator. She is a New York City Bessie Award-winning choreographer and has been a practitioner of Contact Improvisation for over 20 years. Her research on therapeutic touch and movement is published in *Resistance and Support: Contact Improvisation @ 50* and has been presented at various conferences including CI@50, the

Embodiment Conference, Dance & Somatics Conference and the Future of CI Conference. As a CI teacher, recent teaching engagements include European Contact Improvisation Teachers Exchange (Poland), Brinca Galicia Contact Festival (Spain), Ontario Regional Contact Improv Dance Jam, Montreal Annual Jam pre-festival, DNE Dance Camp, The School for Contemporary Dance & Thought, Salt Spring Island Contact Improvisation Festival and Earthdance. As a dancer, Gabrielle has performed for Lucinda Childs, Makini (jumatatu m. poe), Susan Rethorst, David Gordon, Bebe Miller & Angie Hauser, Christopher Williams, Alex Davis, Vicky Shick, Bill Young, Almanac Dance Circus Theater, Jane Comfort, and Susan Marshall. Revlock holds an MFA in Dance from Smith College.

Contact Improv NYC
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Brooklyn, NY, 11201
<https://forms.gle/9L6zwkvU73ZuZ6hs7>

Schedule
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