

September, 6-8, 2024

## Nita Little NYC Workshop Weekend

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

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NYC | NITA LITTLE

**REGISTER TODAY**

**CI Workshop w/ Nita Little**  
SAT 9/7 9-3  
SUN 9/8 9-2

**CI Principles Workshop w/ Nessie Slyker & Julianne Cariño**  
FRI 9/6 6-10p

**CI Teachers Workshop w/ Nita Little**  
SUN 9/8 4-7p

**BIPOC affinity space w/ Nessie Slyker & Julianne Cariño**  
SUN 9/8 2:30-3:30

Sept 6-8, 2024  
[www.nitalittle.com](http://www.nitalittle.com)

Beginner Contact Improv Principles  
w/ Nessie Slyker & Julianne Cariño  
When: Friday, September 6th, 6pm-10pm  
Where: The Floor, Brooklyn

Register for the Beginner Principles Workshop: <https://docs.google.com/forms/d/e/1FAIpQLSeSVXBq2Q0tSw4JkbnYeYhY1Xnsr3drgR2w-kzwNn-NIRtQVw/viewform>

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.

Physical Dynamics of Flexible Selves: Contact Improvisation at the Edge  
w/ Nita Little

When: Saturday, September 7th 9a-3p  
Sunday, September 8th 9a-2p

Where: The Floor, Brooklyn

Register for Nita's CI

Workshop (Intermediate/Advanced): <https://docs.google.com/forms/d/e/1FAIpQLSeasDf6tziBg3zEzCEKdfHY27pof0WVv0kQbtdX1L-p7vnJ5w/viewform>

This workshop will work with states of embodiment that lead us into the dynamic movement spaces of physical action realized through attentional flexibility in motion. Contact Improvisation is a dance form that remains on a cutting edge, not only in terms of the actional relationships that appear continually out of a crazy physics of motion played like spatial violins in which the bow and the strings inseparably make up new musical sound possibilities, but also by the mind bending communication of beings who know themselves to be more than merely one, neither merely a bow or a set of strings, but always both ... and. These words support ideas that we will come to recognize as opening our dancing relationships into new theoretical spheres, that, because we dance, become embodied actualities that we live. Practice and theory live within our every meeting and we continually exceed the limits of cultural domination, isolation and separation through actions that speak to a world we choose, not one we are bound to. With imaginations unleashed, attentional discipline and physical preparation, we will land in an immense playground that rewrites our ideas of the future self.

Teaching & Facilitating CI Workshops, CI For the 21st Century:  
w/ Nita Little

When: Sunday, September 8th 4p-7p  
Where: The Floor, Brooklyn

Register for the Teacher's Exchange

Workshop: <https://docs.google.com/forms/d/e/1FAIpQLSe0o5NYr1GRsB5xh1H4XmEZtjFlzTrGAJBAY7c8TDNm9Em80Q/viewform>

This workshop will be curated based on the needs and interests of the participants, and geared toward teaching and facilitating tools for those leading others through CI Practices.

BIPOC Affinity Space

w/ Nessie Slyker and Julianne Cariño

When: Sunday, September 8th, 2:30p-3:30p

Where: The Floor, Brooklyn

No Registration necessary for the Affinity Space!

310 Atlantic Ave  
Brooklyn, NY, 11201

September 6, 2024: 6:00pm  
September 7, 2024: 9:00am  
September 8, 2024: 9:00am

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