

April, 16-20, 2025

Somatic Communication: Relational Intelligence in Contact Improvisation

Company: Nita Little
Venue: WildHeart
Location: Walkill, NY

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This workshop is a 3.5 day Contact Improvisation & Relational Intelligence meant for Intermediate and Advanced dancers, led by Nita Little. The format will include guided movement explorations, scores (sets of instructions for improvisational dancing), theoretical discussions, and individual feedback. Nita's teaching style is highly interactive and emphasizes direct experience over conceptual analysis. She frequently uses playful language, metaphors, and anecdotes to make complex ideas accessible to participants.

Ideal for movers who are interested in exploring physical communication within tactile relations on spatial and flesh-based levels, this workshop will also dive into ensemble movement as a form of communicative engagement. Working from a baseline of care, we will explore the almost magical potentials of moving together within time practices that coordinate our unspoken agreements. These alignments can happen faster than conscious decision making. We will learn to hold ourselves "lightly", move readily, fly and support one another by becoming more than a singular being. Always more than one, we will play within highly creative physical forms that require our fullest being of presence.

Participants can expect to explore and "lab" the dynamic interplay of weight, momentum, and spatial relationships as they move in contact with one another, and to gain an experiential vocabulary that informs many states of your embodied relations.

Nita Little
183 East Rd
Walkill, NY, 12589
<https://www.wildheartcenter.art/somatic-communication/>

Schedule
April 16, 2025: 5:00pm
April 20, 2025: 12:00pm

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