

## In Touch

A contact skills workshop:

Being "in touch" is a state of mind and a state of body. A synonym for being grounded, aware, connected, and awake, it is both the core and the ideal of our work. It is a paradox because it is both a process of letting go and arriving at the same time. Both an internal and an external practice, it calls forth the fundamentals of physical grace and a willingness to change and be changed. Our goal is to be so "in touch" that we can fully fly, both physically and creatively. Our practice will take us from grounded flight to and through aerial soaring. We will look into the nature of emerging moments and find dances that reach deep into our sense of play.



Enough cannot be said about the significance of touch. In western societies touch is the most overlooked and underused of the five senses. The unexplored levels of touch, the information we receive through touch, and the powerful conduit for communication that it provides are

not only the contactor's greatest tools, but when developed, support deep levels of intercommunication and "intuition" between partners. Looking into the nature of touch, we will discover our relationship to inner and outer space, enhance our physical and mental integration, and develop our tactile listening skills. When space becomes tactilely significant even our creative realm is expanded. The results of this development directly affect our ability to be fully present. It influences our relationship to all things, defines our presence and transforms us from isolated objects moving in separate universes to whole forms at play.



### Skill areas significant to CI dancing:

#### *Perceptual skills:*

The primary focus will be on deep tactile listening. This will be the platform from which we continue the rest of our training. We will explore the whole range of what touch is, means, and involves and the influence of our other perceptions on it. We will include "feeling states" as a necessary part of our study.

#### *Physical communication skills:*

Partnering, we will train and focus our deep listening through exercises designed to support our ability to move at any speed and spatial orientation. Our goal here is for deep listening to support the subtle levels of communication and become second nature.

#### *Spatial skills:*

Developing our sense of the energy body and all the information that is available through tactile reference will learn to receive, as well as send, information and form into space.

#### *Physical skills:*

We will learn CI skills moving from the earth to the sky. The body that listens is in balance with the body that acts. Always looking for the most efficient pathways, we will develop skills that include the coordination between strength and release, flexible and clear anchors, the dynamics of center, aiming, falling down and up, sliding, climbing, engaging and riding momentum... and more. We will train for flight of all kinds and play with the physics of motion.

#### *Creative skills:*

This is what it all leads up to... the ecstatic state. All of our training is to give us the simultaneous gifts of freedom and connection, an unbeatable balance. In this fertile territory we will open up possibilities and discover what wants to appear. We will work with not only unleashing creativity, but given time, we will touch the tools of making art.

#### *Mental skills:*

We will learn to recognize and direct our experience and our states of mind. This will develop our mental-physical integration. We will look into the ways we embody ourselves mentally and emotionally with the purpose of developing new ways of not only expanding our awareness, but our sense of "self" as well.

#### *Performance skills:*

This could also be called "embodiment" skills. We will train our physical, mental, and emotional integrity in each moment. From this we will see the dynamic function of being "in touch" as it becomes visible in our whole presence.

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name \_\_\_\_\_

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address \_\_\_\_\_

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city/state/country/zip \_\_\_\_\_

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home phone \_\_\_\_\_

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## In Touch

workshop for contactimprovisation skills

dancetimes will be:  
Monday:  
7.00 - 10.00pm  
Tuesday - Friday:  
10.00am - 4.30pm

This workshop is available for CI dancers beyoond beginning level.

The fee of the workshop is 225 EUR. Early registration, till July 20<sup>th</sup>, will be 200 EUR.

Your registration is only valid in combination with a deposit of 50 EUR or the whole fee. If you cancel your registration, we will keep the deposit.

We can help to organize housing in Freiburg (for about 10 EUR per night). Give us a call if you need.

Participation is at my own risk. I recognize, the organizers and teachers are not liable for any damages or injuries!



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experience in dance and contactimprovisation:

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For over 30 years Nita Little has been performing, choreographing and teaching improvisational dance. In 1972 with others, Nita joined Steve Paxton in originating and pioneering Contact Improvisation. She worked exclusively on its development for its original eight years and continues to influence and be influenced by it today. Deeply concerned with the study of



Nita Little

Santa Cruz/USA

consciousness, Nita has developed a body of material that articulately examines the ... "Mind in Motion". Throughout her career she has taught and performed nationally and internationally. She has been both faculty and guest artist at numerous colleges and universities including California Institute for the Arts, Texas Christian University, Tufts University, Scripps College, the University of California at Santa Barbara, and NYU. Nita received a National Endowment for the Arts Fellowship in choreography and was on the California Arts Council Touring Program. Last year she was the beneficiary of a prestigious Dance USA grant in choreography.

# Nita Little



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