

NITA LITTLE

(USA)

DANCING THE MIND BODY:
Creative Actions of the Physical Mind
in Contact Improvisation

international

contact

festival

freiburg

Photo: Dusty Nelson, Dancer: Nita Little, Loralee White

29. July - 2. August 13
pre festival workshop

pre festival workshop

Photo: Ted Putnisky
Dancer: Nita Little, Steve Paxton 76



29. July - 2. August 13

DANCING THE MIND BODY:

Creative Actions of the Physical Mind in CI

Through its deepest core principles, those that connect physics to practice, CI has taught me about immediacy and attending to multiple kinds of physical intelligence for moments of moving together. This workshop integrates 40 years of dance research into the physicality of the mindbody and our ability to share physical thought in CI. Its purpose is to enhance movement potentials and rapport in CI while also researching the details of embodiment - the meditative, creative and performance practices of presencing. Training attentional skills enhances our access to multiple physical intelligences so that dancing is ecological*. We seek flexibility between different states and creative methods. Understanding the effective use of different kinds of knowing increases responsivity and communication, improves decision-making, and frees our creative fields. This workshop brings the embodied mind into the making of solo thru ensemble dances that require expanded somatic physicality, trust built upon actions of communication of different orders, and self-sensing that is ecologically engaged. You will learn CI with a unique language based in paradigms that offer new ways to explore the making of dance. Always technically and creatively considered, this work is for strong Contact Improv dancers who feel they are ready to take on more.

*Ecology: eco-systems touch and are touched, mindbodies do this in space and time.

for intermediate and advanced Contacters



NITA LITTLE^(USA) Beginning from the earliest

days of Contact Improvisation, Nita Little continues as a dance researcher and choreographer who has been invested in discovering new ways to know dance and to extend the creative parameters of embodied experience in motion. Her work takes her touring and teaching worldwide. She participated in the emergence and development of CI with Steve Paxton and others in 1972 which is when her inquiry into the embodied mind in the physics of motion, creative action, and the performance of presence began. She is

completing her PhD in Performance Studies at the University of California at Davis as a preparation to publish work about these investigations. Concerned with dance as a means to greater ecological engagement she is developing a movement methodology that trains the mindbody through the physicality of attentional practices while writing her dissertation. Her academic work on the mindbody is becoming available through her blog, peripheral-intelligence.com. She is currently working on a dance film that visually articulates this material.

Workshop fee:

280€, 250€ early bird till June 29th

Schedule: Mo - Fr 10am - 5pm, ~1,5h break

Contact person for the **preworkshop** is:

Eckhard Müller: preworkshop@contactfestival.de

Registration over Internet: www.contactfestival.de/WS/workshop.html

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