



GENEVA – STUDIO NOEMI LAPZESON (2<sup>nd</sup> floor) – GRÜTLI  
Rue du Général-Dufour 16 CH-1204 Genève

**WORKSHOP WITH NITA LITTLE (USA)**  
**30.06 to 02.07.2023 in Geneva**

**Co-Creative Practices in Contact Improvisation:  
Worlding Two as One**

Price : 230 CHF.  
Early bird : 210 CHF  
(30.05.2023)  
Registration :  
[Info@contactimprogeneve.ch](mailto:Info@contactimprogeneve.ch)

[www.cristinacrippa.it](http://www.cristinacrippa.it)

Friday : 7 to 9 pm  
Saturday : 10 am to 5 pm  
Sunday : 1 to 5 pm. From 10 to 12 am a moment of exchange about CI will be organised depending on your motivation and weather conditions.

Fee : 230 CHF. Early bird : 210 CHF until May 30th  
In order to confirm your registration, please deposit 50 CHF

Cancellation policy: In case of cancellation after the 15th of June, we keep your deposit

Registration : [Info@contactimprogeneve.ch](mailto:Info@contactimprogeneve.ch)

IBAN : CH82 0900 0000 1070 3002 2  
Please indicate « Nita Little workshop » and your full name in the reason of the transfer

TWINT : 079 478 95 84 (Please indicate « Nita Little workshop » and your full name)

## **Co-Creative Practices in Contact Improvisation: Worlding Two as One**

*Beyond the Beginning level – dancers must have a Contact Improv practice.*

Perhaps the greatest gift of Contact Improvisation is its insight into forms of co-creation and the emergent phenomenon that arises when dancers meet harmoniously, even in challenging moments, beyond specifically defined roles. Contact Improvisation was born through the idea that everybody knows how to move within a sea of gravity. The body will show up, reflexively, to meet its environment. Indeed, at an early stage, Steve Paxton refused to actually teach the dance that by then already had a name. The notion that contact is something we do together, rather than at or even to each other, came about through the repetition of the agreement to care, for oneself, for one's partner, and for the rest of whatever was nearby... the children rolling under our feet. The emphasis on good-will can develop stratospheric levels of awareness and capacities of attention that most people don't ever experience. What happens when we move beyond negotiation and into ways of being in which, without losing definition or personal difference, we become a larger form of being? How does the physical body organize itself so that we are strong while flexible and able to be in any relational role as unfolding moments call for us to be? How can all this that happen without merging into a loss of selfhood or being dominated by one's own self concern? Insights into co-creative practices are folded into and within the practice of CI. This workshop will unpack levels of relations that speak to the making of dances that are emergent, not made, and take at least two to arise.

This workshop will be an immersion in practices that support a physicality ready to engage co-creatively in dances that release practiced pathways, are built on the physicality of attention, rely on movement principles, have organizational integrity, and embody care.

**Nita Little** is an activist for relational intelligence through improvisational dance practices that began with the emergence and development of Contact Improvisation (CI) in 1972, a path provoked by Steve Paxton. Nita has remained on the cutting edge of this practice training generations of Contact Improvisation practitioners and teachers worldwide and now is the only remaining teaching member of the initial core of Contact Improvisation pioneers. A performer, choreographer, and dance theorist, Little received her PhD in Performance Studies in 2014. She returns to international touring invited by dance companies, festivals, conferences and universities to teach, lecture, and compose emergent events. Her writing investigates ecological actions of attention and the creative potentials present in entangled relations. She directs an international network of dance research ensembles - the Institute for the Study of Somatic Communication (the ISSC).