Contact Improvisation Workshop mit Nita Little 7.-9. November 2025 in Stuttgart

Relational Intelligence in CI: Embodied CoCreative Practices

"All Intelligence is Collective Intelligence" Michael Levin



This workshop provides a deep dive into those relational practices of Contact Improvisation (CI), which are the foundation for co-creativity and individual and collective trust. Under Nita's guidance, we study our body, which knows, communicates and inquires through all levels of touch. As we explore the physicality of our movement, we sharpen our awareness of ourselves and our partner. We strengthen our movement presence, our learning is creative, thoughtful, heart-based and anchored in the basic principles of CI. Using various modes of inquiry and discussion, Nita lets us share in her immense wealth of experience and accompanies us on a journey of discovery to an expanded understanding of CI. Our dance expands from concrete to sublime until it lives in each of our moments.

Nita Little is one of the last practicing members of the founding group of contact improvisation around Steve Paxton. After early training as a dancer with some of the best dance teachers in the USA, including José Limón, Judith Dunn, Alfredo Corvino, Takako Asakawa and Steve Paxton, Nita received a PhD in Performance Studies from UC Davis. As a dance researcher, theorist/artist and co-founder of contact improvisation (CI), she teaches all over the world and is one of the leading minds of this method. In the first year of CI she developed a curiosity about the relationship between the (physical) mind and relational processes. Today she researches the ecological effects of embodied attention, especially with regard to somatic communication between people and beyond.











"If we want to instill greater intelligence into our relationships, presence is a critical practice" Nita Little

Level: "Intermediate" (bei Unsicherheit gerne nachfragen)

Zeiten: Freitag 7. November 19:30 Uhr bis 22 Uhr

Samstag 8. November 10 bis 17 Uhr (mit Pause)

Sonntag 9. November 10 Uhr bis 17 Uhr (mit Pause)

Unterrichtssprache: Englisch (Übersetzung bei Bedarf)

Tanzstelle, Balinger Str. 15, 70567 Stuttgart-Möhringen

Kosten: Frühbucher bis 25.9. 210 Euro danach 250 Euro

These are basic amounts - if you are able to pay more, we are grateful, because then people with low incomes can participate at a reduced rate.

Our wish is that no one should be excluded for financial reasons!

Organisation: Anmeldung und Fragen:

Homepage:

Homepage Nita Little:

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