



## Nita Little: Relational Intelligence: Being in Touch



Nita Little is a dance activist for relational intelligence, a purpose which began with her participation in the emergence and development of Contact Improvisation (CI). In this lecture/practice class, explore physical attention as a creative practice and pathway to relational intelligence. Music by Miles Wilder.

**TOP EMBODIMENT TIP:** When attention is embodied, we have the possibility to bring the world to new vitality.

Relational Intelligence: **Keeping your eye on what you want is critical to creating relational intelligence.**

- Often what we want is joy, vitality, and communion. Communion is a state where the partners are not blended, but communicating without delay-- "As soon as I know it, you know it."

Attention: **Attention knits the mind and body together.**

- Where we attend is where we bring relationships alive. If you want something to come alive, you attend to it.

Disturbance: **Presence means a disturbance.**

- Presence is an awareness of how we are disturbing the spaces we inhabit, and of how they are disturbing us.

Stillness: **Because I have stillness within, I allow myself to be disturbed.**

- We need a conceptual sense of stillness in order to open to healing the continual disturbance of presence. We can access that still center through connecting physically to the 'hara', just below the navel.

Speed: **Move your attention at the speed of your partner.**

- Where there is a shared speed of attention, a fabric arises which is a spatial organizing of knowing. This shared speed of attention brings about communion.

### Resources

- ❖ **Courses:** 'Relational Intelligence at Home', Wednesdays 10am PDT. 'Unpack Class' Mondays 9am PDT
- ❖ **Facebook:** Nita Little, Relational Intelligence



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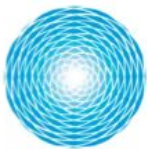
Amara Pagano, [PathOfAzul.com](http://PathOfAzul.com)



**Amara Pagano** is a leader and innovator in the world of conscious dance. She is the creator of the [School of Azul](http://SchoolOfAzul.com) and the co-founder of the global conscious dance community [OneDanceTribe](http://OneDanceTribe.com). Azul is a path of personal transformation that supports the awakening of consciousness and recognizes that, as we transform ourselves we create the conditions for our world to transform.

The **Path of Azul** is a map for life designed to take participants through a journey of healing and self-realization utilizing dance and the body as vehicles for exploration. Azul has three gifts for all Embodiment Conference participants.

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