

Contact Coaching with Neige Christenson

I'm available for private sessions of individual Contact Improvisation work, at all levels of experience. We'll start where you are, and expand your range of possibilities and openness to any duet you might engage in. Working one-on-one enables us to thoroughly address whichever aspect of the form most interests or challenges you:

Physical training: We can focus on technical skills, i.e. following the point of contact, easing up your flow from standing to floor and exploring all the wonderful possibilities in between. Lifting, rolling, taking and giving weight, finding follow-through, spiral pathways, offering and taking rides, initiating and following movement ideas, staying connected to your solo within the duet.

Shaking up your pattern: I can help you if you are feeling "bored" with your customary comfort-zone or stuck in a plateau or routine in your dancing. We can also discuss what is underneath your patterns, and how you might find peace and delight in being who you are in your dance, right now! Which brings us to:

Freeing the Contact Mind: I can also help you open up your thinking about your dancing. Using the very simple and elegant tools of The Work of Byron Katie, (see www.thework.com) and the basic principles of dance therapy, we can address any inhibiting or stressful thoughts and beliefs that may be blocking the flow of your dance. Investigating these thoughts can significantly shift your ability to be truly present in your dance, open and available to whatever it becomes, without attachment to its outcome.

About the Coach:

Neige Christenson is an improvisational dancer, performer, author, teacher, therapist and mother. The way the form evolves with the dancer, the way each new dance is unique, the way it can be a metaphor for human interaction and relationship and also be quite abstract, has kept her interested and engaged in Contact Improvisation all these years. She has an MA in Expressive Arts Therapy from Lesley University, and is a grateful graduate of the School for The Work of Byron Katie.

Fees and location:

I have a studio in Waltham, Mass, on the campus of Chapel Hill-Chauncy Hall School. General hours of availability are after 3:00 on weekdays, and weekends, by appointment.

My fee is \$75 for an hour and a half session. Sliding scale available upon request.

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