CAMP CONTACT
6:45 & FARMER

Mountain Side

Celebrate 20 Years of connection at Camp Contact with us!

We believe in embodiment as a powerful state of being that allows for health, easeful relationships, and joy. Through the practices of Contact Improvisation, Authentic Relating, Acro Yoga, Ecstatic Dance, Meditation, and more, we seek to live a fuller, deeper life, exploring what it means to be connected with fulfillment.

On several days throughout the week, our Contact Improvisation Collective brings CI directly to Center Camp, offering open jams, classes, and public engagement to the entire Black Rock City community — making the practice visible, welcoming, and accessible to all.

http://campcontact.org

OUR EVENTS

Sunday, August 24th

5 – 7PM: **Opening Ecstatic Dance**

Monday, August 25th

7 – 8AM **Morning Meditation**
Start your day: Connect with self & earth. Become grounded in body, mind, soul.

8 – 9AM **Morning Yoga**
Flow gently into your day – variety of Yoga styles & practices throughout week.

9 – noon **Contact Improvisation@Center Camp**
Come explore and play with other movers; flow through movement constellations

10 – 11AM **Solar Fuel Sovereignty**
Emergent tech makes kerosene (diesel/jet) fuel from the air - how to implement

11 AM – 12PM **Acro Therapeutics**
Come unwind, stretch and reconnect with acro partner therapeutics and massage!

12 – 1:30PM **All levels Acroyoga**
Learn Acro Yoga: Base, fly, spot. Intro for all, with variations for experienced

1:30 – 3PM **Contact Dance**
Cultivate awareness of momentum, balance, connection. Relax into safe dance flow

3 – 4:30PM **How to thrive in your love life**
Create thriving relationships that promote healing, deep connection and ease.

4:30 – 6PM **[Re]source: Somatic Recalibration**
A ritual to reconnect with the body through movement, breath, and stillness.

Tuesday, August 26th

7 – 8AM **Meditation**

8 – 9AM **Yoga**

10 – 11AM **What Socrates Knew**
How do you know when you're wrong? What do you know about perception?

11AM – noon **Low Back Pain Gone!**
....And more! Learn how to bring your whole body back into balance at home!

12 – 1:30PM **Intro to Acroyoga**
Find your inner monkey – fly, balance & laugh! No experience or partner needed

1 – 2PM **Decorations**
Make Decorations for the Camp: Giant Paper Flowers and Hearts

1:30 – 3PM **Contact Dance**

3 – 4PM **Dance Musicality class**
Learn how to let the music go through your body and improve your musicality.

4 – 5PM **Ecstatic Breath (breath & dance)**
Shift your energy through breathwork while dancing freely to a guided DJ set.

5 – 6:30PM **Women Circle**
We Heal together to Rise together in sacred, tender, messy, and joyful womenhood

5 – 7PM **Ecstatic Dance**

Wednesday, August 27th

7 – 8AM **Meditation**

8 – 9AM **Yoga**

9– noon **Contact Improvisation@Center Camp**

9 – 10AM **Four truths of conflict transformation**
Learn how all conflict follows universal patterns—and how to shift them.

10 – 11AM **Headache Release with Cosmic Expansion**
Advanced technique which helps remove headaches

11 AM – noon **Low Back Pain Gone!**

11 AM – 12:30PM **The Algorithm That Shapes Us**
Learn how all conflict follows universal patterns—and how to shift them.

12 – 1:30PM **All levels Acroyoga**

1 – 3PM **Sensual Chakra Play for Intimate Couples**
Explore7level sensual intimacy w/yr part,share pleasure passion,bring towel/mats

1:30 – 3PM **Contact Dance**

3 – 4:30PM **Burn the Bullshit, Blaze Your Power**
Unfuck yourself: burn the shit patterns down and rise into the Power you are.

3 – 4:30PM **Somatic Partnership Exploration**
Experiential class for partners exploring the body's communication. Led by MFT.

4:30 – 5:30 PM **"Rio Abierto" --Expressive Movement**
In a circle, we develop connection through guided and free movement.

4:30 – 7PM **Massage a trois**
Guided small groups massage workshop, focus on consent and exchange

5:30 – 7PM **Ecstatic Dance**

7:30 – 8:30PM **Drumming, Dancing, Feeling & Improvising**
A fusion event featuring rhythms and percussion for a variety of dance styles.

Thursday, August 28th

11 AM – noon **Low Back Pain Gone!**

12 – 1:30PM **Intro to Acroyoga**
Find your inner monkey – fly, balance & laugh! No experience or partner needed

1:30 – 3PM **Contact Dance**

3 – 4:30PM **Flow State Practice Through Dancing**
Practice catching the fl ow state in dancing – fight shyness, enjoy, and be free.

4:30 – 5:30PM **Primal Play Wrestling**
Explore safe ways to engage in play fighting on our shaded dojo mats.

5:30 – 7PM **High on Happiness**
Without taking anything - experience a real good explosion of heart and joy

7 – 8:30PM **Dinner Entertainment**
(Bring-a-friend-dinner, invite only)

Friday, August 29th

11AM – noon **Low Back Pain Gone!**

11AM – noon **Kabbalistic Meditation**
Kabbalah aims to connect us to the infinite, and from it to draw purpose & power

12 – 1PM **Radical Harm Reduction**
A framework for how communities can relate to risk and harm in healthier ways

12 – 1:30PM **All levels Acroyoga**

1 – 3PM **Sensual Chakra Play for Intimate Couples**

1:30 – 3PM **Contact Dance**

3 – 4PM **Body Mind Method**
Create thriving relationships that promote healing, deep connection and ease.

3 – 4:30PM **What the heaven is TANTRA**
What the heaven is tantra - a sensible journey of TANTRA thru the heart chackra

4 – 5PM **Water Prayer**
Songs & prayers embodying sacred reverence for the source of life: water.

5 – 7PM **Cathartic ecstatic dance**
Ecstatic dance journey with live DJ + vocals for full-body release

Saturday, August 30th

9 – noon **Contact Improvisation @Center Camp**

Sunday, August 31th

9 – noon **Contact Improvisation @Center Camp**