

ART HUMAN NATURE INTENSIVE COURSE / EDUCATION START 27 JUNE 2015

Booking Deadline 1 April (reduced price) / 1 May (full price).

Intro workshop Copenhagen 28-29 March 2015



BUTOH, DANCE, PERFORMANCE & LIFE ART - EDUCATION.

9 weeks, 27 June - 28 August

15 weeks, 27 June - 10 October

DESCRIPTION: Nordic Butoh, is an international performance- and life art Academy in North, full of inspiration and spirit of new and old. The idea of the school is to explore personal resources of the individual, through creative work related to body, art, existence and nature.

The intensive course, are offering rich possibilities of developing your art and life through integrative art- and body work, by experimenting and educating yourself in an alternative open atmosphere together with others. The international students stay at the course farm Art Culture Center ACC, surrounded by the beautiful nature.

ART HUMAN NATURE: Intensive training program, bringing new inspiration and knowledge to your life as artist or former profession. It can also be your preparation to another creative, bodily, spiritual, artistic or academic education. After ending 15 weeks education, you get a certification and apply a performance and teaching platform free at the Art Culture Center. The course has specific modules of creative and technical themes presenting integrative work of improvisation, creation, investigation, philosophy, art, life and training. The 15 weeks ends up with a personal performance work. The teaching is highly professional and unified philosophy, body training and art forming, takes a holistic poetic aesthetic view at dance and performance art; as the necessary creative process of man, looking for new possibilities and essential relation between life, art, and nature. Thoughts and methods inspired of Butoh.

PURPOSE: Is to stimulate personal resources of the individual either as artist. To give everyone tools both technical and creative to develop physical and mental skills, awareness and confidence through artistic, poetic and mindful work related nature.

WHO CAN ATTEND: The course is open for all motivated. You might be working with people, movement, art in general, dance or body work. You do not need any specific experience, but have to be able and prepared to work concentrated both independently and in a group. It is a big part of the work to give feedback and share knowledge collective and individually. There is no audition. If you need further information, please feel free to contact Anita Saij personal or to attend the intro Butoh weekend workshops in Copenhagen in March.

15 WEEKS ENABLES YOU: To develop as a creative coach, body trainer, somatic practitioner, art teacher, pedagogue, art therapist, artist as dancer, actor, instructor, choreographer, etc. or just as inspiration or development of your body confidence and your personal life in general.

DAILY TRAINING: Includes theoretical and practical work of the unified authentic body; improvisation skills, meditation, breathing, increasing energy, physical-mental focus and awareness. Strength and flexibility in body and mind, dynamic, movement, dance, alignment, centre, Ki and Ma awareness, release, gravity, balance, rhythm, sensitivity, coordination, contact, relaxation, tuning, massage, stretch. Followed up with creative interesting workshops of body work, movement, imagination and transformation, organic dynamic energy, choreography, land art, body landscapes and anatomy, perception, sensitivity, form, space, time and elements, Active, passive improvisation, animalistic and dualistic, harmonies, calligraphy, dead body, dreams, masks,

intuitive art work of vocal, paint and poesy.

All training brings concrete work of kinetic and kinesiology together with experimental creative research; universal aspect of art in a relation to the personal, physical, emotional, intellectual, spiritual, and nature element. Integration of the intuitive spontaneity, mythology and sub consciousness. The art processes opens deep qualities of poetical, existential and aesthetical dimension. Dance, music, sculpturing and painting is included.



CLASSES: Are going on in the beautiful studio of the farm and in the fantastic nature of the island. Every day includes partner- and group existences. It is a part of the work and the creative process to share experience and integrate information in public. To be able to give and receive personal feedback and analyze the daily work. Each teaching period / module includes evaluations and end up in a creative artwork.

The language is English (comprehensive). You will be personally guided and coached during the 15 weeks education course and get a finally certification after the personal evaluated artwork.

Anita Saij is directing leader of the daily classes and the education. Guest teachers and artists in residence are participating the master classes of Anita Saij and public art collaborations platforms with the students. The Art Human Nature training program includes all workshops and camps offered in the complete year program of Nordic School of Butoh (Except the horse camp in France). All artwork and evaluations are public at the Art Culture Center, as part of the official Art Research program.

HISTORY & REFERENCE: the renowned choreographer and dancer Anita Saij found the setting of a new creative body education program. Through more than 25 years of international prized performances work, intensive teaching programs, lectures, somatic practitioner and as movement therapist, her work has already attracted and inspired many artists, practitioners, academics, pedagogues, creative coaches among others. Students from all over the world have been participated the courses of Anita Saij at Nordic School of Butoh since 2003. These various experiences and huge amount of researched material, are now the unfold source in the comprehensive training program Art Human Nature, which are using the nature as a creative resource and a theoretical and practical learning mirror for art as well as for daily life. (Please request the guestbook of former students).

VISION: Compared to our modern time, the human needs to be able to coordinate many different processes. The world gets more informative and this makes it even more important for man and artist to be mindful and centered in himself, aware and awake within innovative creative functionality. The nature is one of our biggest inspiration sources for life and art. We feel essentially connected and touched deeply of its complexity. A work with our unified natural body is an open gate to creativity, awareness, mindfulness, artistically and spiritually. We can stimulate all quality of human, experienced in a bigger dimension of dialog between the modern artist and the nature, inside and outside of man.

BUTOH: Stimulates all our senses and resources, both physical and mental. It makes us ready to move and be moved. Awake the creative as well the bodily ability, increasing innovative potentials, life balance, freedom, health and happiness either for art or for life.

TEACHING HOURS: 15 weeks education program: 27 June - 10 October: (510 hours).

9 weeks intensive program: 27 June - 28 August: (306 hours). Total hours included personal work.

An ordinary day goes from 9.30-12.00 & 13.30-17.00. The schedule is organized into intensive periods; Each period has a theoretical theme ending up in a creative performance work. During periods of performance and camp the schedule can change.

The students of the 15 weeks education program have to participate active in all the modules to get the certification.

PRICE: Reduced price is when you pay the enrolment deposit at the latest before the 1 April.

15 weeks: DKK 27.600,- / Euro 3.700,- (reduced price). DKK 30.600,- / Euro 4.100,- (Full price).

9 weeks: DKK 15.400,- / Euro 2.100,- (reduced price). DKK 18.400,- / Euro 2.500,- (Full price).

Price Includes the enrolment deposit DKK 3.000,- / Euro 400,-.

Low budget students can apply 50% reduction of "the full price" in the meaning of work exchange at the Center..

ACCOMODATION: Free simple lodging is included in the course price. It is possible to book a single and double room in advance, we charge DKK 120,-/ Euro 16 extra a day. Food is not included in the course price. The students arrange the food themselves, except during the periods of camps in August, where we organize collective food and charge DKK 90,-/ Euro 12,- a day (work exchangers can apply 50 % reduction of the food price during the camps).

ART CULTURE CENTER: A nonprofit organization, open for artists studying the relation between art, human and nature. The daily life is organized practical as a community, where students stay and work at own risk and responsibility and take collective care of housing, cleaning etc.. ACC can offer few single and double rooms in the main house with beds bath etc. and can offer free simple lodging for low budgets students in dormitory with mattress. Students have is own kitchen and can also use a beautiful outdoor nature camp place behind the main house, based on the idea of Perma Culture, with natural bath and toilet facilities.



ANITA SAIJ: International renowned performer and teacher through 25 years within experimental dance, theatre, somatic practice and movement therapy. Direct students of the co founder and master Kazuo Ohno through more than 3 years and former participant of the Body Weather Group / Min Tanaka in Japan. Anita Saij was the first European teacher; dancer and choreographer practicing thoughts and technique of the original Japanese Butoh. Developing a unique way of unified body training, experimental staging and deep mindful dance, as well as connecting traditional and postmodern aspects in a very physically, mentally and spiritual dance bodywork.

Her teaching, lectures and performances have been around many cultures from collaborations with the original people of North Sami and Inuit from Europe to Japan and Korea. As choreographer is recognized by a great numbers of artists and institutions such as The Royal Danish Ballet and New French Circus, and as an intense performer herself. She founded the international priced performance group Theatre Dance Lab.1986, Nordic School of Butoh & New Open Training Somatic Institute 2002, and now the Art Culture Center at Bornholm housing the education Art Human Nature.

ART CULTURE CENTER: From 2012 official accepted as an International Art Research Center of the *European Union* and a part of *Nordic Culture Fond* official Artists in Residence program for Baltic and Nordic professional artists.

Please feel free to find further info about workshops, summer camps, intensive course, art residence program
Nordic Butoh & Art Human Nature: +45 2665 5605 - info@nordicbutoh.dk - www.nordicbutoh.dk