

## **BUTOH INTRO WORKSHOP / ANITA SAIJ**

**28- 29 March 2015**

Copenhagen. Saturday & Sunday 10.30- 18.00.

(Booking before 28 February reduced price & before 13 March full price).



### **DESCRIPTION:**

**BUTOH:** Thoughts/ Methods of Butoh. Powerful and holistic dance/creative experimental body work, originally from Japan unifying form/philosophy/ training. Butoh are breaking with western conception of moving in relation to nature / mind/ spirit.

We explore mental/ physical level of poetic aesthetic, through improvisation and investigation of the in-side and out-side. Concrete/ creative principles are presented, as life center; bodily/ metaphysical awareness/ presence/ time/ space/ transformation/ perception/ imagination/phenomena Ma/ universal/ animalistic aspects of the natural human body.

The workshop is an introduction to the fascinating and complex Butoh work by Anita Saij.

**Workshops:** Are open for everyone.

**Booking:** Only by returning our application formula by mail and paying the enrolment deposit.

**Deadline:** 4 weeks before start (reduced price) or at the latest 2 weeks before start.

**Price:** DKK 1.200,- / Euro 160,- (reduced price). DKK 1.800,- / Euro 240,- (full price).

*Enrolment deposit 300,-DDK/40,-Euro is included in the price.*

*Unemployed & students can have 400,-DDK/50,- Euro reduction of the price, by showing a documentation.*

**Place:** Energivaerkstedet, Prinsessegade / Christiania/ Christianshavn Copenhagen K, (detailed map and list of cheap accommodation/youth hostel near the studio can be forward).

*Please feel free to find complete year program with many other workshops at [www.nordicbutoh.dk](http://www.nordicbutoh.dk) or contact us by phone: +45 2665 5605*



### **ANITA SAIJ:**

International renowned performer and teacher through 25 years within experimental dance, theatre, somatic movement practice. Direct students of the co founder and great elder 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 body work.

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 and Artist in Residence program N-AIR.

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