

Detailed structure of the *'dancing entity'* workshop

The training is demanding, yet gentle. No previous dance experience is required. The WS has two main parts. Duration 4 to 5 hours a day, 3 or 4 days.

1st part: ENTERING THE BODY (2.5 hour)

We start with body training, using elements of yoga, stretching and basic dance exercises, to establish core strength, flexibility and freedom of movement. We continue with exercises to sharpen our senses, orientation in space and coordination. Throughout the training we also work with our awareness, unifying mind, body and space, using elements from Alexander Technique and other mindfulness techniques.

(30 minutes break)

2nd part: APPROACHING DANCE (2 hours)

During the 2nd part the creative work is central. Through given subjects such as blooming or fog or fragrance..., as well as our own desired subjects, we approach our own dance by exploring our inner landscapes.

About Butoh

The significance of Butoh lies in the opposition to strict existing forms of dance and culture that are treating the body as a functional object (as demanded by society), instead of as a living and changing body, a sculpture formed by life itself, that echoes the desire for individual life and withholds individual history and experience.

The art form of Butoh began in the late 1950's through Japan's avant-garde scene by several dancers, first to name Tatsumi Hijikata with his "Ankoku Butoh", which means dance of darkness. Hijikata, sought to create a new aesthetic that embraced the "squat, earthbound physique and the natural movements of the common folk" and to bring into light themes that were kept away, like poverty, homosexuality and illness. In this context a Butoh dancer must completely expose "the darkness of his own existence". Within the next decades, Butoh expanded all over the world.

(Sources: The Rebellion of the body and White Butoh of Masaki Iwana)