

NORDIC BUTOH

ACADEMY OF ART



**DANCE, PERFORMANCE,
BODY WORK & LIFE ART**

**International Education,
Workshops, Summer Camps**

WWW.NORDICBUTOH.DK

WEEKEND WORKSHOPS

COPENHAGEN & THE BEATIFULL ISLAND BORNHOLM, DK

www.nordicbutoh.dk

BUTOH: 3rd WEEKEND OF MARCH (CPH) & 1st WEEKEND OF JULY (BHL)

Thoughts/ Methods of Butoh. Experimental dance, originally from Japan unifying form/ philosophy/ training, by breaking with western conception of body/ 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 and the universal and the animalistic aspects of the natural human body.



YOGA STRECH & MASSAGE: 2nd WEEKEND JULY (BHL)

Wonderful effective stretch/ massage system of 7 positions. An original path for releasing in the muscles and the skeleton, stimulating the flow of the meridians; it offers flexibility/ consciousness/ deep breath. Couple work where one is passive and the other is active. Introduction to a bigger system. Afterwards it is possible to settle down a training group.

MOVEMENTAL LAB & MASK: 3rd WEEKEND OF JULY (BHL)

Mind the body by authentic movements/ improvisations. Creative Dodo, inspired by Butoh, working with the neutral mask, grotesque, essential, collective animalistic aspect of the body. Improvisation/ transformation/ imagination, connecting body work with mask/ moods/ myth/ fantasy/ nature. Inspired by structures and feeling from pre-history/ sounds/ laugh/ movements/ craziness.



BODY, MIND, CENTER (BMC) & IMPROVISATION: 4th WEEKEND OF JULY (BHL)

Integrative body work inspired by BMC, original founded by Bonnie Bainbridge Cohen USA, developed on an understanding that body and mind are connected and equal expressions. Explore anatomy, physiology and bio-mechanics. Through improvisation we express and research energy/ structures of the inside from the smallest cells to organs, skeleton, skin, fluid and nerve system.

MOVEMENTAL LAB & THE FOUR SEASONS: 1st WEEKEND OF AUGUST (BHL)

Poetic dance improvisation based on the four seasons. We adapt the strong change of nature into our transparent body/ open hearth/ deep imagination. We move and get moved. No separation between inside/ outside/ human/ nature. An intense work inspired by the Butoh. A transformations dance, which reminds us about the reality of the body, destruction/ creation/ chaos/ peace/ darkness/ light/ life/ dead etc.



TRANCE DANCE & SUFI: 2nd WEEKEND OF AUGUST (BHL)

Dance inspired of old knowledge and culture in North, based on ritual celebration of earth, sky and first of all the sun. Whirling and trance dance awakening the universal energy coming from the feet, through the spine to the top of the head. We enjoy method of grounding and moving in circle together, the collective power, and beautiful infernal music. We visit the ritual places of the magic island Bornholm, where the sun wheel symbol is marked in the stones.

PERFORM PAINT & ART LAB: 3rd WEEKEND OF AUGUST (BHL)

Intuitive painting and art work. We explore details and feeling of the nature. A creative process of color/ structure/ material. From heart to art using your personal perception and awareness to receive another way of doing your art work. We make our own colors from clear pigment, and try the old stile of fresco at untraditional materials. We will also try an intuitive way of work with clay, sculpturing to music and calligraphy unified the body and mind.



WORKSHOPS: Are open for everyone. You can have lodging at the Art Culture Center, BHL.

BOOKING: 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 dep. DKK 300,- / Euro 40,-. Lodging DKK 120,- / Euro 16,- per night, at Baekkelund (BHL).

SUMMER CAMPS

AT THE OCEAN (DK) & IN THE MOUNTAINS (FR)

www.nordicbutoh.dk

BUTOH: 1-8 AUGUST & 10-17 AUGUST (BHL, DK)

Experimental dance and its relation to nature, existence, culture. The Japanese Butoh is a powerful holistic way of dance, gathering philosophy, training and performing. It has for more than 20 years inspired artists all over, by breaking with the western conception of working with the body, mind and spirit.

The nature in- and out side the human body, is the unfold source for creative improvisation either for life, dance or art. We explore mindfulness and deep fascination of nature. Body is a part of nature, expressed physically/ mentally/ poetically/ aesthetically. The daily work presents meditation/ movements/ imagination/ transformation/ improvisation/ center/ Qi/ alignment/ grounding/ energy/ breath. A creative performance work are going on as well as in-side as out-side in the overwhelming nature at the beautiful magic island Bornholm. Another course than the common, where we live and work in an intense atmosphere together at the course farm Art Culture Center, near the great ocean.

Camp1 is for new students and camp 2 for earlier students (with focus on performance). You can participate all 14 days and stay at the farm in between the 2 camps.



MA & LAND ART: 19-26 AUGUST (BHL, DK)

We are inspired and touched by the surrounding/ evolution/ structures/ elements/ organic/ dynamic energy and forms. We work on cross of art directions, both individual personal and collective in groups. Inspired by feeling, inner sensing and a way of perception, based on the phenomena Ma, original from the Zen Buddhism, (where it have two meanings "Emptiness" and "the Space Between things"). Ma is integrated into all kind of Japanese culture/ art/ philosophy. It questions the western way of relating the nature as a metaphor, instead of an alive metamorphose process.

The purpose is to enter the spirit of art and nature, beyond the intellectual/ rational/ technical/ functional. To discover the nature as a complex unfold creative source. It is a different course than the common, gathering summer mood, body training, creative art work and performance in one. Ma-Land-Art begins in the wonderful open studio with meditation, mindfulness and nice integrative body work and continues outside where we work in the

landscape, creating art and performances in the natural gallery/ theater of Mother Earth. We will visit some of the most fantastic nature places of the island.

You can combine and attend all 3 camps, 27 great summer days, and be part of the open festival program at the Art Culture Center. Every one is welcome and can participate.



DANCE & HORSES: 3-10 OCTOBER (7 DAYS FRANCE)

Improvisation, authentic movement and integrative bodywork in relation to partner work, nature and horses. The bodywork with the horses is simple and poetic and helps us to develop and enjoy the unified body, including breath/ mindfulness/ Qi/ life center. We improvise and perform in the fantastic natural theatre of the mountains, where we meet the calm wild living horses.

Inspired by thoughts and methods in Butoh, we discover the balance within body and mind and provide a deep feeling of nature of man and the spirit of the beautiful horses. The work will be going on in and out side the wonderful hay roof an open studio and in the great ancient landscape of the high mountains. It is possible to arrange trekking tour after the workshop.

Anita Saij presents this unique work for more than 6 year with great success. She has a long life experience both with dance and horse as artist/ body trainer/ creative coach. We live at the old farm full of atmosphere, in middle of the French Pyrenees, near Toulouse. You don't need any kind of earlier experience with horses, dance or body work.



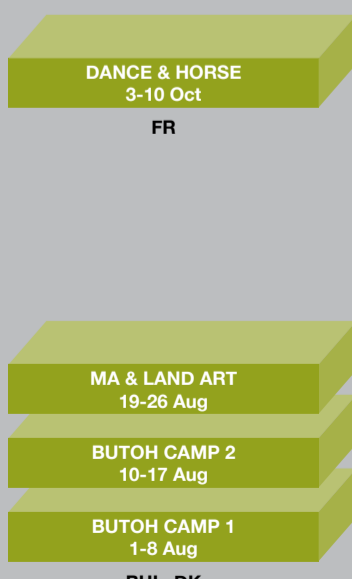
BOOKING: 2 months before (reduced price) or at the latest 1 month before start.
PRICE: DKK 3.240,- / Euro 432,- (reduced price), DKK 3.600,- / Euro 480,- (full price), (per camp of 7 days). More than one camp DKK 3.000,- / Euro 400,- per extra camp. Price includes lodging and enrolment deposit DKK 800,- / Euro 100,- (per camp). Food is DKK 90,- / Euro 12,- a day. Low budget students can apply 50% reduced price in the meaning of work exchange only in DK.

NORDIC BUTOH YEAR PROGRAM

EDUCATION COURSE
9-15 weeks

SUMMER CAMP
7-21 days

WORKSHOP
3 days



REGISTRATION DEADLINE:

Full price 1 April
Reduced price 1 May

2 months before
1 months before

1 months before
2 weeks before

ART * HUMAN * NATURE

INTENSIVE COURSE & EDUCATION

www.nordicbutoh.dk



BUTOH, DANCE, PERFORMANCE & LIFE ART

27 JUNE – 10 OCTOBER (15 weeks education)

27 JUNE – 28 AUGUST (9 weeks intensive course)

Reg. now. Deadline 1 April (reduced price) or 1 May (full price)



DESCRIPTION: Nordic Butoh, is an international performance- and life art Academy in the 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 long 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 can stay at the course farm Art Culture Center Baekkelund, surrounded by the beautiful nature.



ART HUMAN NATURE: Intensive training program, bringing new inspiration to your life or former profession. It can also be your preparation to another creative, bodily, spiritual, artistic or academic education. After ending 15 weeks you get a certification and can at-

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. Every day includes partner- and group existences. It is a part of the collective work and the creative process to share experience and information, to give and receive personal feedback and analyze the daily work. Each teaching period will end up in a creative work.

The language is English (comprehensive). You will be personally guided and coached during the 15 weeks course and get a final certification. Anita Saij is directing leader of the daily classes. Guest teachers are invited during the 15 weeks. The Art Human Nature program includes all workshops and camps offered in the complete year program, so the students meet across the courses.



HISTORY & REFERENCE: The setting of a new creative body education program is founded by the renowned choreographer and dancer Anita Saij. 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.

More than 400 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.

GENERAL INFORMATION FOR ALL THE COURSES

Keep the deadlines; be serious about your booking, as we have international students. All our booking is online; please find the application form at the website. If you need any further information not noted in this program, please feel free to contact us by phone.

BOOKING: Registration is only possible by paying the enrolment deposit of the course, together with sending an online application form (see the website). When we receive the enrolment deposit you are booked into the course and receive further information at the latest 10 May. If you apply work exchange, you also have to pay the full enrolment deposit. If you can't keep the deadline because you are waiting for reply according economical support / visa etc. from official sponsors, you can be accepted at the course by sending your grant/visa application in copy, and sign a contract.

PAYMENT: Nordic Butoh: Nordea: Kongens Nytorv, Cph. K, reg. 2102 account 8896497007 (swift code NDEADKDK, iban number DK 112 000 8896 497 007). Notice to write your name and dates of the course at the transfer. All transfer expenses are paid by you. Notice you it can take 7 days before we receive your transfer. Bring the receipt to be showed the first day at the course and to send a mail when you have transferred.

TRANSPORT: Bornholm is a very popular island for artists and tourists. Be in good time, for booking of transport, the ferry is very full during the summer. We can arrange the transport from Copenhagen Main Station. Then we buy and e-mail the tickets to you in advance, price is from 9 Euro one way between Monday and Friday. It takes around 3 hours by direct bus and ferry. You are also very welcome to organize the travel yourself or hitchhike. The ferries are direct from Sweden, Poland, Germany, and Denmark. Bornholm has direct flight connections from many European Cities as well. Links: www.bornholmexpress.dk, www.bornholmerfaergen.dk, www.bornholminfo.dk & www.cimberairline.dk.

LODGING ACCOMMODATION: Price of all of our workshops (except the weekend workshops) includes free lodging at the farm. We have mattress and a locker. You need to bring own sleeping bag, duvet / warm blanket and sleeping / training mats -and warm close for outdoor use. You can also have lodging in a single / double room, with closet, table, bed, bed duvet, blanket, and towel. We charge DKK 120 / Euro 16 extra a night for single/double room, please note it at the application and pay in advance. Tourist Info about youth hostels, camping at the island www.bornholminfo.dk

ECONOMICAL: The Academy is a non-profit private and independent Art Culture Center, which means we don't receive any financial support. We can help you with an invitation. Our education gives you good possibilities to ask for grants in your home country as artist. If you come from the Nordic countries you can find links: www.nordicbutoh.dk/contact

ART CULTURE CENTER BAEKKELUND & NORDIC BUTOH

AT THE BEAUTIFUL MAGIC ISLAND OF BORNHOLM, DENMARK

NORDIC BUTOH: An international Academy of dance, performance and life art in the North Europe. The idea of the school is to explore creative work related to body, art, culture, existence and nature.



ART CULTURE CENTER BAEKKELUND: Is situated at the island of Bornholm, and is an art residents and art teaching course farm. International visitor's can study and live at the great place, with staging equipment and a wonderful studio, surrounded by fantastic nature. The center is founded by Anita Saij. From 2009 it offers a post modern alternative performance and life art education **Art Human Nature**, different open workshops and international summer camps both in Denmark and France. Please find pictures, guest books, sketches and notes of former students at www.nordicbutoh.dk/board.htm



BORNHOLM: Is one of our most beautiful and magical islands of Denmark; with wonderful long beaches and dramatic high cliffs. It is situated in the middle of the Baltic Sea. Central for the Nordic- and Baltic Countries, Poland and Germany, and 3 hours from Copenhagen. www.bornholminfo.dk



tend a performance platform. 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 camp in South France.

The teaching 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 are inspired of both.



PURPOSE: Is to stimulate personal resources of the individual either as artist or not. To give everyone tools both technical and creative to develop physical and mental skills, awareness and confidence through artistic, poetic and mindful work.

WHO CAN ATTEND: The course is open for all motivated, who are working with people, movement, art in general, dance or body work. You don't need any specific experience, but have to be ready and prepared to work concentrated both independently and in a group. There's no audition. If you need further information, please feel free to contact Anita Saij. You are also welcome at the Butoh weekend workshops as an introduction.

15 WEEKS ENABLES YOU: To develop as a creative coach, body trainer, somatic practitioner, art teacher, pedagogue, therapist, artist as dancer, actor, painter, instructor, choreographer, musician, painter 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

VISION: Compared to our modern life, 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 him self, aware and awake also 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 to be moved. Awake the creative as well the bodily ability, increasing innovative potentials, life balance, freedom, health and happiness either for art or life.



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

9 weeks intensive program: 27 June - 28 August: (306 hours).

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. Total hours included personal work. During periods of performance and camp the schedule can change.

PRICE: 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,- and free lodging at the Art Culture Center. Reduced price is if we receive the enrolment deposit at the latest before the date of the first booking deadline 1 April. We can offer some of the low budget students a reduced price max 50% of the full price in the meaning of work exchange.



CANCELLATION: If the School cancels a course, all payments will be returned to your bank account. If the students cancel the course, enrolment deposit and full payment can be fully returned until the registration deadline (minus an administration fee of 20%), then the enrolment deposit will be kept and full payment after start of the course.

INSURANCE: You have to have an ordinary personal insurance. Participation in the course and stay at the place are at own risk and has to be signed. It is also a good idea to buy cheap cancellation insurance to your flight ticket, in case of sickness or cancellation.

WORK EXCHANGE: We can offer low budget students a reduced price, in the sense of exchanging work for workshop fee. You have to apply the school and we can maximum give some of the students 50% reducing of the full price. The work will be arranged according to your personal skills and according to the need of the farm. Part of the work will be organized and happens before the course starts and at the teaching free days.



NORDIC SCHOOL OF BUTOH: Academy for art, dance, performance, creativity and life is founded by the international prized and well-known choreographer, designer, trainer and creative coacher Anita Saij. Her teaching is highly professional and has a focus at the unit of the artist and man. The school provides the setting of an international Art Culture Center Baekkelund at the beautiful Island Bornholm, where artist and students can stay.

ANITA SAIJ: Has throughout 25 years integrated a deep and profound understanding of dance and art in general, first of all based on the Japanese Butoh dance, as an interaction between the inside and the outside of man and nature. Her teaching, lectures and performances have been crossing different art forms and been around many cultures from collaborations with the original people of North Sami and Inuit from Europe to Japan and Korea. And as student herself of some of our time greatest masters and founders of Butoh Kazuo Ohno, Hijikata Tasumi, Natsu Nakasima, Min Tanaka in Japan. Actors as Yosio Oida, Peter Brooks Company, Bernard Colin, Antoni Artou Company, and masters of Zen Buddhism and Taoism.

The work as choreographer is recognized by a great numbers of artists and institutions such as The Royal Danish Ballet and New French Circus, also as an intense performer herself. Anita Saij has been leading the international company Dance Lab. for 15 years and Nordic School of Butoh and New Open Training since 2003.

ART RESEARCH & RETREAT CENTER: It is possible to do research work and to become absorbed in the connections between nature and art. The purpose is to offer an untraditional framework for performing and art work, supporting new thoughts and innovative co-operations as well as supporting the individual artistic process. Artist and groups of artists can apply to work in retreat, for a period to develop own projects. The Art Culture Center Baekkelund lies in the hills of Torpe, near the beautiful ocean at the west cost of Bornholm. The old farm building consists of four wings plus 10.000 acres of land with forest, and has a functional main part for accommodation, a number of rooms, 147 m2 huge studio for dance, theatre, concerts, and 2 ateliers for working with sculptures, painting, music, writing, exhibitions etc.

IT IS POSSIBLE TO RENT THE FARM FOR YOUR WORKSHOPS, REHEARSAL, PERFORMANCES, EVENTS, EXHIBITIONS, CONCERTS, LECTURES, ETC.



FESTIVAL IN AUGUST: Local and international artists are invited to the Art Culture Center Baekkelund, to meet and work experimental across genre. The festival is open for ideas from artists who want to participate with workshops and project with in the theme of the relation between Art Human Nature. The work is public and is going on as well as in the great nature of the island as at the farm. Participants get free lodging and food, and guests can camp for free at the fields of the farm and enjoy the summer and activities.



NORDIC BUTOH POST & ADMINISTRATION: Baadsvandsstraede 43, DK-1407, Copenhagen K. **ART CULTURE CENTER, VISIT ADDRESS:** Bolbvej 7, DK-3782, Klemensker. **PHONE:** +45 2665 5605 **MAIL:** info@nordicbutoh.dk

www.nordicbutoh.dk