

## ART - HUMAN - NATURE

At the beautiful and magic island Bornholm, Denmark

Dance, Performance & Life Art Education start 6 May or 8 August 2010 / 2011. Reg. Now



### NORDIC BUTOH – at the Art Culture Center Bækkelund - Bornholm

Apply to the course by downloading, completing and attaching [this](#) form to an email or send it by ordinary mail, or use the online application form [here](#).

**ART \* HUMAN \* NATURE** Program 2010 / 2011

#### Education Art \* Human \* Nature;

A certificated creative body education for 6 months or 6 modules at the Art Culture Center Bækkelund at the beautiful magical Island Bornholm in Denmark.

**6 months Certificated Education 6 May – 17 October**

**6 Modules of intensive Training:** ( All Courses / modules can be taking separately and graduated with master classes)  
10 weeks intensive course (1+2 module) 6 **May** – 11 **July** –  
8 weeks intensive course (3 module) 8 **August** – 1 **October**  
2 weeks performance Master classes (4. module) 28 **June** – 11 **July**  
2 weeks performance Master classes (5. module) 20 **September** -1 **October**  
2 weeks Intensive Master classes (6. module) France 3 – 17 **October**

#### Reg. now

Deadline for enrolment 2 month before start (special price) or at latest 1 month before start, by paying the enrolment deposit. (For further information and prices please scroll down the document).

#### DESCRIPTION:

## CREATIVE BODY EDUCATION RELATING ART- HUMAN -NATURE

**Nordic Butoh**, is an international alternative performance- and life art school in the North, full of inspiration and spirit of new and old. The idea of the school is to explore personal resources of the human being through creative work related to body, art, culture, existence- and **nature**.

**Art Human Nature an intensive long course**, offering rich possibilities of developing your life - and art resources, through body, dance and performing work, by experimenting and educate yourself in an alternative and open creative atmosphere together with others. The international students can stay and live at the farm of Nordic Butoh the Art Culture Center Bekkelund (Bornholm) with equipment for stage work and surrounded by a fantastic nature, changing from colorful spring to the nice summer of the North.

**Bornholm is** one of our most beautiful and magic island of Denmark; with wonderful long beaches and dramatic high cliffs. It is situated in the middle of the Baltic Sea. Central for the Baltic Countries Sweden, Finland, Poland, Germany, and Denmark, with only 3 hours transport to Copenhagen



## ART HUMAN NATURE PROGRAM

**A 6 month Certificated education or a training program of 6 modules** can be attended separately, bringing new inspiration to your life or former profession or it can be your preparation to another creative, bodily, spiritual, artistic or academic education. All modules can be attended separated and be graduated to a full certified creative body education by adding further modules later on. After ending the education you can apply to attend an active performance platform at the Art Culture Center Baekkelund.

**Each module** has specific themes and present integrative body work as improvisation, creation, investigation and integrates philosophy, training, and form in the creative work with Art Human Nature.

**The teaching** unified philosophy, body training and art forming, and takes a holistic poetic view at dance and performance art; as the necessary creative process of man, looking for new possibilities and essential understanding of the relation between our life, culture and nature. Thoughts and methods are inspired of both the traditional, contemporary and post modern, as the Japanese Butoh, Authentic Movement, Body Mind Center, and other alternative directions of integrative bodywork and aesthetic movement

*using improvisation, composition and investigation.*

**The purpose** is to stimulate personal resources of the individual either as artist or not. To give everyone tools and possibilities to develop physical and mental awareness and confidence through artistic, poetic and creative mindful work related to nature inside and outside the human body.

**Who can attend:** The course is for all, who are working with people, movement or body work. You don't need any specific experience, but have to be ready and prepared to work concentrated mentally and physically independently and in a group. There's no audition, every one can apply. If you need more information you are welcome to contact Anita Saij. You are also welcome to visit our info days or introduction weekends workshops.

**You can use the education,** as creative coach, body trainer, somatic practitioner, art teacher and pedagogy, therapist, creating artist as dancer, actor, painter, choreography, instructor, musician etc. or just as inspiration or development of your life, self confidence and body feeling.



### **THE DAILY TRAINING:**

**The Daily training:** Includes theoretical and practical work of the unified authentic body; meditation, breathing, increasing energy, physical and mental focus and awareness. Strength and flexibility in body and mind, dynamic, movement, dance, alignment, centre, Ki and Ma, release, gravity, balance, rhythm, coordination, contact, relaxation, tuning, massage, stretch..(BMC, MB, Yoga, Qi Gong).

*Followed up with creative workshops of body work, movement, imagination and transformation, organic dynamic choreography, land art and body landscapes and anatomy, perception, sensitivity, form, space, time and elements, Active, passive improvisation, animalistic and dualities, harmonies, calligraphy, dead body, dreams, masks, intuitive work of vocal and paint.*

**All training and workshop:** brings concrete technical work of kinetic and kinesiology together with experimental individual research. The universal aspect of the personal connecting physical, emotional, intellectual and spiritual elements as well as

*integrating the intuitive and nonfigurative abstract, in a more deep mythological and sub consciousness world. The creative processes open qualities of both the poetical, existential and aesthetical characters.*

*The work is going on in the beautiful studio of the farm or out 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, and to give and receive personal feedback.*

**Anita Saij:** *is directing leader of the daily classes. Guest teachers are invited after the 1. Module. Teaching language is Comprehensive English. You will be personally guided and coached during the 10 weeks course. Each teaching period will end up in a creative work related to the theme of the period.*



#### **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 different artists, practitioners, academics, pedagogues, coaches.. More than 400 students from all over the world has been participating the courses at Nordic School of Butoh since 2002. This various experience and huge researched material, are now the unfold source in the new certified education; a complete theoretical and practical program, of creative work, inspired by nature, as well as art as human life.

Please feel free to find pictures, guestbook's, sketch and dairy of former students at the education at [www.nordicbutoh/board.dk](http://www.nordicbutoh/board.dk)



## **VISION**

*“Compare to our modern life, the human need to be able to coordinate many different processes. The world gets more informative and functional available. Many things happen at the same time, and this makes it even more important for man to be centered in him self aware and awake at the same time.*

*The nature is one of our biggest inspiration sources for life and art. We feel connected essential and touched deeply. We are impressed and overwhelmed by its complexity even in small details.*

*A work with our unified body is like an open gate to awareness and creative flow. We can stimulate all elements of human nature. Our personality is unique; experienced in a bigger collective aspect like the nature it gives deep mindfulness and spiritual satisfaction, together with authenticity in our alert body..*

***Receiving creative coaching** helps you to use all your resources, both physical and mentally. To be able to move and to be moved, awake your creative talents in many way and stimulate your innovative potential together with increasing your life energy, health and happiness either for art or life.*



## **ANITA SAIJ**

***Nordic Butoh. Academy of Creativity a, performance and life art education** is founded by the international prized and well-known choreographer, designer and movement therapist Anita Saij. Her teaching is highly professional and has a focus at the unit of the human body in relation to post modern art, existents and nature. The school provides the setting of a new Art Culture Center Baekkelund at the beautiful Island Bornholm, from 2009, where artist and students can live, study and work personally.*

***Anita Sai,** has throughout 25 years integrated a deep and profound understanding of nature and human body as an interaction*

*between the inside and the outside aspect of nature and the unified body, included awareness and the mindfully creativity.*

*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 former member of the Japanese dance group Body Weather Laboratory and early students through more than 3 years of the co-founder and Butoh Master Kazuo Ohno.*

*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 founded the international performance group Theatre Dance Lab. 1986, and later Nordic School of Butoh, New Open Training a Somatic Institute 2002, and now founded the Art Culture Center at the Farm Baekkelund*



### **TEACHING HOURS**

**6 months Education May- October (990 teaching hours).**

**10 weeks May- July (360 hours). 8 weeks August- October (240 Hours). 2 weeks modules (120 hours).**

***The Teaching schedule is organized into intensive periods. In between the teaching periods the students have training and homework (it will also be possible to travel to Copenhagen / Malmo too). Each period have a theoretically theme ending up in a creative training or performance work. Total hours including performance and home work.***

### **PRICE**

**6 months Certificated Education;** DKK 42.000,- /5.800,- Euro. (Special price DKK 37.800, - / Euro 5.220,-).

*Included the enrolment deposit DKK 3.000,-/ Euro 400,-.*

**10 weeks module;** DKK 18.000, - / Euro 2, 400,-. (Special price DKK 16.200, - / Euro 2.160,-)

*Included the enrolment deposit DKK 3.000,-/ Euro 400,-.*

**8 Weeks module;** DKK 12.000,-/ Euro 1.600,-. (Special price DKK 10.800, - / Euro 1.440,-).

*Included the enrolment deposit DKK 3.000,-/ Euro 400,-.*

**2 weeks modules;** DKK 6.000,-/Euro800,-. (Special price DKK 5.400, - / Euro 720,-).

*Included the enrolment deposit DKK 2.000,-/ Euro 270,-.*

*(Special price (10 % reduced price) by paying the enrolment deposit at the latest 2 month before start. We can offer few students reduced price in the meaning of work exchange max 50 %.Remark that some of the work had to be done before start of the course*

and in the teaching free days).



#### **PRATICAL INFORMATION:**

**6 months Education 6 May – 17 October** Arrival 5 May in the evening, departure 17 October before 18.00 ( Last 2 weeks in France)

**6 Modules of intensive Training:** ( All Courses / modules can be taking separately and graduated with master classes)

10 weeks intensive course (1+2 module) **6 May – 11 July.** Arrival 5 May in the evening, departure 11 June before 18.00.

8 weeks intensive course (3 module) **8 August – 1 October.** Arrival 7 August in the evening, departure 1 October before 18.00.

2 weeks performance Master classes (4. module) **28 June – 11 July.** Arrival 27 June in the evening, departure 11 July before 18.00. 2 weeks performance Master classes (5. module) **20 September -1 October.** Arrival 19 September in the evening, departure 1 October.

2 weeks Intensive Master classes (6. module) France 3 – 17 **October.** Arrival 2 October, departure 17 October ( Toulouse South France)

#### **BOOKING & PAYMENT**

**Registration and booking is only possible by paying the enrolment deposit together with sending an online application form (see the website). When we receive the enrolment deposit you are automatically booked into the course and we will send you a reply. Notice if you apply reduced price, you also have to pay the enrolment deposit at the latest to the deadline of the course.**

*The entire fee has to be paid before start of the course (together with your accommodation fee and eventual the arranged transport ticket). You can also pay in 4 rates during the course. Then you have to sign and return a contract (we will add DKK 2.000,-/ 270,- Euro for this administration).*

*All payment and transfer has to be directly to the Bank Account of Nordic School of Butoh: Nordea Bank, Kongens Nytorv, Copenhagen K, DK -reg. # 2102 Account # 8896-497-007, (swift code NDEADKDK, and 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. It can take 7days before we receive your transfer. Bring the receipt with you the first day at the course.*



### **LODGING ACCOMMODATION**

*DKK 90,-/ 8, - Euro a night for simple lodging (we have mattress and locker. You had to bring own sleeping bag, warm blanket and sleeping / training mats and warm close for outdoor use) . You can also have lodging in a double room (it might be a single if few are booking rooms) with closet, table, bed, bed duvet, blanket, towel, bath tub in the main house, and shoes and warm close for outdoor work etc. Price DKK 120 / 16 Euro a night, please note it in advance at the application. You can also choose your accommodation outside the school, like youth hostels, camping etc. but this is more expensive, you can find links at the tourist information of Bornholm, [www.borholminfo.dk](http://www.borholminfo.dk)*

### **TRANSPORT:**

*Bornholm is a very popular island for artists and tourists especially in weekends and holidays. We can arrange all transport the whole way from Copenhagen airport or main station to the farm if you prefer. Then we buy and e-mail the tickets to you in advance and a travel plan (price is around 34 Euro one way). It is easy and cheap and takes only 3 hrs. by bus and ferry. (In order to buy your ticket you had to pay the 34 Euro to the account of the school). **Please be in good time**, the ferry can be very full if you are too late. You are also very welcome to organize the travel yourself or hitchhike. The ferries are direct from Sweden, Poland, Germany, and Denmark. Bornholm have direct flight connect to many European Cities as well. Links. [www.bornholmexpress.dk](http://www.bornholmexpress.dk) [www.bornholmstrafikken.dk](http://www.bornholmstrafikken.dk) & [www.borholminfo.dk](http://www.borholminfo.dk) & [www.cimberairline.dk](http://www.cimberairline.dk), [www.norwegian.dk](http://www.norwegian.dk)*

### **Cancellation:**

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

### **Economical:**

*The Academy is a non-profit private and independent Art Culture Centre, which means we don't receive any financial support. We can help you with an invitation; Course and education gives you good possibilities to ask for grants in your home country if you are artist. If you come from the Nordic countries you can find links af places for apply grants at our website [www.nordicbutoh/contact.dk](http://www.nordicbutoh/contact.dk).*

### **Insurance:**

*Students 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. If you fly it is a god idea to buy cheap cancellation insurance to your flight ticket, just in case of cancellation of the course etc.*



### **Work Exchange:**

We can offer some of the students a reduced price, in the sense of exchanging work for workshop fee or lodging fee. You have to apply the school, with motivation, profession, etc and what kind of work you can manage. We can give you a maximum of 50 % reducing of the price. The work will be arranged according to your personal skill and according the need of the farm; for instance painting or renovating the buildings, work in the forest or garden etc. We don't need help for the daily clearing or cooking as we do this works our self. Part of the work will be organized and happen before the course starts and at the teaching free days, so it doesn't affect the course or disturb the full days teaching schedule.

Please call for further information. Looking very much forward to your participation,

all the best regards **Anita Saij**

**Post & Administration address: Baadsmundsstraede 43, DK 1407, Copenhagen K.**

**Students and studio address at Bornholm: Art Culture Center Bækkelund, Bolbvej 7, DK 3782 Klemensker.**

**Cell Phone: +45 2665 5605 - [info@nordicbutoh.dk](mailto:info@nordicbutoh.dk) - [www.nordicbutoh.dk](http://www.nordicbutoh.dk)**

**[\\* Print information](#)** (pdf)

**Academy of Creativity & Art Culture Center Bækkelund & Nordic School of Butoh at Bornholm:**

**Nordic Butoh**, Is an international alternative performance- and life art school in the North, full of inspiration and spirit of new and old. The idea of the school is to explore personal resources of the human being through creative work related to body, art, culture, existence- and **nature**.

**The Art Culture Center Bækkelund** is situated at the island Bornholm, and is an art residents farm and Art Culture Center. The international students can live together in an open creative atmosphere at the great farm, with staging equipment and a wonderful studio, surrounded by the fantastic nature. The Creative Academy is founded by the international priced and well-know choreographer, dancer, designer and movement therapist Anita Saij. It offer a post modern alternative performance and life art education in modules **Art Human Nature**, different open workshops and international summer camps both in France and Denmark.

**Bornholm** is one of our most beautiful nature island 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, with only 3 hours transport to Copenhagen, see the links at our web site [www.nordicbutoh.dk](http://www.nordicbutoh.dk) & [www.bornholminfo.dk](http://www.bornholminfo.dk) .

