

BODY MIND, CENTERING AND CREATIVE BODY IMPROVISATION WORKSHOP

at the beautiful and magical island Bornholm in Denmark 2010

12-15 August 2010

Deadline for booking at the latest 2 weeks (special price 4 weeks) before start, by paying the enrolment deposit.



BODY MIND, CENTERING & CREATIVE BODY IMPROVISATION WORKSHOP

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2- 4 days workshop.

(Thursday & Friday 17.30-21.30) Saturday 9.00-20.00 –Sunday 9.00- 16.00.

Students can attend from 2 or 4 days. A 4 days workshop offer the participators a great tour to some of the most fantastic nature sites of the island, Friday 10.00 – 15.00. The workshop gives free lodging at the Art Culture Center.

Nordic School of Butoh & Art Culture Center Bækkelund at the beautiful and magic island Bornholm, Denmark.

DESCRIPTION:

Body, Mind, Center (BMC) and creative body Improvisation. Creative Body work and improvisation inspired by the system BMC (original founded by Bonnie Bainbridge Cohen USA) developed on an understanding that body and mind are connected and equal expressions of the human existence. An exploration of Body Anatomy, Physiology and Biomechanics.

Through improvisation we express and research energy and structures of the inside from the smallest cells to organs, skeleton, skin, fluid and nerves system. An investigation of the evolution of the human body expresses feeling and sensation of movements in improvisations. It is an integrative body work, every one can enjoy.

The workshop is open for all, as well as movement's therapists, all kind of artists, academic, scientist etc.,

Guest workshop of Nien Mari Chatz from France, who is a fantastic inspired teacher in improvisation, BMC, Authentic Movement and contact improvisation. She had taught at Nordic School of Butoh with great success in 2008.



PRATICAL INFO:

Booking and information:

You can only signing up by paying the enrolment deposit together with returning the application form by mail. Deadline for enrolment: Special price one month before start of course, at the latest 2 weeks before start of course

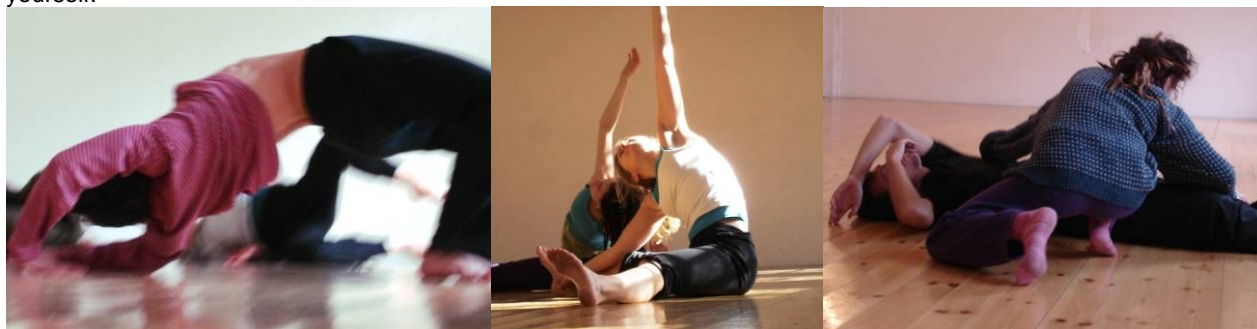
Price:

Price: Total 4 days workshop DKK 2160,-/ 288 Euro or Saturday - Sunday DKK 1.080, - / Euro144,-(special price). Or. Total 4 days DKK 2400,-/ Euro 320, - or from Saturday to Sunday DKK 1.200, - /Euro 160,-.

There are 2 prices according the date of *receiving* your enrolment deposit. Special price is if we receive you enrolment deposit at the latest 4 weeks before start of the course. All prices include enrolment deposit DDK 300,-/euro 40,-, and simple lodging at The Art Culture Center Baekkelund. **If you choose to attend without lodging the price is 10 % less.**

Lodging & Food:

Simple lodging is included in the price of the course in dormitory, high loft, tents depending of how many participators; we have mattress and locker, you had to bring own sleeping bag, warm blanket, sleeping / training mats and warm outside close) . 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, warm blanket, towel, bath tub in the main house, and warm close for out door work etc. (extra charge DKK 90 / 12 Euro a night, please note it in advance at the application). We can organise and buy the food but are eating and cooking, Price food DKK 90,-/ euro 12, - per day. (Total workshop is DKK 270, - / Euro 36,-). Request of special food as allergy or vegetarian had to be writing at your application form, You are also welcome to organise food yourself.



Transport:

Bornholm is a very popular island for artists and tourists especially in weekends and holidays. The ferries can be full. 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 send a travel plan (price is around 34 Euro one way, we don't charge extra for this service and we can refund and cancel the ticket up to one day before). It is easy and cheap and takes only 3 hrs. Directly by bus and ferry. To order you travel you had to pay the 34 Euro to the account of the school. **Please be in good time.** You are also welcome to organize it yourself or hitchhike. The ferries are direct from Sweden, Poland, Germany, Denmark. Links. www.bornholstrafikken.dk & www.bornholmexpress.dk & www.borhominfo.dk. You can fly directly from Jylland or Copenhagen or from destinations in Europe; links www.cimber.dk & www.norwegian.dk

Payment:

Nytorv, Copenhagen K, DK -reg. # 2102 Account # 8896-497-007, (swift code NDEADKKK, 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.

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.

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.

Looking very must forward to your participation, my best regards **Anita Saij**

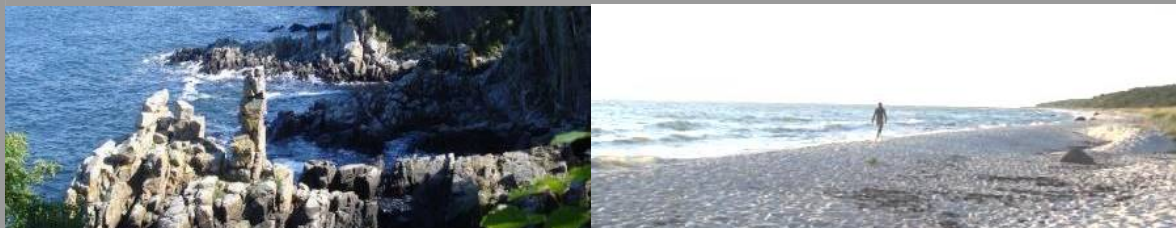
Post and Administration address is in Copenhagen: Bådsmadsstræde 43, DK 1407, Copenhagen K.
Students and studio address of the farm at Bornholm: Bækkelund, Bolbvej 7, DK 3782 Klemensker, Bornholm.
Nordic Butoh & Academy of Creativity; +45 2665 5605 - Info @ nordicbutoh.dk - www.nordicbutoh.dk

Academy of Creativity & Art Culture Center *Baekkelund* & 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*.



Art Culture Center Bækkelund is situated at the island Bornholm, and is an art residents and teaching Academy. 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. From 2009 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. Please find pictures, guest books, sketches and notes of former students at www.nordicbutoh/board.dk



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, and max. 3 hours from Copenhagen. www.bornholm.info.dk



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