

## **YOGA DOUBLE STRETCH – MASSAGE WORKSHOP**

at the beautiful and magical island Bornholm in Denmark

21-24 May & 2-5 September 2010

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



## **YOGA DOUBLE STRETCH – MASSAGE WORKSHOP**

**21-24 May & 2-5 September 2010**

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 Shool of Butoh & Art Culture Center Baekkelund at the beautiful and magic island Bornholm, Denmark.**

### **DESCRIPTION:**

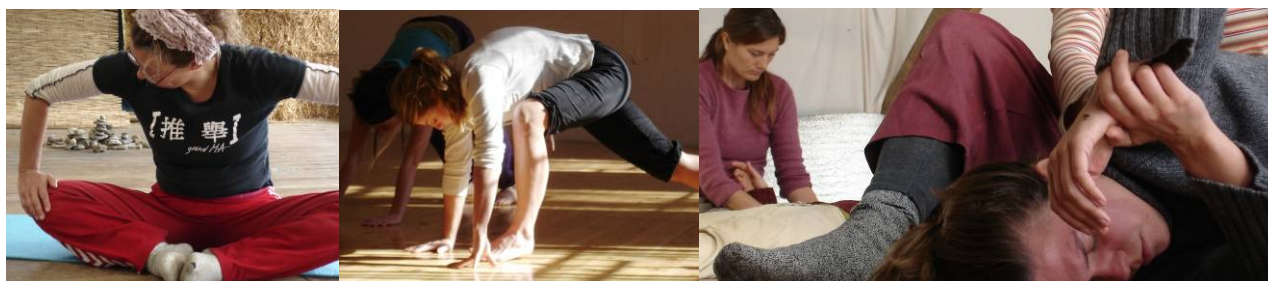
A wonderful and very effective stretch and massage system. 7 positions of the system will be introduced.

The system is an original path of releasing and stretching all part of the body, as well as the muscle as the skeleton. It opens up the flow of life energy in the medians and release tension, and makes the body soft, flexible, fresh and relaxed.

We connect deep breath, relaxation and stimulates in different easy positions. We work in couples as partners at the training mats One is active giving the deep massage and brings the others body into different easy positions of stretching. The other one is passive concentrating the deep breath receiving and relaxing the body. Afterwards we change to give and receive.

The system gives you a great bodily feeling and consciousness of the construction and coordination of you hands. You learn to give a full massage stretching from face to feet and from the surface of the skin to the deepness of the inside. You can use the system solo when you do your daily stretch alone, or share it with a partner professional or in daily life.

The combination of massage and stretch of the whole body makes this system unique and very effective, compare to other massage and stretch systems. It connects old and new knowledge from east, and is not only for dancers and sport people, but for everyone. Anita Saij has taught the system since 10 years, as profession dancer and body therapist.



### **ANITA SAIJ:**

*International renowned performer and teacher through 25 years within experimental dance, theatre, somatic practice and movement therapy. 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 plasticise 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.*

### **PRATICAL INFO:**

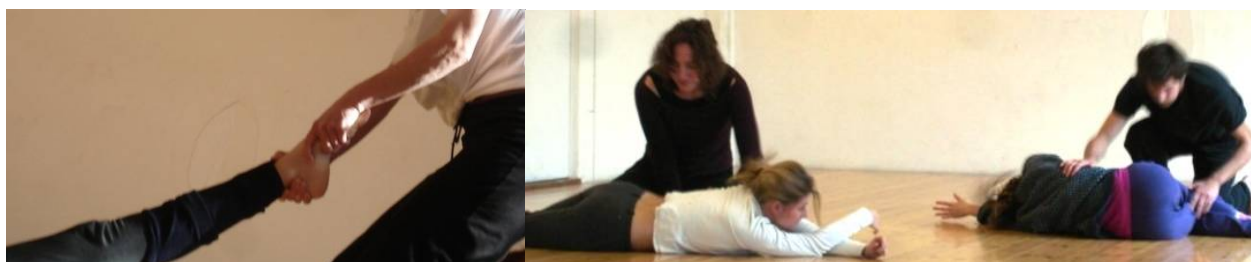
#### **Booking and information:**

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](http://www.bornholstrafikken.dk) & [www.bornholmexpress.dk](http://www.bornholmexpress.dk) & [www.borhominfo.dk](http://www.borhominfo.dk). You can fly directly from Jylland or Copenhagen or from destinations in Europe; links [www.cimber.dk](http://www.cimber.dk) & [www.norwegian.dk](http://www.norwegian.dk)

#### Payment:

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 **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](http://www.nordicbutoh.dk)**

#### **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*.



**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](http://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.bornholminfo.dk](http://www.bornholminfo.dk)



Nordic Butoh & Art Culture Center; +45 2665 5605 - Info @ nordicbutoh.dk - [www.nordicbutoh.dk](http://www.nordicbutoh.dk)