



**NORDIC BUTOH ACADEMY OF CREATIVITY.**  
Dance Body – Performance – Land & Life Art

**ART \* HUMAN \* NATURE EDUCATION.**

At the beautiful magic island Bornholm.

Art Culture Center, Bækkelund, Bornholm  
+ 45 2665 5605, info@nordicbutoh.dk,  
[www.nordicbutoh.dk](http://www.nordicbutoh.dk)

**\* Year program 2010 Nordic Butoh - Updated Feb. 2010**

*Dear friends and collages. Hereby update news - Please helps us to bring around in your network.*

**2010 THE YEAR FOR THE OFFICIEL OPENING OF THE ART CULTURE CENTER BAEKKELUND, Bornholm** with Events, Concerts, Gallery, Workshops and Performances. You can visits the Center, as well as guests as artist between 15 - 29 Augusts, bring you tent, friends and sun moods. Feel free to contact Nordic Butoh for the program.

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

A certificated creative body education for 6 months or in 6 modules;

**Certificated Education**

6 months education 6 **May** – 17 **October**

**Training course modules** ( Each module can be attended separately and graduated with master classes)

10 weeks intensive course (1+2) 6 **May** – 11 **July -2010**

8 weeks intensive course (3 module) 8 **August** – 1 **October -2010**

(Courses & modules can be taking separately or be graduated).

**Graduating performance modules / Master classes**

Intensive (4. module) 28 **June** – 11 **July**

Intensive (5. module) 20 **September** -1 **October**

Intensive (6. module) France 3 – 17 **October**

**Workshops**

Participation from 2 – 4 days, (with possibility of lodging at the Art Culture Center).

Butoh Workshop intro 13- 16 **May** / 16- 19 **September**

Yoga Double Stretch -massage 21-24 **May** / 2-5 **September**

Trance Dance, Sufi and Whirling 24- 27 **June** / 26-29 **August**

Move Mental Lab & Performance Mask Lab 8- 11 **July** / 23-26 **September**

Performance Lab and Mask Lab 19 – 22 **August**

BMC Body work and Improvisation 12-15 **August**

**Summer Camps**

Participation from 7- 14 days. France and Denmark

Body & Land - Art. West Coast, Bornholm, DK 7 days, 4- 11**July**

Butoh, West Coast, Bornholm, DK 7 -14 days, 1- 8 & 9 -17 **Aug**,

Dance & Horses. Mountains, South France, 7 days 3- 10 **Oct**,

**Info Days 16/5 & 10/7 & 7/8 & 19/9 , Open Training Classes** Copenhagen and Bornholm Please call for details,.

All workshops is going at our great course farm at Bornholm, one of the most beautiful magic islands of Denmark Situated in the Baltic Sea, central for the Baltic-and Nordic countries as well as Poland and Germany. Max 3 hour's from Copenhagen, with direct connection. We can organize your ticket from Cph. and your lodging at our great course Art Culture Center links [www.bornholmstrafikken.dk](http://www.bornholmstrafikken.dk), [www.bornholm.info.dk](http://www.bornholm.info.dk), [www.cimbreaireline.dk](http://www.cimbreaireline.dk)

**\* For detailed program school down or visit our site [www.nordicbutoh.dk](http://www.nordicbutoh.dk)**



**Nordic Butoh & Art Culture Center & Academy at Bornholm  
One of the most beautiful magic island of Denmark.**

Academy of Creativity is an alternative performance and life art school in North, where the international students can stay at the wonderful Art Culture Center in an open creative atmosphere in which it is easy to be inspired by the island's magic & overwhelming nature, from wonderfully long beaches to dramatic high cliffs. The school can offer (some of) the low budget students a reduced price (max 50 %) in the sense of exchanging practical work and workshop fee. The work is planned in advanced of course starts so it doesn't disturb the schedule of the course program. It's for students at the long intensive Course and the Camp in August.

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\* Workshop 2-4 days, including lodging at the Course Farm at Bornholm.



**Workshop 2-4 days; 13- 16 May / 16- 19 September  
Butoh Thoughts and methods”**

*Body as a part of nature.* Experimental dance, original from Japan unified philosophy, training and form, breaking with the western conception of working with body, mind and spirit. We explore mentally and physically levels of movements, poetic and aesthetical. Through improvisation and Investigation the dialog will open between the world and the inside. Concrete and Creative Principles will be presented in a work with life center, physic and metaphysic awareness, presents, breathing, body, time, space, transformation, perception and imagination of our animalistic aspects. *Workshop is open for all.*



**Workshops 2-4 days: 8- 11 July & 19-21 August & 23-26 Sept.  
Move Mental Lab & Performance Mask Lab**

Minding the body through improvisation and releasing body work .A creative dodo for all, Inspired by Zen and Butoh in a interesting combination with the neutral mask, the unified mindful body and its animalistic aspect. We wake up awareness and presents through mindfulness and improvisations with the mask without character. We connect mask and moods, inside and out side world, myth and reality, human and nature. We adapt structures and feeling from the nature and release the personal breath and laugh, sensitivity and freedom in our authentic natural body and its wonderful free and deep language. *A performance Lab every can attend from angel to devil, artist or not..*



**Workshop 2-4 days; 12-15 August  
BMC, Body, Mind, Centering 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. 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. The workshop is open for all, as well as movement's therapists, all kind of artists, academic, scientist etc., *Guest workshop Nien Mari Chatz and Anita Saij .*



**Workshop 2-4 days; 24- 27 June & 26-29 August  
Whirling, Sufi and Trance Dance**

Dance and movement inspired of old know less and culture in North, based on our celebration of life, dead, dark, light, earth, sky and first of all the sun. Whirling and trance dance awake the universal energy beyond the individual body by moving and visualization. We will enjoy the dance together, stimulate collective awareness, and release tension through spinning and moving rhythmical the natural body, from the feet, through the spine to the very top of the head. As a part of the course we will visit the old ritual places of the magic island Bornholm, where the unique sun whirl symbol is marked in the ancient's stones. *The workshop provides good health and no serious disease.*



**Workshop 2-4 days; 21-24 May & 2-5 September  
Yoga Stretch and massage in couples.**

A wonderful and very effective stretch and massage system. 7 positions of the system will be introduced. The works is an original path for release energy in muscles, skeleton and open the flow in the medians. It stimulates body consciousness and a deep breathing. Based on couple work where one is passive receiving and the other is active giving. It's recommended to attend all 4 days of workshop if possible, but it is also ok just to attend 2 days. The course is an intro to the system It will be possible to take an education afterwards, for certificate as practices or teacher. *Every one can participates.*

**Booking:** 4 weeks (special prize) or at the latest 2 weeks before start of the course by paying the enrolment dep.  
**Price:** 2 days DKK 1.080, - / Euro 144, - .Extra days 540,-/ Euro72, - (special price). 2 days DKK 1.200, -/ Euro 60,- , extra day DKK 600,-/ Euro 80,- .Includes enrolment dep. DDK 300,-/euro 40,- and simple lodging at the farm.

\* For detailed program school down or visit our site [www.nordicbutoh.dk](http://www.nordicbutoh.dk)



### Summer Camp Denmark 7 days; 4-11 July

#### Body -Land - Art

Sculpturing and performing inspired by form and feeling in the unique nature of the beautiful magic island Bornholm. Intuitive and creative processes connecting personal inner sensing, art and aesthetic. Body -and Land Art begins in the wonderful open studio with meditation, mindfully body work and continue outside where we create Art in the Landscape inspired and touched by evolution, structures, elements, Organic and dynamic language of Mother Earth. We will work in some fantastic landscapes from endless beaches and dramatic high cliffs, peace forests etc.



### Summer Camp Denmark 7-14 days; 1- 8 & 9- 17 Aug.

#### BUTOH

Experimental dance and its relation to nature, existence, culture. The course unified philosophy, training and performing. Thoughts and methods of the Japanese Butoh, had for more than 15 years inspired artist and dancers, breaking with the western conception of body, mind, spirit. A poetic, holistic and creative work unfolds source of the authentic body, either it is living or dancing. Body as a part of nature, expressed physical, mental, poetic, aesthetical. The Daily work present meditation, movements, imagination, transformation and is going on as well as inside as outside in the overwhelming nature at the beautiful magic island Bornholm.



### Summer camp France 7 days; 3-10 Oct.

#### DANCE & HORSE

Dancing in the natural theatre of the ancient's landscape of the great mountain. A unique place on the earth. We enjoy basic poetic work with Butoh, improvisation, power of the presents, awareness, mindful and authentic movement and explore the connecting between our self and the fantastic landscape through creative body work. We investigate the contact to partners, to nature and to the wonderful harmonic horses living in the high fields. This camp have been a great success the last 5 years, everyone can attend, you do not need any prior experience with dance or horses, just good mood and great love to the nature.

**Booking:** 2 months before (special prize) or at the latest 1 month before start, by paying the enrolment deposit.

**Price:** DKK 3.240,- / Euro 432,-, (special prize). Or DKK 3.600,- / Euro 480,-. Both camp in August 16 days DKK 6.075,-/ Euro 810,-. Price includes lodging and the enrolment deposit DKK 800,-/ Euro 100,-. Food DKK 90,-/Euro 12,- a day. It is possible to book single and double room.

\* Intensive Course and Education



### Education; 6 months or 6 modules start 6 May / 8 August ART HUMAN NATURE

A new alternative Performance & Life Art education, developing your personal resources through creative unified body work, integrating art, human existence and nature. The teaching is highly professional and inspired of as well as traditional and postmodern direction, for instance the Japanese Butoh, Somatic Movement, Living and Land Art, Mindfulness, Body Mind Centering, and other integrative bodywork based on improvisation, art creation, self investigation and creative coach. The longer Intensive courses can be taking separately or be graduated later on in 2 weeks module to a certificated education. Booking and Price please visit the website or call.

**Booking:** 2 month before (Special prize 10 % of). Or at the attest 1 month before start (look the also website).

**Price:** 6 months DKK 42.000,- /5.800,- Euro. 10 weeks DKK 18.000,- / Euro 2,400,-. 8 Weeks DKK 12.000,-/ Euro 1.600,-. 2 weeks modules DKK 6.000,-/Euro800,-. Early booking gives 10 % of the full price.

**Low budget students can apply up to 50 % reduced price in the meaning of works exchange.**

\* Open Training and Open Butoh class in Copenhagen



**16 May & 10 July & 7 & 15 August & 19 September  
Info day at Bornholm**

You can get information about the different course, camps and education of Anita Saij, Nordic Butoh & Academy of Creativity. You can enroll the open training groups in Butoh, MB, Pilates, meditation. You need to make a registration to the meeting by sending a sms and e-mail, and we send further information..

**Open Training Classes start in May & September in  
Copenhagen & Bornholm (call for information),**

Open for everyone once or twice a week. Anita Saij will start a open training group in Copenhagen and Bornholm from May and September 2009. The training is dance, pilates, Butoh, meditation. Call for information and date of next info meeting +45 2665 5605,

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