

Butoh workshop (Japanese Dance) with Juju Alishina

Attendees

From 3 to 30 students

All ages, all levels (Beginner to Professional)

Dress code: standard dance exercise wear (example: T-shirt, pants, socks)

Workout Space

Dance studio: from 50 sq. meters to 200 sq. meters depending on the number of attendees.

If possible, the room should be equipped with a large mirror on the wall and a yoga mat for each participant.

Floor: parquet or dance mat

Sound system for CDs

Dressing room

CDs brought by the Company.

Availability

Starting November 2015

Teacher compensation

The teacher's remuneration is a fixed amount and is independent from the number of participants

Maximum working hours are of 6 hours per day (35 hours / week)



	Sunday, Monday, Tuesday, Wednesday and Thursday	Friday, Saturday
1 day	500 € TTC	600 € TTC
2 days	700 € TTC	900 € TTC
3 days	900 € TTC	
6 days	2000 € TTC	

The teacher's transportation and accommodation expenses are the responsibility of the organizer.

Company NUBA takes care of Employer's Social Security contributions as well as Welfare costs.

A Butoh Solo performance is feasible

Payment terms and conditions:

20% due from the date of signing of the contract, upon submission of the invoice.

The balance on the last day at the end of the workshop.

About Juju Alishina – Choreographer, Butoh Dancer

Trained in Traditional Japanese dance and Butoh, Juju Alishina founded her own dance company, NUBA, in Tokyo. In 1998, she moved to Paris, where she has developed her own teaching methods in traditional and contemporary dance. Her present choreographic work on dance of Asian character integrates other disciplines.

Juju Alishina is regarded worldwide as one of the leading figures of the third generation of Butoh. Her dance Method, *"The body ready to dance - Secrets of Japanese dance according to the Alishina Method"* was published in Japan in 2010 and translated and published in France in 2013. The English version will be available in the UK and the US in 2015.



Workshop presentation:

The aim of the classes supervised by Juju Alishina is to work on different bodywork techniques in a contemporary manner: Breathing, voice, awakening and energy flow (KI) are developed to approach the Butoh movement in a balanced and harmonious way. Emphasis is also placed on improvisation, according to Juju Alishina's creative and authentic teaching method. Her approach to the dance movement as a mean of expression and release thus encourages participants to think, imagine, invent and create. Her teaching offers a genuine immersion in the aesthetics and the philosophy of the great Japanese artistic movement of Butoh.

Program example:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13h-14h	- Presentation of the class program - History of Butoh	Awareness - Strength & Flexibility - Mind & Body - Alignment - Dynamic Energy - Coordination - Precision - Centering - Gravity - Breathing - Body Intersection - Awakening				
14h-17h	Butoh basic training Undulation	Work on Ki Choreography using KI	Walking Walking Techniques	Improvisation Laboratory + Interpretation	Open Air activities	Performance
17h-18h	Practice	Improvisation	Practice	Improvisation	Voice Training	Discussion and conclusion
18h-19h	Relaxation, Stretching	Facial Training	Relaxation Discussion			

About Butoh

Butoh (舞踏 *Butō*) is a form of Japanese dance theatre that encompasses a diverse range of activities, techniques and motivations for dance, performance, or movement. It arose in Japan in the 60s.

Influenced by the European Avant-Garde, this art form first touched on taboo topics: violence, eroticism,... Butoh also celebrates rituals in life: birth, the burns of loving passion, pain, death. Japanese choreographers tried to express the entire range of emotions: bodies painted white, slow movements, clenched and twisted postures aimed to connect the conscious and the unconscious, the outside and the inside.

According to Juju Alishina, Butoh was created to change many aesthetics and conservative ideas. It was not only the emergence of a new style of dance, it was life itself concentrated in a new art form. This explains why sceneries in Butoh are reduced to their simplest expression.

In the 80s one can witness the emergence of a new form of Butoh where movements are resolutely contemporary, and express a new revolt. Juju Alishina can be linked to this new aesthetic. With time Butoh groups are increasingly being formed around the world, with their various aesthetic ideals and intentions.

The ALISHINA Method

Juju Alishina proposes a well-balanced and harmonious approach of the Butoh dance movements in all their abundance. Considered a key figure in the third generation of Butoh, she assimilates many styles and develops her personal style since 1982, working in compliance with the body. She built her method from a deep research and varied forms of Asian dance as well as her own authentic living experience of dancing bodies. Accessible to all, beginners or experienced dancers and actors of all ages, her method provides not only a creative approach to dance movement but also an introduction to the aesthetics and the philosophy of Butoh as a mean of expression and release.

Juju Alishina invites her readers to carry out a workout based on concrete situations and proactivity, thus leading them to think, imagine, invent and create throughout over a thousand hours of rewarding practical learning.

Artists for their part, may find in this Method material to create their own line of construction and consolidation of their discipline.

Very popular in Europe, the United States and Japan, The Alishina Method has gathered a thousand pupils who have worked under Juju Alishina's direction.

Useful information on the page <http://www.dansenuba.fr/html/coursengl.html>