

Workshop of Butoh (Japanese Dance) with Juju Alishina

Participants

For 3 to 30 students

All ages, all levels (Beginner to Professional)

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

Space

Dance studio : from 50 m2 to 200 m2 depends of the number of participants.

If possible, with large mirror on the wall and yoga mats for each participant

Floor : parquet or dance mat

Sound system for CDs,

Dressing room

I'll bring the CDs.

Disponibility

[Contact us](#)

Teacher compensation

The remuneration of the teacher is fixed and independent of the number of participants

The maximum number of working hours is 6 hours per day (35 hours / week)

	Sunday, Monday, Tuesday, Wednesday and Thursday	Friday, Saturday
1 day	500 € TTC	600 € TTC
2 days	800 € TTC	900 € TTC
3 days	1300 € TTC	
6 days	2000 € TTC	



Travel and staying cost for the teacher are the responsibility of the organizer.

NUBA the company responsible for social returns.

Possible to add one simple Performance of Butoh solo without add the fee.

Payment :

20% upon signing the contract on presentation of invoice

The balance on the first day at the end of the course

Biographiy of Juju Alishina – Choreographer, Butoh Dancer

Trained in traditional Japanese dance and Butoh, Juju Alishina founded his own company in Tokyo, NUBA. In 1998, she moved to Paris, where he developed his own teaching of traditional and contemporary dance. The choreography Juju Alishina around the Asian character dance today appealed to other disciplines. Juju Alishina is regarded worldwide as one of the leading figures of the third generation of Butoh. Her method of dance, "Butoh Dance Training - Secrets of Japanese dance through the Alishina Method" published in Japan in 2010, was translated and published in France, UK, Canada, Australia and the US.



Presentation of our workshop

The course framed by Juju Alishina object has to address in a contemporary approach, different bodywork techniques: breathing, voice alarm and flow of energy (KI) will be developed to address the Butoh movement balanced and harmonious way. Emphasis will also be placed on improvisation, according to creative and authentic method Juju Alishina. His approach to dance movement as a means of expression and release, and encourage participants to think, imagine, invent and create. Immersion in aesthetics and the philosophy of the great Japanese artistic movement.

Exemple de programme

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13h-14h	- Presentation of the programmes of the cours - History of Butoh	Awareness - Strength & Flexibility - Mind & Body - Alignment - Dynamic Energy - Co-ordination - Precision - Centering - Gravity - Breathing - Body Intersection - Awakening				
14h-17h	Butoh basic training Ondulation	KI Work Choreography using KI	walking Technical and diversity the walk	Labor rate for improvisation Interpretation	Activity in the open air	Performance
17h-18h	Application	Improvisation	Application	Improvisation	Voice Training	Discussion and conclusion
18h-19h	Relaxation, Stretching	Facial Training	Relaxation Discussion			

Butoh was born in Japan in the 60s and influenced by the European avant-garde, this dance was first attacked the great taboos: violence, eroticism, death. The Japanese choreographers tried to express the whole range of emotions: body painted white, slow movements, clenched and twisted postures which aim to connect the conscious and the unconscious, outside and inside.

Created to change many aesthetic and conservative ideas, according to Juju Alishina it was not only the emergence of a new style of dance, it was life itself concentrated in a new form. This explains a decor reduced to the simplest expression where bold lighting stalk actor dancer who appeared as a comet.

The famous Butoh rituals of life: birth, burns of passion, pain, death.

In the 80s we are witnessing the emergence of a new wave of Butoh in which the movements resolutely contemporary, express a new revolt. It is to this new aesthetic that can be linked Juju Alishina.

The ALISHINA Method

Juju Alishina,s style proposes a well-balanced and harmonious approach of the Butoh dance movements in all its abundance.

Considered a key figure in the third generation of Butoh, it assimilates many styles and develops his personal style since 1982, working in compliance with the body. She built her method from a deep research and varied forms of Asian dance and his own authentic living experience of dancing bodies.

Accessible to all, beginners experienced dancers and actors of all ages, his method provides not only a creative approach to dance movement but also an introduction to the aesthetics and the philosophy of Butoh as a means of expression and release .

Juju Alishina invites you to take a work based on the scenario and proactive, leading thus to think, imagine, invent and create through at least one thousand hours of rewarding learning. Artists for their part, may find material in this method to create their own line of construction and consolidation of their discipline.

Very popular in Europe and the United States and Japan, the method has Federated Alishina a thousand pupils who worked directly under the leadership of Juju Alishina.

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

