



Body Ecologies

Creative Workshop

9th and 10th November 2024

10.00 am – 4.30 pm

Mortimer Hall, Old Marston, OX3 0PH

Hosted by Café Reason Butoh Dance Theatre

An invitation to all creative practitioners to take part in an imaginative inquiry into how we understand and experience our bodies.

We are physical creatures – flesh and blood, skin and bone; our senses the interface between ourselves and others, and the world around us. Our DNA is passed on to us and by us, and we have limited control over how our bodies work or how they look. Our evolution, history, geography, and culture all influence how we regard and inhabit our material selves, and what we do as a result.

This two-day workshop will offer an exciting opportunity for individual and group exploration through visual art, creative writing, movement, and discussion.

Hosted by Cafe Reason Butoh Dance Theatre, an established Oxford-based group with almost 30 years experience of teaching, researching, and performing.

Ideas generated in the workshop will feed into Café Reason's research and development for a performance in autumn 2025.

(Workshop participants are not required or expected to take part in the final performance, though there is scope for ongoing involvement.)

Cost

Day 1: pay what you can
(£25 suggested amount)

Day 2: free

Bring a packed lunch. Hot/cold drinks and biscuits provided.

Day 1 (20 places)

This part of the workshop is open to anyone interested in the different ways Body Ecologies ideas and experiences can be expressed.

(We wish to be as inclusive as possible, so please let us know if you have any support needs.)

Morning

- Welcome and introduction —
- Exploring form through clay —
- Exploring form through movement —

Afternoon

- Exploring bodily experience through words —
- Words into movement and closing discussion —

Day 2 (12 places)

This part of the workshop focuses specifically on movement, harvesting the fruits of Day 1 and transforming them into dance.

(All participants must have attended Day 1.)

Morning

- Introduction and warm up —
- The physical body, ecology and interconnectedness —

Afternoon

- The metaphysical body: imagination and metamorphosis —
- Closing discussion —

To **sign up** for Days 1 & 2 or just Day 1, please fill in the online form [here](#).

Facilitators

Alice Baldock: Alice is a Junior Research Fellow in Japanese Studies at Wadham College, Oxford. Her research involves exploration of the role of dancers in reframing post-war Japanese society. She is also a butoh practitioner, working with Japanese, US, and UK dancers.

Helen Edwards: Helen has worked and trained in integrative arts psychotherapy, environmental arts, somatic movement, and dance in the UK, Japan, and SE Asia over the last 25 years. She curates, choreographs, and performs through art and movement, looking to trace evolving responses to ecological exploration, with a focus on water, evolution, and landscape.

Elsa Hammond: Elsa teaches English at St Hilda's College, Oxford, and facilitates creative writing workshops in the wider community. She has edited a trilogy of poetry anthologies for SciPo, and is also an award-winning travel writer.

Ayala Kingsley: Ayala has practised butoh for 27 years. Over this time she has developed her choreographic and performance skills, teaching classes and directing. She is a disabled and older dancer. Also a professional graphic designer and a published poet, she is interested in how all art forms connect the lived experience and the imaginary.

Joanna Matthews: Joanna is an Oxford-based theatre maker and dramaturge. She has worked with Café Reason on several major theatre performances. As a disabled person she is passionate about representation on the stage through spoken word and dance.

Elisabeth Spight: Lizzy is an experienced Oxford-based dancer, singer, teacher, and dance therapist, with a particular interest in cross-arts projects. Her therapeutic practice utilises movement to communicate conscious and unconscious feelings through dance.