

Photographs by Paul Freestone

“the body is the  
costume of the soul” image  
imagination  
exploration



## BUTOH CLASSES

Fridays 7.00–9.00pm  
E. Oxford Community Centre  
Princes Street, OX4 1DD

Body-based sensitivity  
training, bringing  
unconscious material  
into movement

For information telephone  
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dance

[www.cafereason.com](http://www.cafereason.com)



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**CURIOSITY** (and a sense of wonder) is at the heart of butoh. Butoh practice is for those who want to rediscover their bodies and find new ways to inhabit their physical presence, both in performance and in everyday life.

#### CAFÉ REASON BUTOH DANCE

THEATRE offers weekly open classes: no previous experience or particular level of fitness is necessary. We also welcome dance and performing art practitioners, as well as visual artists and musicians. Classes are often accompanied by live music.

Participants will explore techniques and exercises to enhance their sensory awareness, stage presence, improvisation skills, and body–mind focus, as well as developing physical strength, control, and flexibility. Our teachers have long-term experience in practicing and performing butoh, and have developed their own unique approaches to butoh training.

**NEW for 2013, starting on  
Friday, 11 January, 7.00 pm**

#### INTRODUCTION TO BUTOH

A taste of some of the key themes, techniques, and approaches in butoh, framed by four concepts of the body: the abstract body – form and space; the empty body and transformation; the fragmented body; the sentient body.

**4 weeks: £28, single class £8**

#### MOVING FROM THE CORE

A rare opportunity to explore one of the fundamental principles in butoh, with guest teacher Macarena Ortuzar.

**3 weeks: £21, single class £8**

#### BUTOH THROUGH THE SENSES

Taking the senses as our theme, we will continue to apply a range of butoh techniques and principles, shaped by the individual approach and interests of four different teachers: Ana Barbour, Flavia Coube, Jeannie Donald-McKim, and Paola Esposito. **12 weeks: £21 per 3-week block, single class £8**

For more information about Café Reason and butoh, and for updates on classes and news of performances, please visit our website [www.cafereason.com](http://www.cafereason.com)