



image

"the body is the
costume of the soul"

imagination
exploration

BUTOH CLASSES

MORTIMER HALL
OLD MARSTON
2ND & 4TH SATURDAYS
10.00 AM – 1.00 PM

Body-based sensitivity training,
bringing unconscious material
into movement

dance

www.cafereason.com
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Café Reason



“It’s as if my body, from its very core, returned to its starting point.” Tatsumi Hijikata 1985



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 is an experimental performance group specialising in butoh – an iconoclastic and still-evolving dance form that originated in post-war Japan. From its establishment in 1997, Café Reason has been committed to an ongoing process of exploration, seeking to extend the boundaries of perception and the interpretation and expression of universal human experience

OUR OPEN CLASSES and workshops are suitable for all body types, ages, and levels of skill; no previous experience is necessary. 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.

For more information and upcoming dates, please visit our website:

www.cafereason.com

www.facebook.com/cafereason

2nd and 4th Saturdays

10.00 am – 1.00 pm

Mortimer Hall

Old Marston

OX3 0PH

Drop-in sessions **£15**

Photos: Andrew Bell • Design: Ayala Kingsley