

BODY WEATHER & BUTOH

ADELAIDE WEEKEND INTENSIVE

led by
Tess de Quincey

22 - 23 SEPTEMBER 2012
Saturday & Sunday 10am - 5pm

Leigh Warren & Dancers Studio
LION ARTS CENTRE
Cnr Morphett St & North Terrace

This workshop will provide an immersion in BODYWEATHER principles alongside elements of BUTOH training.

BodyWeather is a broad-based, comprehensive physical training that cultivates a conscious relation to the state of constant change inside and outside the body. It is an open investigation that can be relevant for anyone interested in exploring the body. **Butoh** arose in the 1950's, but references origins in ancient Japan. It is a contemporary dance form emphasising images that transform and explore extremities of the body.

The workshop introduces participants to three different areas of the practice which vary between high-energy work and more quiet, meditative sessions:-

MB (Muscles><Bones / Mind><Body) - a dynamic and rhythmic work-out that includes aerobic and anaerobic exercises to develop strength, coordination and a vibrant, physical grounding;

Manipulations - a series of precise forms concerned with stretching and alignment on the basis of breath and weight;

Ground Work - a wide variety of exercises to sharpen sensorial focus and to develop sensitivity, awareness and the scope of expression through the body.

Participants should be aware that this work is NOT THERAPY OR HEALING.

*BodyWeather was founded by butoh dancer **Min Tanaka** and his **Mai-Juku** performance group in Japan. This intensive workshop will be led by Tess de Quincey who was a dancer with Mai-Juku 1985-91. Tess introduced the BodyWeather philosophy and methodology into Australia in 1989 and has developed the training further through her work in Europe, India and Australia. BodyWeather is the basis of her performance practice and underlies the work of De Quincey Co - www.DeQuinceyCo.net*

BOOKINGS

BOOKINGS are essential as places are limited, so please register as soon as possible to ensure your place on the workshop. To book, please send your contact details (name, address, telephone numbers and email) with a brief biography outlining your age, background and experience as well as detailing any previous injuries alongside your payment to Anna Maclean, contact details below.

PRICE: **EARLYBIRD** by cob Friday **10 August**: \$100

Full price: \$120

Payment should be made to Commonwealth Bank of Australia BSB 065142, A/C 10004729 in the name of Anna Maclean.

For information about BodyWeather go to
www.DeQuinceyCo.net/bodyweather/about

For further information contact
Anna Maclean
0418 838 545
desertmedusa@gmail.com

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exploratory physical training with

Tess de Quincey

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Trade &
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DE QUINCEY CO