

BUTOH OF THE PRIMORDIAL SPACE.

Butoh workshop led by Sylvia Hanff

The air is pulsing with life. Dance happens, dance is the universe... Being... Every cell of the body is The Source. The totality of existence. Interior of the exterior, exterior of the interior. Emptiness feels. The sound of inner silence. Invisible of the Visible. Shin - the center of the internal space, Yohaku – a crack in the existence, Hokotai – the walking body - one step between life and death, Mu - Emptiness, Mudra - the body is a manifestation of space, the non-presence, the dreaming body, the beginner's body.

Abandoning justifications scares because it undermines the very foundation for the ego. Openness to "speech" of sensory fields. La chair - the bodily/fleshy- tissue of the world - the bodily tissue of the body. Tissue carnality is "element" of Being. Transgressions. I will introduce the world between the layers of my body, I introduce my body between the layers of each thing and the world.

In butoh, every gesture - slow and sublime, though not perfect-no-complemented gesture suspended between the visible and the invisible, like a haiku poem, becomes an existential event and attempt to capture the moment of the phenomenal transience, referring also to the hidden immensity of non-phenomenal Emptiness.

The Dance of the SPIRITUAL DOUBLE KA.

KA - in Egyptian mythology - is a spiritual double of human being, that is born and lives within the body of the individual. KA as a spiritual double with every man lives on after ones dies as long as it had a place to live.

***The body is the link.* Nario Goda**

Sylvia Hanff is a butoh pioneer in Poland and one of the most widely recognized Polish butoh dancers who has studied with the greatest masters (Ko Murobushi, Carlotta Ikeda, Yoshito Ohno, Daisuke Yashimoto, Atsushi Takenouchi, Kan Katsura). She has an M.A. in philosophy, with a theoretical background in theatre anthropology. Sylvia is a choreographer, director, dance therapist, kundalini yoga teacher, labyrinth facilitator and cultural manager. She has also studied Western and Eastern, contemporary and ancient techniques of body control. The crucial element of her training is the practice of meditation. She was an actress in the Warsaw Mime Theatre, and worked with the National Theatre and the National Opera. The founder of Limen Butoh Theatre, she currently works with independent street and physical theatres. She is featured in *The Body Revolving Stage. New Dance in New Poland*, by Jadwiga Majewska and in *Present with the Body. The technique of Polish Buto dancers* by Magdalena Zamorska. She was scholarship holder of the Ministry of Culture and National Heritage. www.limenbutoh.net FB <https://www.facebook.com/limenbutoh>

"[...] It was the very first time for me to ever hear about and eventually see a Butoh performance [9 Birds NATSUKASHI]. It reminded me of the time I saw the vast ocean for the first time: There were no words needed to impress me, to touch me or letting me know what this was all about. I just watched it without thinking about a history behind it - watching the human body being affected by nature and transforming into something supernatural. I had the feeling as if this performance was expressing the most important thing for all of us - and that couldn't be told in words.

That's why I spontaneously [...] went to the Butoh-workshop. [...] I just couldn't resist, I wanted to experience something similar to that once again. And I did, in a completely unexpected and wonderful way.

(Julia, Austria)