

# Butoh Workshop with Natsu Nakajima

Presented by Inter Arts Matrix & MT Space

## Workshop Dates

6-9pm, Friday, March 16

10am-5pm, Saturday, March 17

10am-5pm, Sunday, March 18

Where: Studio Space, Courtyard at Bonnie Suart, Kitchener

For the performing artist to have complete trust in his body is a must. Our bodies have accumulated the memories of human history and still continue to do so. One's body is a treasure box of expression. Yet nowadays we humans live more and more in the virtual world. In other words, our minds are losing contact with our bodies. Listen to the inner world of body. Concentrate and sensitize the body through the medium of words and images, particularly those forgotten in the process of modernization. Those are forgotten or eliminated because of their futility. Explore the utility of the futile in order to understand the world as a whole. Butoh workshops provide a progression toward the acquisition of artistic expression through the body by exploring memories and consciousness of each person's internal organs.

