

10th ECArTE conference September 16- 19, 2009
European Consortium for Arts Therapies Education
in The Central School of Speech and Drama, University of London

Presentation abstract:

Sense of safety and security for creative works nurtured by meditative Butoh dance movements

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Keyword: Meditative Butoh Dance, Creativities, Security

Slow meditative movements in Butoh Dance, a Japanese avant-garde dance style originated by Tatsumi Hijikata in the 1950s as “a dark-black dance”, begin by making our body-mind calm and serene, readying us for subsequent creative artistic activities. The space between your head and arms and trunk and legs and .. etc. and the space between yourself and others and the surroundings, becomes a rich air mass in which you may feel as if your body is floating in the water, as theorized in Noguchi Taiso, a physical exercise system invented by Michizo Noguchi in 1950s Japan, which has been employed as a basic training system for Butoh dance and also for drama since then. Several basic movement patterns in Butoh dance and Noguchi Taiso will be explained first, and the Arm standing exercise, theorized and worked out by the presenter, will be introduced. This exercise has been used not only for Butoh dance but also included in “dance therapy” or “relaxation” in day care programs for patients at mental clinics. The slow and calm movements, and natural concentration towards them, easily produces a sense of safety and security whilst doing this exercise, and often allows participants to fall asleep, in a state of natural relaxation.

Note: Participants will be requested to lie down on the floor for some exercises. A bath towel or the like may be helpful to ease your back.

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