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## Exodoi\_Cartographic Score Gesture Verse Fragrance

### Butoh Dance Intensive

With

Ambra Gatto Bergamasco

Intensive Butoh Workshop - 29<sup>th</sup> august – 10<sup>th</sup> of September 2022

Hours per day if possible, morning (5hrs) afternoon (3hr) night (1hr30)

*“Life must, MUST, taste good. Aliveness is the exit of our own existence, an exodus of our own journey from within our many inner stanzas”(A.G. Bergamasco)*

Literally, Exodus means the movement of a large number of people, a departure, a journey moved by reasons, to escape a hostile environment. In Greek tragedy, Exodus, is the final scene; particularly, in Euripides, it involves the arrival of a Deus Ex Machina, a godly intervention towards an unstable situation. In the workshop context, exodus becomes plural-exodoi - and is understood metaphorically as:

**Exodoi** is the movement of our internal stories, landscapes, bodies. Exodoi calls for a Deus Ex Machina that allows us to understand, perceive and see, our own cartography. We can move to reach a welcoming land, we accept the intervention of a Deus Ex Machina through the creation of new wings. The wings are created as we allow the dialogic existence of the relation with nature within us: stones (external) and bones (internal), water and blood, soil and flesh.

**Exodoi – Cartographic Score Gesture Verse Fragrance** wants to provide a space for micromovement and inner unveiling of our own internal bodies. Internal bodies are weaved through the light architecture of our bones, through myofascial connectors, organs, muscles as much as our epigenetic signs – traces; they also compose the unique and individual cartography made of gestures, verses and fragrances.

Through the dialogic process of all relations, we unfold our cartography into the real. Into this world.

Cartographic score is understood as a processual experiential choreography that each individual goes through to enter the dual process of exploration and creation.

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Exodoi wants to be a testimony for the departure of the many bodies we live through. to a point of softness that allows us to bloom, nurture, expand, and delve deep in the continuous paradox of live and death, regathering and stepping into our own new land.

**Practically:**

**(Workshop structure – of course this can be changed according to the organization schedule for food breaks or other organizational needs)**

**Morning (5hrs)**

8.30 am – 1.30pm

**listening:** we come together in the space finding our bodies as they are in that precise moment we listen to the desires. This becomes the leading direction for stretching, movement, movement-dance and small impro.

**“stalking nature time”:** Before lunch we do “stalking nature time” – in the near natural amenities, we walk listening to the natural environment and spend time (30- 45 mins) with what most called out attention.

**Notation:** after every session time will be given to write down notes and thoughts. This aspect will generate a text of experiential theory.

*Lunch break 1.45hr*

**Afternoon (3hrs)**

3.00pm – 6.30 pm

**Internal Listening:** organ listening and recharging, myofascial relaxation, bone study, jumps

**Soma Techne:** understanding textures, transmutational exercises: water body, mist body, dead body, mud body. Using butoh to develop our own butoh.

**Impulses:** move beyond muscles

**Impro:** Longer practice of research with nature objects and words, poetic suggestions individual, duo and group improvisation

**Group share:** theory and experiential notes

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### **Evening Dance Impro (1h.30)**

**Washing and drying:** with this term, we understand how to wash and dry our creation process. Only what is real and has place will remain dried, inscribed in the body, washed of all, alchemized. Before/after dinner the group will dance individually and collectively to see what is forming: gestures, verses and fragrances.

**At the end of the week, we will present the creation process and an impro, choral and solo.**

The impro will show the process of each participant understanding of Exodoi.