

## **JINEN Butoh – Summer Intensive Experience in Tuscany (2025)**

In the summer of 2025, I had the opportunity to participate in a unique and transformative artistic journey: the **JINEN Butoh School's Nature-Side Summer Intensive Workshop** in Tuscany, led by **Atsushi Takenouchi**, with live music by **Hiroko Komiya** and assistance by **Liviana Angeloni**.

Held from **July 18th to 29th**, the workshop began with a gathering at Spazio NU and continued in a remote camp located **1,200 meters high in the mountains**—a secluded, pristine environment surrounded by forests, rivers, and lakes. Completely immersed in nature, we disconnected from the outside world and entered into a space of deep presence, somatic awareness, and creative exploration.

This workshop invited us to **discover our own Butoh** through an immersive journey into the elemental world. Day by day, we engaged in profound **somatic dialogue** with nature—moving with the radiance of the sunrise, the silence of ancient stones, the breath of gentle breezes, the strength of towering trees, and the glow of the moonlight. It was a deep listening practice, both physical and spiritual, guided with sensitivity and intuition by Atsushi.

Rather than teaching fixed choreography, the focus was on cultivating presence—allowing the body to be moved by inner and outer landscapes, by memory, time, and natural forces. Hiroko Komiya's live music brought a vital layer to the experience—her soundscapes were not simply accompaniment, but alive, breathing elements that shaped and responded to our movement.

The journey culminated in a **1- to 2-day ritual performance**, in which participants manifested their inner experiences through both **solo expressions** and **collective improvisational performances**. These were not just performances in the traditional sense, but **ceremonial acts**, where personal transformation met communal expression.

This experience was far more than a workshop—it was a **pilgrimage**. A return to the body, to the earth, and to a deeper listening. I left with an expanded sense of self, movement, and connection—not only as an artist, but as a human being.

## **With Gratitude – My Experience at the Summer Butoh Camp**

With heartfelt gratitude, I thank you for giving me the opportunity—through your support—to take part in the **Summer Butoh Camp Intensive Training**, organized by **Atsushi Takenouchi** and **Hiroko Komiya**.

This camp was a truly life-changing place for me.

Through the daily practices, I feel that I am able to **search for my own language**—a movement language that arises from within. Butoh embraces many belief systems and philosophies in which I can deeply believe, while also offering a vast, free space for

individual expression. You move from the very depths of your being, beyond form—**where dance and prayer become one.**

Because the program was so intense, every day began with Butoh warm-up and meditation, followed by **eight hours of practice**, with a break for lunch and siesta. Some days also included special sessions, like **Sun Practice before dawn**, or **Star and Fire Practice** after sunset.

I was together with **50 people almost constantly**—except in my bed. The days were filled with shared moments around the fire, group work and tasks, deep conversations, and long Butoh sessions. This intensity allowed me—and gave me permission—to understand life in the long term. There is no need to grasp or define everything instantly, no pressure to “be seen.” These practices, these deep dives, these connections and conversations—they all became living mysteries. They opened up questions: **When do we bloom? When do we die? When do we return to the earth?**

These processes gave me a deep sense of **peace**—a calm that allowed me to stop seeing things in black and white. They showed me how to stop projecting images onto my life, and instead to experience a **living connection** with the world from within myself. There is **no need for constant commentary or judgment**. We are all one with the universe. Everything arises from within us—even the state of the world as it is today.

So what can we do?

**Dancing and praying.**

This camp also encouraged me to accept the intensity of life. Yes, life can stir us up—it’s in its nature—but alongside that, we must look inward and ask:

What is my rhythm? What are my needs? What is that inner whisper that makes me feel good?

And yes—sometimes I don’t sleep. I let it carry me. I can’t control it.

But at any moment, I can seek a new door, a mystery, a turn that takes me to where I need to be. This approach has even supported me in my sleep—helping me release control, and **trust the unknown.**