



Yael Karavan: Butoh – Experiencing Our Body as a Vessel:
Presence, Emptiness and the Availability to be Transformed and to Become



Yael is an award-winning performer, dancer and Artistic Director of the Karavan Ensemble. Discover Butoh's main elements transformation, dance through imagery, presence, awareness, natural cycles of life and death, and the tension between opposites. Butoh's aim is to free the 'domesticated' body from its mundane preconceived set of gestures and movements to access a more authentic essence of movement and expression.

TOP EMBODIMENT TIP: Live inside yourself, not outside.

Butoh: Opening Our Eyes

- **'Butoh'** means treading, stepping, which connects us to the earth and the ancestors that are under the ground, sustaining each one of our steps; therefore, Butoh connects us with our roots, our essence and our ancestors.
- **'Ankoku butoh'**, the second name for Butoh, means 'dance of darkness'. Acknowledges the darkness in our world, the hardships and the ugliness. The light lives with the darkness; the shadow is made out of light. Life and death, always together in every moment.
- **Tatsumi Hijikata**, creator of Butoh, post-WWII, wanted to create a dance that would bring the body out of domestication. Shintoist, which is the indigenous, 'nature' religion of Japan; everything is alive. He started with form in order to reveal the soul.
- **Kazuo Ohno**, co-founder of Butoh. His approach starts with the soul searching for form. Together, with Hijikata, their approaches form the two sides of the same lotus.
- **Butoh is a philosophy**, a way of living, a way of seeing life, and interacting with the environment; so it is a different experience for everyone. **As a dance**, Butoh is about sharing experience, 'mime of the soul'.
- **'Butoh - MA'**: MA is a very important word in Zen Buddhism which has two meanings: the "emptiness" and "the space between the things"; the silence between, space between one movement and another, the space between you and me. It's everything that is transparent, indescribable.
- **'Butoh-fu'**: Hijikata's choreographic and image notation. **'Butoh-kaden'**: nine realms, images.

Transformation: Emptying and Becoming

- **Empty the body** through exhaustion, meditation, where you can find your centre.
- Then **fill this vessel of ours with images**, images of nature, to transform us.

Resources

- ❖ **Film:** *David Attenborough: A Life on Our Planet*, 2020;
- ❖ **Books:** *The Body as a Vessel*, Mikami Kayo, 2016; *Hijikata Tatsumi and Ohno Kazuo*, 2006; *Hijikata Tatsumi and Butoh: Dancing in the Pool of Grey Grits*, 2012.
- ❖ **Music:** [Mix](#): of Ryuichi Sakamoto, Illuha, Taylor Deupree-Perpetual
- ❖ **Website:** yaelkaravan.com, [Butoh-fu](#), [Butoh-kaden](#)
- ❖ **References:** Tatsumi Hijikata, Kazuo Ohno, Tadashi Endo, Yoshito Ohno



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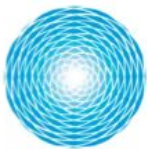
Amara Pagano, PathOfAzul.com



Amara Pagano is a leader and innovator in the world of conscious dance. She is the creator of the [School of Azul](#) and the co-founder of the global conscious dance community [OneDanceTribe](#). Azul is a path of personal transformation that supports the awakening of consciousness and recognizes that, as we transform ourselves we create the conditions for our world to transform.

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