



WELCOMING THE BODY // BUTOH DANCE WORKSHOP

Led by Brida Horváth

23 – 24 & 26 October 2025 (Thursday – Friday – Sunday)

Jurányi Produkciós Közösségi Inkubátorház, Grabó Stúdió

This workshop could be considered as a research into the unknown in order to find the dance already immanent in the body of each of us based on the spirituality of butoh.

In exploring dance together, we connect to our bodies to develop awareness and sensitivity and to sharpen our listening abilities. We make our bodies stronger and more flexible with yoga elements and stretching. We practice physical training for strength and concentration. We broaden our consciousness to change its quotidian conditioning. We open to new perceptions of time and space. We go beyond the automatic movements of everyday life to instill imagination and poetry into them. We let the body search the dance by extracting the self out of it – transcending the personal. We allow the body to be moved by and transformed into anything possible: imagery, landscapes, hidden characters, memories, dreams, elements, processes of nature, etc. We work on the subtle boundary between body and mind to explore unknown territories. We give time and space for the inner contents to appear, to take shape and to be shown.

Previous experience in dance is not required, only open-minded attitude.

The three-days are build on each other, so it is recommended to attend the entire weekend. However, it is possible to visit the Friday and Saturday sessions separately.

Date:

23rd October 2025, Thursday 10.00 – 12.30

24th October 2025, Friday 14.00 – 19.00

26th October 2025, Sunday 14.00 – 19.00

Place:

Jurányi Produkciós Közösségi Inkubátorház, Grabó Stúdió
1027 Budapest, Jurányi u. 3. IV. em.

Price:

Full price: 37.000 Ft / 3 days

Early bird price (paid until the 10 Oct): 33.000 Ft / 3 days

Registration fee : 9.000 Ft

The participation requires registration and the transfer payment of the registration fee.

More information and booking: primabrigi@gmail.com

Special thanks for the support to the Workshop Foundation.

ABOUT BUTOH

It is impossible to give a unique definition for butoh. It is characterized by transformation and the notion of being moved. The dancer's body is being moved by and transformed into anything possible: inner images, landscapes, hidden characters, memories, dreams, elements, processes of nature, etc. Each content which appears during the dance is equally welcome by and in the dancer's body and shared with the audience – not only as a visual form or movement but also – as a physical experience. Butoh performers work on the subtle boundary between body and mind which invites the audience to explore unknown territories. Butoh is the dance of existence and it begins with abandonment of self.

Historically butoh has arisen in the 1950s-1960s through collaborations between Tatsumi Hijikata and Kazuo Ohno. Butoh dancers challenge beauty through grotesque body forms and movements, they are danced by something larger than us.

BRIDA HORVÁTH

Brida Horváth is a dancer, performer, and choreographer living in France. Following her studies in contemporary dance and physical theater, she has created in groups, trios, duos, and solos in Hungary, Spain, and France. She currently works mainly on her own projects, collaborating with other artists (instrumental and electronic musicians, graphic artists, video artists, writers, dancers). Since 2012, butoh has been the main influence on her dance and creative process. She is particularly inspired by the life, dance, and work of Masaki Iwana. Her interests center on the relationship between humans and nature, states of abandonment and transition, and ritual. In addition to her stage work, she often creates in nature, outdoors, and in galleries. She regularly holds dance and movement workshops for seniors, adults, youth, and children.

brigittahorvath.com

Her latest works were also shown in Hungary as part of Placcc :

Shift // Műszak (2024) Hengermalom

Dawn // Derengés (2023) Kis-Sváb hegy

Left behind (2021) Szeszgyár

On the photo : Brida Horváth in the performance *Shift*. Photographer : Corinne Veyssière