



International Bothmer Summer Week in Polička, Czech Republic 24 July 2023- 30 July 2023

**We would like to warmly invite you to Polička for the 2023
Bothmer® International Summer Intensive!**

Polička is situated on the border between Bohemia and Moravia, and serves as a gateway to the Žďár Hills, one of the most beautiful parts of the Czech-Moravian Highlands. The picturesque town of Polička lies hidden among the hills, surrounded by charming countryside full of flowery meadows, rocky hills and valleys threaded with streams.

A city as if from a fairy tale, ringed by medieval walls with towers, bastions and romantic walkways – this is Polička. To read some more about the town and the surrounding, please visit <https://www.visitczechrepublic.com/en-US/321df67c-d64f-406d-96c0-9ac8835735ee/place/t-policka>



The town walls and a bastion



The Church of St James



Polička is a small and peaceful town. The people are hospitable and friendly. You can get everywhere on foot or by bike. For the town of its size (population just below 10.000) it is equipped with some excellent cultural and sport facilities and hosts many cultural and sport events throughout the year. The outdoor swimming pool, with a beach volleyball court, is a place to be in summer while in winter the municipal ski slope, right on the edge of town, offers a great outdoor experience.

About the week:

Date: 9:00 am Monday, 24 July 2023- Midday Sunday, 30 July 2023

Arrival and registration: Sunday afternoon, 23 July 2019 at the Elementary School, Masarykova základní škola Polička

Address for registration: Nábřeží Svobody 447, Polička 572 01

The intensive week will have a similar schedule to the last years. We will have Bothmer gymnastics in different groups in the morning. After lunch we will enjoy the afternoon courses and at the end of the afternoon we can join some sport activities. We will round the day off with a variety of organised evening activities with plenty of room for personal initiatives.

There are three different categories of morning courses. Students of the current trainings will be assigned to a group. These groups will have the chance to work with several teachers during the week (Jessie Delage, Susan Kelly, Márton Szűcs, Adrian Constantinescu). Postgraduate Bothmer gymnasts have the choice to either join the group of the current students or to attend the postgraduate course. The postgraduate course will be led by Martin Baker and László Varga-Szemes. The postgrad morning group this year will have more options than previous years and will be open to host some initiatives from postgrads themselves. The first 90 minutes

will be led by Laszlo and Martin as usual in one or two groups. During the second 90 minutes after morning break there will be time for postgrads to exercise their own initiatives and facilitate groups with their own themes and share their own work and ideas. Laszlo and Martin will also hold groups in this time but there will be room for those who have enthusiasm to work on subjects of their own design. If you would like to facilitate a group for just one 90 minute session or perhaps a series of sessions please write to Martin at martin@bothmermovement.co.uk with the subject you would like to lead and some basic content. Laszlo and Martin will collect this and provide postgrads with information about what will be on offer so they can be prepared for the choices available.

For people who are currently not in a Bothmer gymnastics training, we will be offering an Open Bothmer course. This course is suitable for beginners as well as for people with experience! The course will be taught by Eric van Wijnen.

You can sign up for the afternoon courses on the registration form. The afternoon courses are held during the first session after lunch. Please be aware, that some of the courses have limited places and we will be filling the places in the order of the arrival of the registrations. These activities are offered as a course running from Monday to Saturday (except Thursday). Please consider carefully which course you would like to sign up for, as this will be your course for the week.

You can choose from the following activities:

Afternoon Courses:

1. Eutony with Jessie Delage (France/Spain)

Gerda Alexander (1908-1994) developed a way of working with the human body, which she then called Eutony, partly for her own needs to save her vital forces and partly because of seeking the answer to the question: "What is freedom in movement, what is free movement?"

Eutony (which means "right tonus") promotes ease of movement, freedom of gesture and works on the posture through the body- sensations.

This workshop will explore especially the functions of the skin (touch and contact) and of the bone-system (the conscious use of the skeleton in posture and movement).

We will work with individual exercises as well as in pairs.

You will also have the opportunity to experiment with movement improvisation based on the experience that are the basis of Eutony (stretching, contact with an object, with the ground or with the space or with a partner).

Jessie Delage is a body and movement therapist and also the leading teacher of the Bothmer training in Spain and in France. She is the founder and director of the French Eutony School in Paris.

Please bring socks, warm clothes and something to lay on (blanket, yoga mat, sleeping bag) with you!

2. *Embodiment* with Birte Kjaer (Denmark)

We will be working with movement exercises with the aim of integrating retained infant reflexes. Slow, gentle and precise exercises lying on mats. The core of the exercises is the rotational movement of head, neck and upper body. Please bring a *blanket and two balance pads* if it is possible!

Birte is the former leading teacher of the Bothmer Training in Denmark and she is a certified Embodiment therapist.

You will be able to rent the balance pads on arrival for the week. We will kindly ask you to contribute toward the cost of these pads by paying a rental fee of € 5 /pad for the week. (Please note that the cost will be € 10 for the week, as you need two of them!)

Maximum number of participants: 20

3. *Volumes in Space – Volumes in Movement* with Georg Feyerabend (Germany)

In this course we want to explore the qualities and possibilities of geometric volumes in space. The platonic volumes and others could come to an eversion, they could move in space and time. We will take the phenomenological path, not the mathematical, and we should find some connections and congruencies to the Bothmer exercises by movement.

Bring some tools with you to draw on and to cut paper and carton, like pencils, rulers, scissors, cutters, glue and don't forget to take your ability for surprise. Leave your claim of understanding at home, I will not satisfy it.

Goethe said it: "I'm here for astonishment"

Georg Feyerabend is a freelance architect in Lübeck, Germany and was born in 1964. He has 4 grown up children, who attended the Steiner school, in which his wife is a gym teacher. He did his Bothmer training in 2010-2014 in Hamburg.

4. *Presencing Through Mask Play* with Pavel Bednář (Czech Republic)

Masks never fail to seize our interest and provoke our imagination. They are also a great tool to explore what we experience on the inside and how we

communicate it on the outside. Through mask play we can learn how to truly embody the essence of being here-and-now and how to express that being in the most authentic way. Endowed with the magic power to hide and reveal at the same time, masks can serve as a great and uncompromising tool for self - discovery.

In this workshop we will explore the use of bodywork and mask improvisation, to enhance our ability to be open to play, to be fully present at the moment and to sharpen our attentiveness to the narratives that emerge in the space we occupy through our presence. Working with a range of different masks we will focus on the embodiment of their essence, the representation of their feelings and their innermost intentions, thus deepening our knowledge of non-verbal communication.

Bodily action will serve as our primary means of expression but through frequent feedback and reflection we will also get a chance to practice, sharpen and verbalize our observational skills.



Pavel Bednář has a degree in Drama Education and has been fascinated with masks since his first encounter with them some 25 years ago. He believes that out of a simple mask-improvisation the most profound drama or comedy, we're ever going to see, may arise.

Maximum number of participants: 14

5. *Mime* with Csaba Méhes (Hungary)

We will have a look at and experience the world around us: the mineral, plant and animal life forms, as well as the qualities of the four elements: earth, water, air and fire, with the help of the classic Decroux corporeal mime technique. During the weekend, we will try to form our experiences into a small stage presentation and will share them on Saturday evening.

Csaba is a Bothmer Gymnast, internationally acknowledged mime artist, drama- and clowning teacher, actor, comedian and entertainer

Maximum number of participants: 25

6. Poi Workshop with Kolja Schirge (Germany)

The roots of playing and dancing with poi are in the training and rituals of the Māori culture, the native inhabitants of New Zealand. Playing with Poi went through a long development and today there are a lot of different styles and streams e.g.: in circus arts, different dancing styles and acrobatics. In general, poi are weights on strings, which can be used to swing and juggle around, to explore different patterns, figures, tricks and choreographies. The relation to the planes of space plays an especially important role in moving with Poi.

The basics are really easy to learn. Once the foundation is there, you can dive into the world of endless variations and possibilities.

This poi course offers you an introduction to this artistic movement as well as offering a space to practice, to experiment and to explore the quality of movement in poi playing and in relation to Bothmer Movement.

In the first session we will make our own poi, which then you can take home at the end of the week. In the following sessions we will move together, learning different basic moves and tricks and experiencing the quality of movement.

No previous experience is required!

Costs of material: € 18- € 45 depending on the type of material you choose for you poi

Max number: 14 people

Kolja Schirge has completed his Bothmer Training in Hamburg in 2014. He is a massage therapist and balneotherapist and is currently studying human medicine in Göttingen, where he lives.

He started playing with Poi in 2010 and has offered Poi courses in children-, adolescent- and adult psychiatry and led various Poi workshops.

7. *Bothmer Exercise Clinic*

You will be working every day on a different Bothmer exercise with a different teacher.

Participants of the open course and students on current trainings and postgrads will be working in different groups.

How to get to Polička:

Public transportation:

All bigger airports in Europe offer flights to **Prague**. You can also arrive to Prague by train or coach. The best way to get to Polička from Prague is by

train, although there is no direct connection. If you arrive to Prague by plane to Vaclav Havel Airport (PRG), you can take the Airport Express Bus (AE) straight to Prague's main railway station.

If you arrive to Prague by bus most companies stop at Florenc bus station, which is on the underground (Metro) just one stop from the main railway station (line C). Some companies (FlixBus) also stop at the main railway station.

From Prague's main railway station (Hlavní Nádraží) there are trains in a two-hour-interval going to Svitavy (direction Brno) where you change for a local train to Polička. The whole journey takes 2,5 hours and costs about € 16. You can also take a train to Česká Třebová and change there for Svitavy and again for Polička. If you travel from Ostrava (direction from Poland) you get off at Česká Třebová as well. If you travel from Brno (direction from Slovakia, Hungary, Austria) you get off at Svitavy.

For train (and bus) timetables go to: idos.cz/en/trains&buses
Or to : cd.cz/en/trains

By car:

For those travelling from *Germany* the best way is to take motorway D11 from Prague and later D35, and then road 35 and 360 to Polička (via Vysoké Mýto and Litomyšl). From Prague it takes 2,5 hour.

Those travelling from *Hungary and Slovakia* will need to go via Brno (motorway D2) and from there take the road 43 to Svitavy and then road 34, which takes them to Polička. It is 1,5 hr drive from Brno.

Those travelling from *Poland* could come via Ostrava following motorway D1 to Olomouc and from there by motorway D35 to Mohelnice. From Mohelnice it is road 35 all the way to Polička (via Svitavy).

The motorways in the Czech Republic are subject to a time-based fee so all vehicles have an obligation to purchase an electronic vignette a validity of either 10 days (310 CZK) or 1 month (440 CZK), which can be purchased online: edalnice.cz/en

Organised transport from Prague:

We are renting a bus taking all interested participants from Prague to the location of the summer camp. You can sign up for the bus on the registration form. Please note, that this is a binding registration, since we are booking a seat for you on the bus.

You can sign up for the bus **till 29 May**.

Cost: € 18 one-way. (Based on a full bus! If the bus is not full, the price might be slightly higher!)

Pick up points: Prague Main Railway Station (Hlavní Nádraží)/ Prague Airport

Pick up time: 4:00 pm, Sunday, 21 July 2019

Car rental

There are several rental companies at the airport. You can book a car online: www.prg.aero/en (Under the heading "After Arrival" you will find the option for car rentals.)

Accommodation:

Classroom:

Sleeping in the **classrooms** costs **€ 45** for the week (7 nights, Sunday to Sunday) per person. There are no mattresses available, so please bring your sleeping bag, camping mat and whatever you need for a good night sleep.

If you want to book individual nights, one night is **€8**.

This year we got some mattresses, which you can rent for the week. The number of those is limited, so please sign up for it early (first come, first served). You can indicate it on your registration if you would like to rent a mattress.

There is a big kitchen with adjoining dining room, which we can use. The kitchen is not the school kitchen. It is used for teaching students how to cook and bake. It is in a separate wing of the school (not where the regular classrooms are, where we will be sleeping!)

Dormitory rooms:

There is a dormitory just across the street from the big gym we will be using. The dormitory has only double and three- bed rooms (two or three single beds). Each room has a small bathroom with a shower and toilet. There is also a spacious kitchen on each floor with a dining room.

This is a dormitory, so please do not expect hotel quality! The rooms, as well as the kitchen, are simple, but they are clean and serve their purpose. Bedding will be provided, please bring your own towel!

The dormitory costs **€ 15** per person per night, based on double/ triple occupation.

Rooms will be offered on first come, first served basis! If you know with whom you would like to share a room, please let us know on the registration form in the remarks section.

Tents and caravans:

There are a few places available for tents and caravans (we have about 7-8 places for tents and 2-3 places for RVs). These places will be given away on first comes, first served basis! If you have a big tent, please let us know on the registration form in the remarks section! (because of space reasons) Thank you!

Cost: € 45 for the week per person (7 nights, Sunday to Sunday)

We recommend that you arrive on Sunday, 23 July and leave on Sunday, 30 July. If you would like to spend additional nights in Polička before or after these dates, please contact Krisztina!

Hotels and bed & breakfasts:

Here is a list of hotels and bed & breakfasts. These are all within 10-15 minutes walking distance to the gyms.

ubytovani-policka.cz

hotelopus.cz

penzionnachalupe

There is also a hotel and camping site 4 km from Polička:

deoudewatermolen.nl/en

There are several houses and flats available for short-term rent in the vicinity, so if you are coming by car, it is worth looking around online.

Food:

Early bird prices, with registration before and on 18 June 2023:

Full board: € 110 (Starting Monday breakfast, finishing Sunday breakfast, without supper on Thursday)

Lunches only: € 40 (Monday to Saturday)

Prices after 18 June 2023:

Full board: € 140 (Starting Monday breakfast, finishing Sunday breakfast, without supper on Thursday)

Lunches only: € 55 (Monday to Saturday)

The food will be seasonal and mainly made of regional produce.

You will have the choice of meat, vegetarian/ vegan food.

Please make your choice on the registration form.

If you have any food allergies or special dietary needs, please contact Krisztina or write it into the remarks section of the registration form, detailing your exact allergies and needs! Please be as specific as possible!

Please note, that we will NOT be able to offer food based on single meal orders or take orders for only certain days! ***Your food order is for the whole week.***

In addition to the weekly package, there is the possibility of ordering supper for the Sunday evening, 23 July (€ 8) and lunch for Sunday, 30 July (€ 8) if there is a minimum of 50 orders.

There are several shops, restaurants, cafes, bakeries and take-away services close to all of our locations.

Wi-Fi:

Free Wi-Fi is available in all gyms, most dormitories, cafes and restaurants.

Tuition:

Early bird registration till **18 June 2023: € 250**

Registration after 18 June 2023: € 300

We are all very aware of how the world is in upheaval and some people are suffering more than others. If you would like to help and can afford to pay more for the week, we would like to encourage you to support those who are in need with paying a **supporting fee**. This money will go towards helping those who would not be able to attend the summer intensive without some financial help. In order to make it easier for those who do need support, we would like to keep this donation anonymous.

If you would like to attend the summer intensive, but the costs adding up are just too much for you, please let us know. We would like to make it possible for as many of you as we can, to be able to be there for the intensive! Please talk to Krisztina or to one of your Bothmer teachers.

To ensure that you get a place, please make sure that you register early!

Thursday afternoon outings:

We will have the Thursday afternoon (27 July) free. This is your time to socialize, to get to know Polička a bit more, to visit towns nearby or to have a rest. You will have plenty of choices and as we get closer to the actual dates, we will be sending you more information about the different possibilities.

There are some lovely towns in the area, which are worth making a trip:

Litomyšl - a beautiful historical town with a UNESCO World Heritage site (the Castle) where a world famous composer Bedřich Smetana was born. You can read about the town and get a first impression from some photos here:

litomysl.cz/en



Litomyšl, town centre

Svitavy

Svitavy is the birth place of Oscar Schindler. There is a permanent exhibition dedicated to him in a municipal museum.

muzeum.svitavy.cz/oskar-schindler

svitavy-about-the-city.cz/en

Attending the intensive week with family, friends and pets:

We are glad, if you bring your family and friends with you for the week. All friends and family members older than 18 are welcome to sign up for the Open Bothmer gym course! If you bring your children, please make sure that you have an accompanying adult, who can take care of your children, while you are busy. Children are not invited for the morning sessions. There might be some afternoon sports and games sessions where they are welcome. This will be announced during the week in the mornings.

Please be aware that pets are not allowed to the school grounds, to the gym and to the dormitory! If you are planning to come with your pet, you need to find your own accommodation where pets are allowed and make sure your pet is taken care of during the day.

Activities for children:

This year we are offering to those families who are arriving with children, aged 6-14 years old, children's activities in the mornings and as an optional afternoon activity.

The mornings will be spent with outings in the village and in the surrounding, doing arts and crafts and going to the local swimming pool, depending on the weather. Your child(ren) will be picked up at 8:55 at the entrance of the gym of the high school and will be dropped off at the canteen at 13:00. Apart from Sunday, when they will be dropped off at around 12:00, when the main course for the adult participants has finished.

Cost: € 60 per child (including a mid-morning snack and all entrance fees)

There is the possibility of signing up your child for the afternoons as well. The afternoon program will be similar to the mornings, with varying activities. Depending on the schedule of the week, there will probably three whole afternoons (15:00- 18:30) and two half afternoons (15:00-16:30) offered. The price for these afternoons will be 5/10 Euros, depending on whether it is a half or a full afternoon.

You can sign up your child for the children's activities by registering him/her through the registration link. Please make sure you register each child separately!

A few weeks before the intensive week starts, you will receive a more detailed program of the week's activities with a list with detailing what to bring for your child(ren).

Please note that we can only offer this service if there are at least 10 children for the activities.

To ensure that you get a place, please make sure that you register early!

Please make sure that you fill in a registration form per person when booking food and accommodation (even if your accompanying family member or friend does not participate in the courses). Thank you!

You can register by clicking [here](#)

Or click on this link: <https://tinyurl.com/2esaxuhv>

Please be aware that the **early bird prices** for food and course fees are only valid till midnight, **18 June 2023**! Registrations arriving after this date will be charged with the normal fees.

If you have any questions or would like to use a different way of registration, please contact Krisztina at krisztina@bothmer-movement.eu