

nosmosis research 2026

OPEN CALL for Workshop (WS) Participants

- ① Dance & Dialogue Workshop
- ② Special Dance & Dialogue Tryout Workshop
- ③ Dancer WS (CT)
- ④ Cross Community Lab (CCL)
- ⑤ Public Showing & Talk

① Dance & Dialogue Workshop

This workshop, guided by Ema Yuasa, uses movement as a medium for dialogue and communication, with participants sharing insights and discoveries that emerge through the experience. Open to everyone regardless of dance experience, continued participation is encouraged. Selected sessions feature guest guides—Osamu Jareo, Naoyuki Sakai, and Sono Ueda—whose own artistic practices explore dialogue through dance with people of diverse backgrounds, experiences, and identities. Participants who have previously taken part in this workshop are especially encouraged to attend the guest sessions.



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Dates

9/4、9/18、9/25、10/9、10/16、11/2 (Mon.)、11/13、12/11、12/18、1/8 19:00-21:00

November 2 is on a Monday; all other sessions are on Fridays.

Artists

nosmosis organizer
Choreographer, Dancer
湯浅永麻 Ema Yuasa



● 9/25, 10/9
Guest Guide
Choreographer, Dancer
酒井直之 Naoyuki Sakai



● 10/16, 11/2(mon)
Guest Guide
Choreographer, Dancer
砂連尾理 Osamu Jareo



● 11/13, 12/11, 12/18
nosmosis associate
Dancer
上田園乃 Sono Ueda

Venue: SHIBAURA HOUSE 5F (Shibaura 3-15-4, Minato City, Tokyo) Capacity: 10 people
Who It's For: Those who are interested in communication through physical expression. No dance experience necessary.
Participation Fee: (1 time) <General>¥3,500 <Under 24 y.o. / Over 65 y.o. / Minato City Discount> ¥3,000
Application (7/18 ~): Please send your name, age and preferred date of participation to info.nosmosis@gmail.com

② Special: Dance & Dialogue Tryout Workshop

A tryout workshop guided by members of the Cross Community Lab (CCL), nosmosis' emerging practitioner development program. Drawing on their own perspectives, the guides invite participants to explore expression and play through movement, opening up new ways of relating to one another and the surrounding space beyond words. Although this special session is primarily intended for children, people with diverse needs and their families are also warmly welcome. We value the encounters and connections that emerge through sharing the space together. Come as you are and join us!

Dates

9/27、11/15 Sunday 14:00-16:00

Artist

CCL* Members

*participants in the Cross Community Lab, a program for developing community-engaged dance practices.

Artistic Advisor
Ema Yuasa

Venue: Various locations in Tokyo's 23 wards (the venue varies by session and will be shared with registered participants only).

*Only sessions held in Minato City are supported by the Kissport Foundation.

Who It's For: Children (Grade 3 and above) who are interested in exploring new ways of playing and communicating, and adults interested in the program.
Participation Fee (1 time): <Children (Age 10-18)> ¥500 <General> ¥1,500 <Under 24 y.o. / Over 65 y.o. / Minato City Discount> ¥1,000
Application (7/18 ~): Please email info.nosmosis@gmail.com with the names, ages, and preferred date(s) of all participants.

Organize: nosmosis Organizing Committee

Support: Arts Council Tokyo (Social Grant), FY2026 Minato Support Program for Art and Cultural Activities*, The Saison Arts Foundation

Cooperate: SHIBAURA HOUSE, Goethe-Institut Tokyo, NPO CHILDREN MEET ARTISTS

*Only sessions held in Minato City are supported by the Kissport Foundation.



キスポート財団

公益財団法人セゾン文化財団



SHIBAURA
HOUSE
& Cultural Embassy



③ Dancer WS (CT)

A workshop for semi-professional dancers to learn *Countertechnique*®, a movement system that develops the physical and mental skills needed to work across a wide range of dance styles. In addition to the Countertechnique classes, **participants will take part in discussions to share experiences, questions, and challenges related to today's dance environment. The workshop also includes learning repertoire of Anouk Van Dijk (Founder of Countertechnique)**, which uses tools from *Countertechnique*. By moving between physical practice and dialogue, participants are encouraged to reflect on their own artistic practice and broaden their perspectives as dance artists.

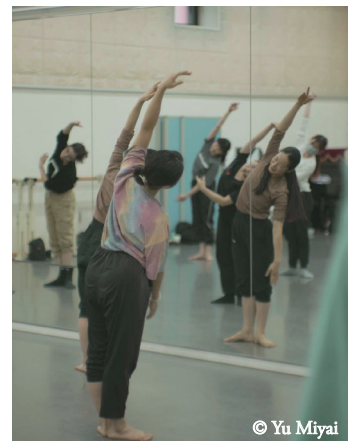
Dates

10/31(Sat.), 11/1(Sun.), 11/7(Sat.), 11/8(Sun.) 13:30-16:30

Artist

Ema Yuasa

Application(EN) ▶



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Venue: Various locations in Tokyo's 23 wards (the venue varies by session and will be shared with registered participants only).

Who Can Participate: Who Can Participate: Dancers aged 13 and above with at least three years of dance experience.

Capacity: 20 participants. If we receive more applications than available places, participants will be selected.

Participation Fee (4-session): <General> ¥15,000 <Under 24 y.o. / Over 65 y.o. / Minato City Discount> ¥12,000

Application (7/18 ~ 8/10): <https://forms.gle/Jtjnp42nUBTGvATEA>

④ Cross Community Lab (CCL)

The Cross Community Lab (CCL) is a practice-based lab for emerging artists interested in community-engaged dance practice, a core aspect of nosmosis research. Participants explore how dance can foster meaningful encounters and relationships across diverse communities. Throughout the program, participants will develop and test ideas for workshops and outreach activities that respond to contemporary social issues. Through guest lectures, discussions, and tryout workshops in collaboration with the Dance & Dialogue Workshop, participants will deepen their practice while exploring new approaches to community engagement through dance.



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Dates

9/6★、9/13、9/20、9/27★

10/11、10/18、11/15★

December 12 is on a Saturday;
all other sessions are on Sundays.

12/12 (Sat.)、12/13、12/20

13:00-17:00

★ Tryout Workshop (times may vary due to workshop preparation)

Artist

Ema Yuasa

Lecture Guest ★9/6

NPO CHILDREN MEETS ART
Mayu Nakanishi

Venue: Various locations in Tokyo's 23 wards (the venue varies by session and will be shared with registered participants only).

Who Can Participate: -Those with experience in dance or other forms of movement-based performance.

-Those interested in community-engaged dance practice and the relationship between dance and society.

-Those who can attend all sessions, public showing scheduled for January 2027.

Capacity: 20 participants. If we receive more applications than available places, participants will be selected.

Participation Fee (4-session): <General> ¥50,000 <Under 24 y.o. / Over 65 y.o. / Minato City Discount> ¥45,000

Application (7/18~8/10): <https://forms.gle/bCAFVNWWeo38q19b8>

Application(EN) ▶



⑤ Public Showing, Talk & Archive Exhibition Scheduled for January 2027 (details to be announced).

Through tryout workshops and a public showing by the Cross Community Lab (CCL) members, we will share the process and outcomes of a year of practice and research. The programme will also include an archive exhibition looking back on five years of nosmosis research, alongside talks. Together, these events invite audiences to experience the dialogues and relationships that have been cultivated through movement.

● nosmosis research

nosmosis research is a project exploring how people from diverse backgrounds can connect, communicate, and foster mutual respect through dance. Rather than focusing solely on outcomes, we embrace the dialogue and insights that emerge throughout the process, fostering opportunities for people to think together through embodied artistic practice.

● Ema Yuasa

Dancer and choreographer. After spending eleven and a half years with Netherlands Dance Theater (NDT), she has developed her choreographic practice through collaborations with artists across disciplines. She is the recipient of the 13th and 15th Japan Dance Forum Awards, and the first Japanese certified Countertechnique® teacher. Since 2021, she has directed nosmosis research. She has been a Fellow II of The Saison Foundation since 2026, and serves as Art Project Director for the Saitama International Art Festival 2027.

Financial Assistance: A limited number of fee-waiver places are available for all programmes.

Please see the information on the right for details, or contact us for further information.

Project details: <https://www.emayuasa.com/#nosmosis>

Contact: info.nosmosis@gmail.com 080-7856-0120 (weekday 11:00-18:00)

Project
Details ▶



About
Financial
Support ▶

