

THE IDEA OF JOGED AMERTA

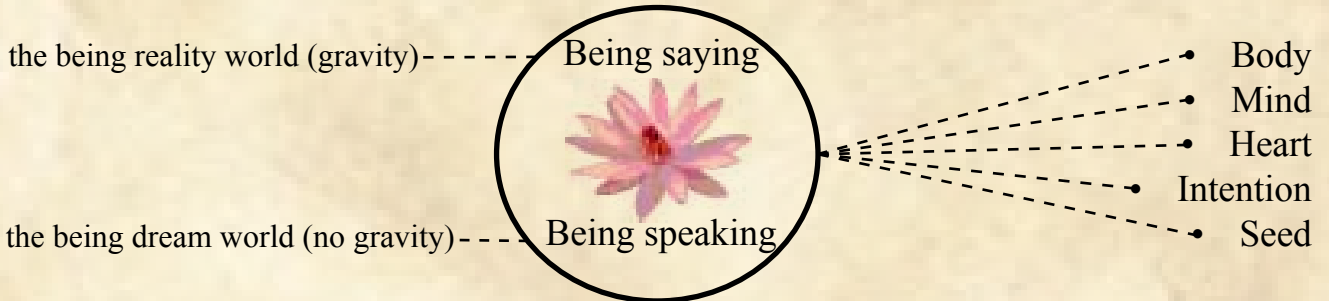
offering stage

Being Daily Life

Soul of Life

being born having energy

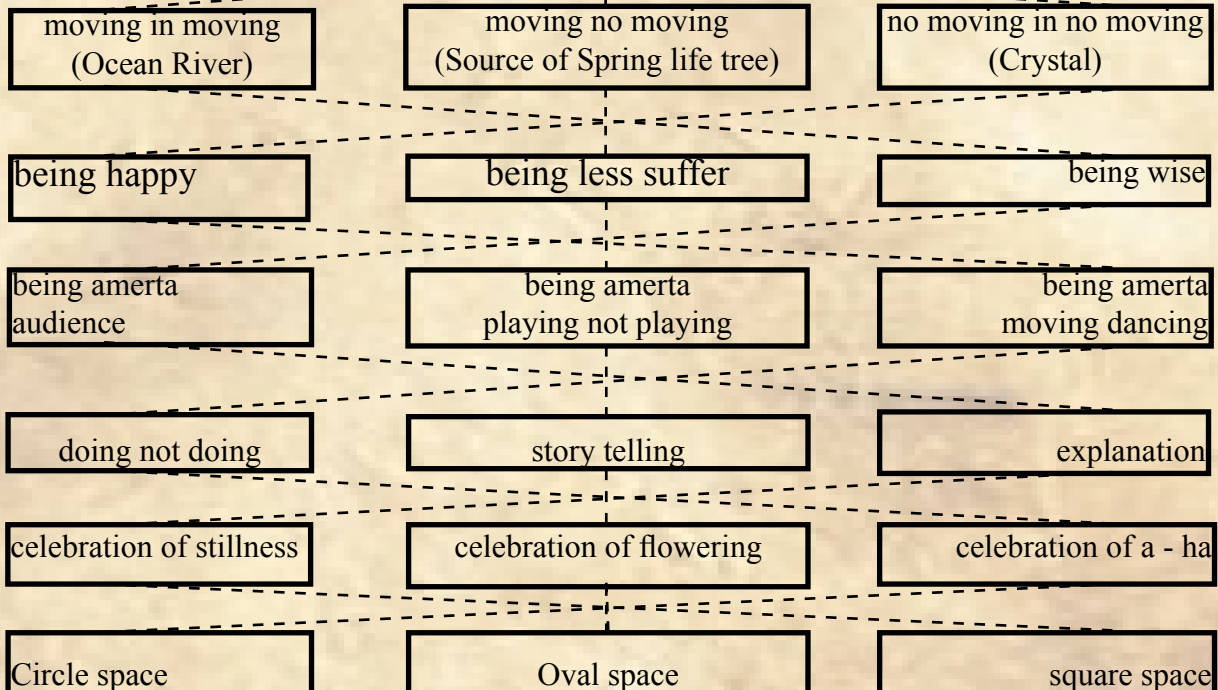
energy having being born



sensing meta gesture

shadow beyond of source

ocean river
the source of spring life tree
cristal
all have empty axis empty space
somehow this idea are
connected with our practice
of less identification



Line mapping garden (in line create garden)

Garden mapping line (in garden create line)

How can we create Garden Human Nature in life here and now, on the earth ?

How can we connect our micro garden in our home daily life ?



ART IN AMERTA MOVEMENT

2010 - 2011

Program in Indonesia October 10, 2010 - Mey 16, 2011.

Suprpto Suryodarmo

Since 1970, Suprpto Suryodarmo (Prpto) has studied free movement, Vipassana, and Javanese Sumarah meditation techniques – placing these practices within the nature, temple, and human field. He was initiated into Javanese Theravadin Buddhism in 1974 and also created a new ritual art that he titled “Wayang Buddha” (Buddha’s Shadow-Puppet). In 1986, Prpto established his own school Padepokan Lemah Putih, a uniquely landscaped garden in Mojosongo, just north of Solo, Central Java. He has taught and performed in Indonesia, Europe, the UK, Australia, USA, Mexico, Japan, India, and the Philippines for over 20 years. The main intention of his Joged Amerta movement work is to develop a way to lessen the sense of identification through the practice of movement arts. Hence, it is more than an approach to improvisation; Joged Amerta is a practice cultivating an attitude towards life.

Prpto offers a series of month-long workshops at Padepokan Lemah Putih, that also include practice in Central Java sites such as Suku Temple (similar to Mayan pyramid), Borobudur (a Buddhist temple), Kalasan (a women’s temple), and the Parangtritis beach. Some programs are also held in historical areas in Central, West, and East Java; West Sumatra; Samuan Tiga-Bedulu, South Bali; Tejakula, North Bali; and Sulawesi.

In 1997, Suryodarmo initiated “Sharing Movement” circulation in Europe, Asia, the Americas, and Australia; and “Web Art Garden”, a worldwide network of artists and presenting organizations.

In 1998, he served as an artist delegate at the ASEAN-Europe Meeting II in London, UK; and in 2004 presented in the Asian Traditional Arts Festival: Shaman Festival in Seoul, South Korea.

Prpto is a founding member of Yayasan Dharma Samuan Tiga in support of Art & Religiosity in Bedulu, Bali; and a charter founder and chairperson of the board for the International Foundation for Dharma Nature Time, an international cooperative foundation.

**PADEPOKAN LEMAH PUTIH
PO BOX 301**

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Phone: +62 271 8503050

For more information about
Amerta Movements programs in Indonesia
please visit our website:

www.lemahputih.com

or send an e-mail to:

amerta@lemahputih.com



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The Art in Amerta Movement 2010-2011 program in Indonesia is comprised of a training program and annual workshops.

“Practice in Process” Course I, Course I continuing, Course II, Course III, and Course IV (choose or combine) is for people who wish to study the principles and process of Joged Amerta and to explore the application of it in their teaching or professional practices. Prapto also offers his annual Art in Amerta Movement workshop series.

Practice in Process Course I **BASIC**

BASIC FIRTS

the being of mouth, posture, and joint

**The Nine (9) Basic Movements
of Speaking and Saying – in variations:**

1. lying
2. stretching/yawning
3. sitting
4. kneeling
5. crawling
6. standing
7. walking
8. jumping
9. lifting

**The Seven (7) Facets, all nine basic
movements have seven facets:**

1. all have face
2. all have mirroring
3. all have form
4. all have re-member and memory
5. all have character
6. all have point of space and time
7. all have quality of movement

Three Dimensions:

How the being has three dimensional (3D) resonance of life that connects the nine basic movements and all of their seven facets, with the passion of life in space, place, in time (that has in time, on time, and under time). How to find passion from the impulse, coming from the pulse of the heart beat and the melody of the breathing, awakening the potential of adaptation in the atmosphere of environment sense. So, the practice is how to put all this together, connecting with organism and organization.

Course I BASIC FIRST dates & schedule 10 October to 10 November 2010

10 to 19 October 2010	Padepokan Lemah Putih
20 October 2010	day off
21 to 30 October 2010	Padepokan Lemah Putih
31 October 2010	day off
1 to 10 November 2010	Padepokan Lemah Putih
11 November 2010	day off



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Practice in Process Course 1 : **Basic**

BASIC CONTINUING

Space & Point:

- From the view of space, you see the point (moving chair and moving line)
- Moving point line and moving chair having three qualities: staccato, straight, and curve
- Moving point line
- Moving chair – starting from lying, connecting with space or shape, moving from chair to chair
- Moving chair having moving angle
- Moving line starting from crawling, then finding the cross line or the intersection, for giving direction about where to go
- Choosing composition in living measurement □ choice and choosing
- Connected with mapping in garden and garden creating line
- Passive/Active in Dialogue: passive having active and active having passive
- Staying/Catching: coming and going (leaving)
- Taking Care and Free Expression
- Balance/Imbalance: balance in balance and balance in imbalance
- Root and Roof
- Embracing and Umbrella
- Speed: slow, medium, and fast
- Repetition
- Stopping for recognition to understand what happened, what is going on
- Space: small and large

Course I BASIC continuing

dates & schedule

12 November to 13 December 2010 Course I continuing

12 to 21 November 2010	Padepokan Lemah Putih
22 November 2010	day off
23 November to 2 December 2010	Padepokan Lemah Putih
3 December 2010	day off
4 to 13 December 2010	Padepokan Lemah Putih

INTERNATIONAL SHAMANIC ARTS FESTIVAL

17 to 21 December 2010

Puri Gede in Karangasem, East Bali



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Practice in Process Course II

PRESENT WITH VOCABULARY

moving chatting in sensing being

Three Ideas:

1. sensory motory
2. awareness, witnessing, involve
3. planning (consciousness, reading by moving being)
 - Painting, sculpting, costuming, singing and writing, installation
 - Experience in nature, temple, market, at home, sacred place, daily life, in different times (morning, afternoon, evening, night)
 - Usually choosing from circle, oval, and square
 - All from basic comes to this and gives birth of sense of presence in the stage.
 - Giving birth of the stage of space and time.
 - Need to put presence in front of audience, spectators or watchers

This is to understand: I, WE, and YOU

I in I

WE in WE

WE in I and YOU

I in WE andYOU

I in WE

WE in I

I in I

WE in WE

These both have qualities like:

- Receiving in receiving
- Expression in receiving
- Receiving in expressing
- Receiving in receiving
- Expression in expression
- Receiving in expression
- Expression in receiving
- Expression in expression

This is more “receiving in WE” and the idea of tuning.

WE ARE HERE FOR YOU

FOR YOU WE ARE HERE



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THE SOUL OF KALAYONI SOUND

29 December 2010 to 30 January 2011

“The Soul of the Sound”

The joy of the flower time, Waving in my soul,
Surfing in this ocean, In the embracing of safetiness,
The parents of life, Giving birth for liberation,
The seeds of myself, Slowly-slowly reaching for
the future

THE SOUL OF KALAYONI SOUND

dates & schedule

29 December 2010 to 12 January 2011

Padepokan Lemah Putih

1 January 2011

Sharing Art Temple at Candi Suku.

14 to 20 January 2011

Mandala Wisata Samuan Tiga and

Goa Gajah in Bedulu, Bali

Teja Amerta Temple in Tejakula, North Bali.

TOUCHING OF KALAHAYU

6 February to 9 March 2011

“The Jewel of the Nature”

Can I touch myself before I touch you

Unity in diversity

The fertility of diamond

The wheel of cosmos when it's...

TOUCHING OF KALAHAYU

dates & schedule

6 to 15 February 2011

Padepokan Lemah Putih

16 February

day off

17 to 26 February 2011

Padepokan Lemah Putih

27 February 2011

day off

28 February to 9 March 2011

Padepokan Lemah Putih



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LIGHT OF THE TEMPLE

13 March to 13 April 2011

“Creation of The Light”

Create, create, create

Light, light, light

I imagine they have no light

Resting, inter-resting

Holy holiday in sharing

LIGHT OF THE TEMPLE

dates & schedule

13 to 22 March 2011	Mandala Wisata Samuan Tiga and Goa Gajah in Bedulu, Bali
23 March 2011	day off
24 March to 2 April 2011	Tejakula beach, candi Amerta waterfall Les village, Bali
3 April 2011	day off
4 to 13 April 2011	Padepokan Lemah Putih

COSTUME OF COLOR

15 April to 16 May 2011

“Inspire of the Breathing”

The nest of the wind, leaving to everywhere

Staying in anywhere, silence in quietness, Less hopeless

COSTUME OF COLOUR

dates & schedule

15 to 24 April 2011	Padepokan Lemah Putih
25 April 2011	day off
26 April to 5 May 2011	Borobudur Temple, Parangtritis Beach
6 May 2011	day off
7 to 16 May 2011	Padepokan Lemah Putih



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moving chatting in sensing being

Fertility of Seeds

September 15 - October 16.

“Moving Being in Reading”

Root of the earth, root of the sky

Reality and dream, sharing in reading

Dialogue of being, blessing in life, Rahayu

Fertility of Seeds

dates & schedule

September 15 - 24	Padepokan Lemah Putih
September 25	day off
September 26 - 5 October	Padepokan Lemah Putih
October 6	day off
October 7 - 16	Padepokan Lemah Putih



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COURSE III

CREATE PERFORMANCE RITUAL ART for the DREAMWORLD
and
CREATE HUMAN NATURE RITUAL ART for the REALITY WORLD

What is the difference?

- Performance Ritual Art starts from embodying of message for the audience
- Human Nature Ritual Art starts from reality world like element to create form (like ceramics) in material sense as an offering.
- Performance Ritual Art – people are like messengers.
- Human Nature Ritual Art – people are like pribadi art.
- All connecting with idea emotion, technique & quality, creates stage.
- Connects with the being – happy, less suffering, critic.
- This is more expression in “I”.

CREATE PERFORMANCE RITUAL ART
for the DREAMWORLD
and
CREATE HUMAN NATURE RITUAL
ART for the REALITY WORLD

dates & schedule

October 20 - November 20
Create Performance and Ritual

October 20 - 29	Padepokan Lemah Putih
October 30.	Day Off
October 31 - November 9	Padepokan Lemah Putih
November 10	Day Off
November 11 - 20	Padepokan Lemah Putih



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COURSE IV

SHARING EXPERIENCE GIVING PRACTICE

“From the approach of gardener”

1. Need basically to understand opening of the atmosphere first in space and time.
 2. Stimulation by moving or/and speaking or saying, by sound, by light, by touching, by smiling, by testing.
 3. Helping by doing.
 4. Pray.
- We need to see the condition, the habit of body, the character of person, like nutrition of growing
 - (how to open the window or door), giving sense of being human, to understand the motivation.
 - Give understanding to question of challenge.
 - Giving experience.
 - Brainstorming of ideas, technique and emotion.

COURSE IV

SHARING EXPERIENCE GIVING PRACTICE

date and schedule

November 24 - December 25

November 24 - December 3	Padepokan Lemah Putih
December 4	day off
December 5 - 14	Padepokan Lemah Putih
December 15	day off
December 16 - 25	Padepokan Lemah Putih



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Registration

To register for a workshop in Indonesia please send:

a letter to: amerta@lemahputih.com

Two passports photos

Wire transfer a deposit of 25% of the workshop fee to confirm your registration

Send a copy of your money transfer to:

PADEPOKAN LEMAH PUTIH

PO BOX 301 Travel Permit/Visa

Admission/Workshop Fee

For each thirty day program/workshop in Indonesia

The fee for a PARTICIPANT is 1,250 Euro

The fee for an APPLICANT is 850 Euro

Please wire transfer the workshop admission to:

BANK MANDIRI – INDONESIA

Branch: SOLO PURWOTOMO

SWIFT Code: BMRIIDJA

Account holder name: SUPRAPTO SURYADARMA

Account number: 138-00-0217-943-5

Bank address: Jalan Slamet Riyadi 329, Solo, Central Java 57142 Indonesia

Bank telephone number: +62 271 715455

Travel Permit/Visa

For your stay in Indonesia during the workshop, we recommend you apply for a Social Cultural Visa (Visa Sosial Budaya) at the Indonesian Consulate or Embassy in your country of residence. This visit permission may be extended for up to 6 months at the Immigration Office in Solo, Central Java. For more information, please contact the Indonesian consulate or embassy in your country.

To complete your application for a Social Cultural visa, we will provide you with an Invitation and Sponsor Letter that you must include in your visa application. To do so, we need your complete information as below:

- Your name as it appears on your passport
- Permanent Address
- Place and Date of Birth
- Profession
- Nationality
- Passport Number
- Date and Place of Issue
- Date of Expiry
- Approximate Date of Arrival



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Accommodations and Travel

The workshop fee DOES NOT INCLUDE costs for accommodation and travel.

For living expenses you will need US\$ 400 to 500 per month, depending on your lifestyle. Padepokan Lemah Putih can assist you to find places to stay and prices. We can also assist you in arranging local flight reservations and transportation.

Health Insurance and Vaccinations

All participants are responsible for their own health and travel insurance. Please check your health and ask a doctor in your home country about your medical necessities i.e. vaccinations etc.

PADEPOKAN LEMAH PUTIH

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