THE IDEA OF JOGED AMERTA
offering stage
Being Daily Life
Soul of Life
being born having energy
energy having being born
the being reality world (gravity) ——— Being saying
the being dream world (no gravity) ——— Being speaking

Body
Mind
Heart
Intention
Seed

Sensing meta gesture ——— Shadow beyond of source

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

moving in moving (Ocean River) ——— moving no moving (Source of Spring life tree) ——— no moving in no moving (Crystal)
being happy ——— being less suffer ——— being wise
being amerta audience ——— being amerta playing not playing ——— being amerta moving dancing
doing not doing ——— story telling ——— explanation
celebration of stillness ——— celebration of flowering ——— celebration of a - ha
Circle space ——— Oval space ——— square space

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?
Suprapto Suryodarmo
Since 1970, Suprapto Suryodarmo (Prapto) 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, Prapto 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.

Prapto offers a series of month-long workshops at Padepokan Lemah Putih, that also include practice in Central Java sites such as Sukuh 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.

Prapto 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.
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 FIRSTS**
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  Padepokan Lemah Putih  day off
21 to 30 October 2010  Padepokan Lemah Putih
31 October 2010  Padepokan Lemah Putih  day off
1 to 10 November 2010  Padepokan Lemah Putih
11 November 2010  Padepokan Lemah Putih  day off
ART IN AMERTA MOVEMENT
2010 - 2011
Program in Indonesia October 10, 2010 - May 16, 2011.

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

<table>
<thead>
<tr>
<th>Date Range</th>
<th>Location</th>
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<tbody>
<tr>
<td>12 to 21 November 2010</td>
<td>Padepokan Lemah Putih</td>
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<tr>
<td>22 November 2010</td>
<td>day off</td>
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<tr>
<td>23 November to 2 December 2010</td>
<td>Padepokan Lemah Putih</td>
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<tr>
<td>3 December 2010</td>
<td>day off</td>
</tr>
<tr>
<td>4 to 13 December 2010</td>
<td>Padepokan Lemah Putih</td>
</tr>
</tbody>
</table>

INTERNATIONAL SHAMANIC ARTS FESTIVAL
17 to 21 December 2010
Puri Gede in Karangasem, East Bali
ART IN AMERTA MOVEMENT
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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 and YOU
   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
ART IN AMERTA MOVEMENT

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

Practice in Process Course II
PRESENT WITH VOCABULARY
moving chatting in sensing being

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 Sukuh.
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
ART IN AMERTA MOVEMENT

2010 - 2011
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Practice in Process Course II
PRESENTH WITH VOCABULARY
moving chatting in sensing being

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

COSTUME OF COLOR
15 April to 16 May 2011
“Impire 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
15 to 24 April 2011 Padepokan Lemah Putih
25 April 2011
day off
day off
26 April to 5 May 2011 Borobudur Temple, Parangtritis Beach
26 April to 5 May 2011 Borobudur Temple, Parangtritis Beach
day off
day off
6 May 2011
6 May 2011
7 to 16 May 2011 Padepokan Lemah Putih
7 to 16 May 2011 Padepokan Lemah Putih
ART IN AMERTA MOVEMENT

2010 - 2011
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Practice in Process Course II
PRESENT WITH VOCABULARY
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

<table>
<thead>
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<tr>
<td>September 15 - 24</td>
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<td>September 25</td>
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<tr>
<td>September 26 - 5 October</td>
<td>Padepokan Lemah Putih</td>
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<td>October 6</td>
<td>day off</td>
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<tr>
<td>October 7 - 16</td>
<td>Padepokan Lemah Putih</td>
</tr>
</tbody>
</table>
ART IN AMERTA MOVEMENT
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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
ART IN AMERTA MOVEMENT
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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
**ART IN AMERTA MOVEMENT**

**2010 - 2011**

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

**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:
PDEPOKAN 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
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.

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