

The Breathing of the Jewels

# Joged Amerta Movement *in Nambucca Valley*

14 - 22 March 2015



Suprpto Suryadarmo, from Central Java, is the uniquely gifted movement artist and pioneering teacher of Joged Amerta Movement. Since 1970, Suprpto 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 in and performed for over 20 years in Indonesia, Europe, the UK, Australia, USA, Mexico, Japan, India and the Philippines.

Since the early 1990s, Amerta movement practice outside Java has been called Sharing Movement and has been witnessed on UNESCO’s World Environment Day as Web Art Garden - a worldwide network of artists and presenting organisations.

The main intention of Suprpto’s Joged Amerta movement 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.

*Contact* Leonie Northfield for more details:

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The Breathing of the Jewels  
**Amerta Movement**  
*in Nambucca Valley*

## *Greetings from Prana Ridge,*

It is with great pleasure that we welcome Suprpto Suryodarmo back to Prana Ridge for the third time to present the workshop, 'The Breathing of the Jewels', 14 – 22 MARCH 2015.

Nature is the great healer and balancer and yet to a large extent, we have lost not only our connection to nature but also our sense of belonging, of feeling relaxed and comfortable in our human nature form. In "The Breathing of the Jewels" workshop, Prapto will draw on his perception of our relationship with the environment and the natural world, focusing on the body in movement in the environment. He suggests that the 'moving self' is, in fact, a multiplicity of changing selves in a constantly changing environment. According to Suprpto, we are usually in the condition that we are alone and we just 'see' nature. Through moving we can reintegrate parts of our self and become a living part of our environment.

Graeme and I hold a vision to create the Prana Ridge Retreat as a conscious living project. A place in nature for yoga, movement, meditation and sustainable living practices, where we connect with the land, grow food organically and teach and learn with others who share the view of Healing our Earth, Healing our Selves, Healing Each Other. We look forward to welcoming Prapto and you to this special land and workshop.

Below are basic details. For more information, don't hesitate to contact me.

Assistance in circulating this event is appreciated, so feel free to print or forward this PDF through your own network.

*Heart n' Soul*

Leonie & Graeme

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# The Breathing of the Jewels Amerta Movement *in Nambucca Valley*

## WORKSHOP DETAILS

**When: March 14 - 22, 2015**

Please take into account the arrival and departure dates, Saturday 14 and Sunday 22.

**Where:** Nambucca Valley on the New South Wales Mid-North Coast (just south of Coffs Harbour).

**Cost: \$980.** \$100 non-refundable deposit with full payment due by February 14. Includes workshop fee and 2 meals a day over 7 days. Breakfast is self-catered. Single and multiple day options: \$120 per day / \$140 with meals.

### Bank Details:

B C U (Banana Coast Union)

Account Name: L J NORTHFIELD

BSB: 704328

Account No: 228467

### Accommodation:

Coach House Inn, Bowraville

Single - \$35 per night / Double - \$50 per night

Camping option with basic facilities available at Prana Ridge.

\$12 per person per day.



## 'BREATHING OF THE JEWELS' WORKSHOP

### Voice of the Earth – Connecting with the Ancestors

Shaping our Self, in Life, in Environment – Sense of Home – Feeling Safe

Growing in the Garden of our own Design – Movement in Living Measurement

Awakening of Fertility of the Land

Held at Prana Ridge, our property in the green and gorgeous rolling hills behind Bowraville.

### Breath of the Ocean – Creating Our Own Mandala

Waves, Rocks, Grains of Sand, Wind, Clouds, Shadow

Changing in Changing – Balance in Changing – Changing in Balance

Body of Awareness – Having own Centre, Empty Axis – Finding The Bone of the Wind.

Held at Valla, a beach and rocky headland of natural beauty just north of Nambucca Heads.

## THE PROGRAM

### Arrival – Saturday 14

Check-in to The Coachhouse, Bowraville. Campers come direct to Prana Ridge.

### 10am – Meet and Greet – Saturday 14

The workshop will open on Sunday morning at Prana Ridge

### Practice – Sunday 15 through to Saturday 21

The group will work with Suprpto mornings and afternoons/evenings in two 3-hour sessions per day.

Times and locations will be decided depending on the day-to-day situation and process.

### Closure – Saturday 21 Evening

### Departure – Sunday 22 – Slowly, Slowly

You are welcome to spend Sunday morning on Prana Ridge – time to relax, reflect, discuss & digest, before departing

## SUGGESTED WEBSITES AND YOUTUBES

**Amerta Movement:** [www.lemahputih.com/AMERTA-MOVEMENT/amerta](http://www.lemahputih.com/AMERTA-MOVEMENT/amerta)

**The Ecological Body: Amerta Movement:** [ecologicalbody.blogspot.com.au/2008/06/amerta-movement](http://ecologicalbody.blogspot.com.au/2008/06/amerta-movement)

**Prpto, Amerta Movement** - Vidéo Dailymotion:

[www.dailymotion.com/video/xv4wh\\_prpto-amerta-movement\\_creation](http://www.dailymotion.com/video/xv4wh_prpto-amerta-movement_creation)

**Amerta Movement and Suprpto Suryodarmo:** [www.depthmovement.com/Amerta](http://www.depthmovement.com/Amerta)