

The Breathing of the Jewels

Joged Amerta Movement *in Nambucca Valley*



Suprpto Suryodarmo is a uniquely gifted Javanese movement artist and teacher, world-reknown for his pioneering work in non-stylised movement expression. Joged Amerta Movement is a practice that cultivates an awareness and attitude towards life. In this workshop, Prapto draws on his perception of our relationship with the environment and the natural world and suggests that the 'moving self' is, in fact, a multiplicity of changing selves in a constantly changing environment. This understanding offers the transformative potential to truly recognise our selves and our place in nature.

THE WORKSHOP

Held at 2 inspiring locations in the Nambucca Valley

BREATH OF THE EARTH

The Art of Landscaping

BREATH OF THE OCEAN

Creating our own Mandala

SEPTEMBER 16 – 22, 2012

Contact Leonie Northfield on 02 65 64 88 65 for more details
pranaridge@gmail.com



Hi,

I'm very excited to announce that Suprpto Suryodarmo (Prapto) is coming to Australia this September to hold The Breathing of the Jewels; a 7-day workshop in the Nambucca Valley.

Those who already know Prapto need no introduction to him and his work and will recognize this event as a fantastic opportunity to experience personal and group movement, for body, life n, soul, in nature and environment, with the guidance of a uniquely gifted movement artist and teacher.

If you have not yet had the good fortune to meet Suprpto, a more insightful introduction is given at the end of this message. No matter your profession, age or background, through movement, Prapto has a way to guide each person into a deeper place of understanding and connectedness in body and being.

Below are basic workshop details. For more information, don't hesitate to contact me. Feel free to print the attached PDF or forward this email to anyone you feel might be interested. Your help in circulating the news of this event is really appreciated.

Leonie Northfield
Home Phone: 02 65 64 88 65
Email: pranaridge@gmail.com

Workshop Details

When: September 16 – 22, 2012

Where: Two beautiful locations, Earth and Ocean, in the Nambucca Valley on the New South Wales Mid-North Coast (just south of Coffs Harbour)

Cost: \$900

Includes workshop fee and 2 meals a day over 7 days
Concessions are available

Accommodation:

Comfortable local accommodation for group members will be arranged in Bowraville
Single - \$35 per night / Double - \$50 per night

Camping option with basic facilities available at Prana Ridge
Per Person - \$10 per day / Double - \$15 per day

BREATHING OF THE JEWELS – The Workshop

Breath of the Earth – The Art of Landscaping

Shaping our Self: in Life, in Environment
Growing in the Garden of our own Design
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, Cloud, Shadow
Changing in Changing – Finding our own Centre, own Axis
Balance in Changing – Changing in Balance – Having Body of Awareness

Held at Grassy Head, a beach and rocky headland of natural beauty just south of Nambucca Heads.

The Program

10am – Meet and Greet

The workshop will open on Sunday morning, September 16, at Prana Ridge.
Course and Group Introduction with Suprpto

‘Welcome to Country’ – given by an Elder of the Gumbanyggir People

We acknowledge & pay respect to the traditional custodians of this land, past & present
Also celebrating the Awakening of Fertility of the Land – Bush Tucker Tree Planting

Practice – Sunday 16 through to Friday 21

The group will work with Suprpto mornings and afternoons or evenings in two 3-hour sessions per day. Times and locations will be decided depending on the day-to-day situation and process.

‘Open Day’ – Saturday 22 – from Midday

All friends and anyone with an interest in Joged Amerta are invited to come and meet Suprpto and join the group as a participating audience on the final day of practice. Here we have the opportunity to present, as performance offering, the crystallisation of our journey this week through the Breathing of the Jewels.

Closure – Saturday Evening

Official closure is Saturday evening, but everyone is welcome to return to Prana Ridge on Sunday morning to relax & reflect, discuss & digest the experiences of the week.

Introduction to Suprpto

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, 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 Suprapto’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.

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. Usually, according to Suprapto, we are in the condition that we are alone and we just see nature. Through moving we can reintegrate parts of our self and become a part of our environment.

Suggested Websites and You-Tubes

[Amerta Movement - Padepokan Lemah Putih](#)

[The Ecological Body: Amerta Movement](#)

[Prapto, Amerta Movement - Vidéo Dailymotion](#)

[Amerta Movement and Suprapto Suryodarmo](#)

Leonie’s Comment

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. Moving with Prapto has the extraordinary potential to lessen this sense of separation within our selves and from nature, by firstly helping us find our own human face and then, through our movement understanding, connecting more fully, more openly with creation. By experiencing our human story directly and honestly, with relaxation of body, heart, mind and seed, we stimulate the profound path of awakening through awareness.

Graeme and I live on Prana Ridge and are in the early stages of creating a retreat centre that we like to call a Conscious Living Project.

A place in nature for yoga, movement, meditation and sustainable living practices, where we connect with the land, grow food and raise animals organically and teach and learn with others who share the view of Healing our Earth, Healing our Selves, Healing Each Other.

We are so excited to host Suprapto in the beautiful Nambucca Valley for 'The Breathing of the Jewels'. This will be the first workshop event to take place at Prana Ridge and we welcome you to join us.