Suprapt Suryodarmo

Since 1970, Suprapt Suryodarmo (Prapt) 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, Prapt 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.

Prapt offers a series of monthlong 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. Prapt 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 IDEA OF JOGED AMERTA

**offering stage**
- Being Daily Life
- Soul of Life
- being born having energy
- energy having being born

**Being saying**
**Being speaking**

- the being reality world (gravity)
- the being dream world (no gravity)
- sensing meta gesture

- moving in moving (Ocean River)
- no moving in no moving (Source of Spring life tree)
- not moving in not 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?
The Art in Amerta Movement program in Indonesia is comprised of a training program and annual workshops. “Practice in Process” Course I, 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
I. COURSE I
   Amerta Audience

A. BASIC FIRST
the being of mouth, posture, and joint

The Nine 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 Facets, all nine basics of 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.

B. 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
PRACTICE IN PROCESS
II. COURSE II

Amerta Playing Not Playing
moving chatting in sensing being

PRESENT WITH VOCABULARY
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.

This is to understand:
I, WE, and YOU
WE in WE
I in WE and YOU
WE in I WE in WE

These both have qualities like:
- Receiving in receiving
- Expression in expression
- Receiving in expression
- Expression in receiving
- Receiving in expressing
- Expression in receiving
- Receiving 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

A. THE CREATION OF THE LIGHT
Create create create
Light, light, light
I imagine they have no light
Resting, inter-resting
Holy holiday in sharing

B. FERTILITY OF DIAMOND
Can I touch myself before I touch you
Unity in diversity
The fertility of diamond
The wheel of cosmos when it's...

C. INSPIRATION OF THE BREATHING
The nest of the wind, leaving to everywhere
Staying in anywhere, silence in quietness, less hopeless

D. FERTILITY OF SEEDS
“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
PRACTICE IN PROCESS

III. COURSE III

Amerta Moving Dancing, Dancing Moving
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 wearing a clothes 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”.

This is to understand: I, WE, and You
I in I
WE in I and You
I in WE
I in I

A. THE SOUL OF KALAYONI 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

B. THE TOUCHING OF KALAHAYU
Can I touch myself before I touch you
Unity in diversity
The fertility of diamond
The wheel of cosmos when it's...

C. ENVIRONMENTAL ART
“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

PRACTICE IN PROCESS

IV. COURSE IV
Amerta Sharing Experience
Sharing Experience Giving Practice
From the Approach of Gardener and Shepherd

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.
- Sharing understanding to question of challenge.
- Sharing experience.
- Brainstorming of ideas, technique and emotion.

THE VOICE OF ANCESTOR
2018 JOGED AMERTA
Celebration Ethnic Art in Time

PROGRAM in INDONESIA

AMERTA PERFORMING – Course III
Teja Amerta Moving Life
10 to 15 January 2018  workshop (Tejakula, North Bali)
18 to 29 January 2018  workshop (Lemah Putih and Art Centre, Solo)
Borobudur Moving Life with Ajahn Jutindharo
1 to 5 February 2018  workshop (Borobudur)
6 to 7 February 2018  day off
Teja Amerta Moving Life with Ajahn Jutindharo
8 to 14 February 2018  workshop (Tejakula, North Bali)
organized by Padepokan Lemah Putih in cooperation with Sandra Reeve -- Ecological Movement, UK
The Life Tree, Song of Ancestor
16 to 24 February 2018  workshop (Goa Gajah and Samuan Tiga, Bali)
organized by Padepokan Lemah Putih in cooperation with Keith Miller and Kristina Bourdillon of UK

AMERTA PERFORMING – Course III
The Touching of Kalahayu
28 February–24 March 2018
28 February to 6 March workshop (Lemah Putih and Art Centre, Solo)
7 March  day off
8 to 14 March  workshop (Candi Sukuh and Parangtritis Beach)
15 March  day off
16 to 24 March  workshop (Lemah Putih and Art Centre, Solo)

AMERTA SHARING – Course IV
Sharing Experience Giving Practice from the Approach of Gardener
28 March–21 April 2018
28 March to 3 April  workshop (Lemah Putih and Art Centre, Solo)

4 April  day off
5 to 11 April  workshop (Plaosan, Boko, and Borobudur)
12 April  day off
13 to 21 April  workshop (Lemah Putih and Art Centre, Solo)

AMERTA SHARING – Course IV
REALITY WORLD – PRIBADI HUMAN NATURE
RITUAL ART

Joged Amerta Sharing “The Voice of Ancestor” in Audience in Daily Performance
24 April–19 May 2018
24 to 28 April  workshop (Lemah Putih and Art Centre, Solo)
29 April  International Dance Day
30 to 1 May  workshop (Lemah Putih and Art Centre, Solo)
2 May  day off
3 to 9 May  workshop (Sukuh and Cetho Temple)
10 May  day off
11 to 19 May  workshop (Lemah Putih and Art Centre, Solo)

AMERTA PERFORMING – Course III
Environmental Art
23 May–16 June 2018
23 to 29 May  workshop (Lemah Putih and Art Centre, Solo)
30 May  day off
31 May to 6 June  workshop (Plaosan, Boko, and Kalasan Temples)
5 June 2018
Plaosan temple
7 June  day off
8 to 16 June  workshop (Lemah Putih and Art Centre, Solo)

BLOSSOMING BLESSING in EUROPE

24 to 29 June 2018  workshop, Westhay, UK
The Evolution of Art Creation
(hosted by Sandra Reeve)
30 June to 6 July 2018  workshop, Avebury, UK
The Song of St.One
(hosted by Kristina Bourdillon, Keith Miller, Simon Slidders)
8 to 13 July 2018  workshop based on performances, Stroud, UK
Amerta in Performance
(hosted by Karolina Nieduza, Sally E. Dean, Keith Miller)

15 to 21 July 2018  workshop, Michaelchurch, UK
Coming Home Bowing Mountain
(hosted by Isabel Moros, Stephen Hopkins)

23 to 29 July 2018  workshop, Amsterdam
Movement in Reading
(hosted by Monika Förster)

31 July to 5 August 2018 workshop, Halscheid, Germany
The Five Joged Amerta Mantras
(hosted by Michael Dick, Bettina Mainz)

7 to 13 August 2018  workshop, Hamburg, Germany
Sense and Sensibility in the Inner Soul of Humanity
(hosted by Coco and Peter Ohrt)

14 to 17 August 2018  workshop, Münster, Germany
Sharing Living Art & Religiosity: Blossoming Blessing Micro Macro Garden
(hosted by Claudine Merkel)

19 to 25 August 2018  workshop, Greece
Breathing Being at the Garden of Healing Apollo
(hosted by Christina Klissioumi)

27 August to 2 September 2018 workshop, Spain
The Root and the Roof of the Place in the Atmosphere of Theos, Theater, and Therapy
(hosted by Montse Marti Gasch)

4 to 10 September 2018 workshop, Italy
Human Moving Life
(hosted by Franca Fubini)

2018 PROGRAM in INDONESIA (continued)

AMERTA PRESENT – Course II
Fertility of Seeds
25 September–26 October 2018
25 September to 4 October workshop (Lemah Putih and Art Centre, Solo)
5 October day off
6 to 15 October workshop (Sukuh and Cetho Temple)
16 October day off
17 to 26 October workshop (Lemah Putih and Art Centre, Solo)

AMERTA PRESENT – Course II
Joged Amerta Present – Art Pilgrimage “Inspiration of the Breathing”
30 October–30 November 2018
30 October to 8 November workshop (Plaosan, Kalasan, and Boko Temple, Parangtritis Beach)
9 November day off
10 to 19 November workshop (Sangiran Museum, Sukuh and Cetho Temple)
20 November day off
21 to 30 November workshop (Lemah Putih and Art Centre, Solo)

AMERTA PERFORMING – Course III
Dream World – Messenger Performing Ritual Art
Joged Amerta Performing – Performer Daily Performance “The Soul of Kalayoni”
5 December–29 December 2018
5 to 11 December workshop (Lemah Putih and Art Centre, Solo)
12 December day off
13 to 19 December workshop Parangtritis Beach
20 December day off
21 to 29 December workshop (Sukuh and Ceto Temples)
30 December day off
31 December 2018 to 1 January 2019 Srawung Seni Candi (Sukuh Temple)
REGISTRATION
To register for a workshop in Indonesia please send by email:
- Two passports photos
- A copy of wire transfer (please transfer a deposit of 25% of the workshop fee to confirm your registration)
Also, please send the wire transfer copy by fax to: +62 271 8503050

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 110 days 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 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

ADMISSION/WORKSHOP FEE
For each program/workshop in Indonesia:
30 days class:
PARTICIPANT is 1,250 Euro APPLICANT is 850 Euro
23 days class:
PARTICIPANT is 1035 Euro APPLICANT is 750 Euro
less than 23 days class:
PARTICIPANT is 45 Euro per day
APPLICANT is 33 Euro per day

Please wire transfer the workshop admission to:
BANK BNI – INDONESIA
Branch: SOLO SLAMET RIYADI
SWIFT Code: BNINIDJA
Account holder name: SUPRAPTO SURYADARMA
Account number: 025-4637289
Bank address: Jalan Slamet Riyadi 348, Solo
Central Java 57142 Indonesia
Bank telephone number: +62 271 732983

ACCOMODATION AND TRAVEL
The workshop fee DOES NOT INCLUDE costs for accommodation and travel. For living expenses you will need US$ 450 to 650 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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