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 Thera vadin 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 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.

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.

PADEPOKAN LEMAH PUTIH
PO BOX 301 Solo, Central Java 57111
Indonesia
Phone and Fax: +62 271 8503050

For more information about Joged Amerta programs in Indonesia please send email to: amerta@lemahputih.com
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)
the being dream world (no gravity)
sensing meta gesture

Being saying

Being speaking

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)
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

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
- Expression in receiving
- Receiving in expression
- 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 rest 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**
JOGED AMERTA
Celebration Ethnic Art in Time

PROGRAM IN INDONESIA 2016

AMERTA BASIC – Course I
Basic Continuing
5 January 2016 – 5 February 2016
Schedule and Location:
5 - 14 January 2016
(Taman Lemah Putih)
15 January 2016 day off
16 - 25 January 2016
(Samuan Tiga - Bedulu, Bali)
26 January 2016 day off
28 January – 5 February 2016
(Taman Lemah Putih)

AMERTA PERFORMING – Course III
Environmental Art
9 February 2016 – 4 March 2016
Schedule and Location:
9 - 15 February 2016
(Taman Lemah Putih)
16 February 2016 day off
17 February – 23 February 2016
(Taman Lemah Putih)
24 February 2016 day off
25 February – 4 March 2016
(Taman Lemah Putih)

AMERTA PERFORMING - Course III
The Touching of Kalahayu
8 March - 1 April 2016
8 - 14 March 2016
(Taman Lemah Putih)
15 March 2016 day off
16 - 22 March 2016
(Samuan Tiga - Bedulu, Bali)
23 March 2016 day off
24 March - 1 April 2016
(Teja Amerta Temple - Tejakula, Bali)

AMERTA SHARING - Course IV
Sharing Experience Giving Practice from the Approach of Gardener
5 April 2016 – 29 April 2016
Schedule and Location:
5 - 11 April 2016
(Taman Lemah Putih)
12 April 2016 day off
13 - 19 April 2016
(Cetho Temple, Sukuh Temple)
20 April 2016 day off
21 - 29 April 2016
(PLaosan Temple, Kalasan Temple, Boko, Taman Lemah Putih)

AMERTA PRESENT – Course II
Fertility of Seeds
3 May 2016 – 3 June 2016
Schedule and Location:
3 - 12 May 2016
(Taman Lemah Putih)
13 May 2016 day off
14 - 23 May 2016
(Sukuh Temple, Cetho Temple)
24 May 2016 day off
25 May – 3 June 2016
(Taman Lemah Putih)
WORKSHOP IN EUROPE
27 June - 15 August 2016
(Schedule and Location to be announce by the local organizers)

AMERTA PRESENT - Course II
Inspiration of The Breathing
22 September 2016 – 23 October 2016
Schedule and Location:
22 September – 1 October 2016
(Plaosan Temple, Kalasan Temple, Boko Palace, Parangtritis Beach)
2 October 2016 day off
3 – 12 October 2016
(Taman Lemah Putih)
13 October day off
14 – 23 October 2016
(Tejakula, Bedulu)

AMERTA PRESENT – Course II
The Creation of The Light
29 October 2016 – 29 November 2016
Schedule and Location:
29 October – 7 November 2016
(Taman Lemah Putih)
8 November 2016 day off
9 – 18 November 2016
(Sukuh Temple, Cetho Temple)
19 November 2016 day off
20 – 29 November 2016
(Taman Lemah Putih)

AMERTA PRESENT - Course II
Fertility of Diamond
16 August 2016 – 16 September 2016
Schedule and Location:
16 - 25 August 2016
(Taman Lemah Putih)
26 August 2016 day off
27 August - 5 September 2016
(Plaosan Temple, Kalasan Temple, Boko Temple, Borobudur Temple)
6 September 2016 day off
7 - 16 September 2016
(Taman Lemah Putih)

AMERTA PERFORMING- Course III
The Soul of Kalayoni
5 – 29 December 2016
Schedule and Location:
5 – 11 December 2016
(Taman Lemah Putih )
12 December 2016 day off
13 – 19 December 2016
(Kalasan Temple, Parangtritis Beach)
20 December 2016 day off
21 – 29 December 2016
(Taman Lemah Putih)

Srawung Seni Candi – Sukuh Temple
31 December 2016 – 1 January 2017
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

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.

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

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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P.O BOX 301 Solo, Jawa Tengah 57111 Indonesia
Phone and Fax: +62 271 8503050
For Information and Registration:
amerta@lemahputih.com

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 MANDIRI – INDONESIA
Branch: SOLO PURWOTOMO
SWIFT Code: BMRIIDJA
Account holder name: SOEPRAPTO 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