

# JOGED AMERTA

CELEBRATION ETHNIC ART IN TIME  
2019



## PADEPOKAN LEMAH PUTIH

PO BOX 301 Solo, Central Java 57111  
Indonesia

For more information about Joged Amerta  
programs in Indonesia please send email to:  
[amerta@lemahputih.com](mailto:amerta@lemahputih.com)

## Suprpto Suryodarmo

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, Prpto 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.

Prpto offers a series of monthlong workshops at Padepokan Lemah Putih, that also include practice in Central Java sites such as Suku 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. Prpto 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

the being reality world (gravity)

the being dream world (no gravity)

**Being saying**



**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)

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
- 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 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

## 2019 JOGED AMERTA Celebration Ethnic Art in Time

### PROGRAM in INDONESIA

#### AMERTA PERFORMING – Course III

##### Human Moving Life in Time

- 3 to 9 January 2019 workshop at Art Centre in Solo  
10 January 2019 day off  
11 to 17 January 2019 workshop at Art Centre in Solo and Sangiran Museum  
18 January 2019 day off  
19 to 25 January 2019 workshop at Plaosan and Boko temples

##### Borobudur Moving Life with Ajahn Jutindharo in Java and Bali

- 1 to 5 February 2019 workshop at Borobudur Temple in Java  
6 February 2019 travel day  
7 February 2019 day off  
8 to 14 Feb 2019 workshop at Teja Amerta Temple in Tejakula, North Bali

organized by Padepokan Lemah Putih in cooperation with Sandra Reeve – Ecological Movement, UK

##### The Life Tree, Song of Ancestor with Ajahn Jutindharo

- 16 to 24 Feb 2019 workshop at Goa Gajah and Samuan Tiga in Bedulu, Bali

#### AMERTA PERFORMING – Course III

##### The Touching of Kalahayu

###### 28 February–24 March 2019

- 28 Feb to 6 March 2019 workshop at Art Centre in Solo  
7 March 2019 day off  
8 to 14 March 2019 workshop at Candi Suku and Parangtritis Beach  
15 March 2019 day off  
16 to 24 March 2019 workshop at Art Centre in Solo

#### AMERTA SHARING – Course IV

##### Reality World – Pribadi Human Nature Ritual Art Joged Amerta Sharing “The Voice of Ancestor” in Audience in Daily Performance

###### 29 March–22 April 2019

- 29 March to 4 April 2019 workshop at Art Centre in Solo  
5 and 6 April 2019 day off  
7 to 13 April 2019 workshop at Plaosan Temple  
14 and 15 April 2019 day off  
16 to 22 April 2019 workshop at Suku Temple and celebration 18 April World Heritage Day

#### AMERTA SHARING – Course IV

##### Sharing Experience Giving Practice from the Approach of Gardener

###### 25 April–22 May 2019

- 25 to 28 April 2019 workshop at Art Center in Solo  
29 April 2019 International Dance Day  
30 April to 1 May 2019 workshop at Art Center in Solo  
2 May 2019 day off  
3 to 9 May 2019 workshop at Suku and Cetho Temples  
10 May 2019 day off  
11 to 17 May 2019 workshop at Plaosan, Boko, and Kalasan Temples  
18 May 2019 day off  
20 to 22 May 2019 workshop at Art Center in Solo

### BLOSSOMING BLESSING in EUROPE

#### 1 to 5 June 2019 workshop in Denmark

##### The Soul of Ocean Mountain

hosted by Jonas Stampe <[jonasstampe@hotmail.com](mailto:jonasstampe@hotmail.com)>

#### 7 to 13 June 2019 workshop in Ireland

##### Shining of the Heart

hosted by Laura O Brien <[talltreescope@yahoo.ca](mailto:talltreescope@yahoo.ca)>

#### 15 to 21 June 2019 workshop in Westhay, UK

##### The Evolution of Art Creation

hosted by Sandra Reeve <[sandra@moveintolife.co.uk](mailto:sandra@moveintolife.co.uk)>

#### 22 to 26 June 2019 workshop in Stroud, UK

##### Amerta in Performance workshop and performances 27 June 2019

workshops by four artists who contributed chapters to the book Embodied Lives

#### 28 June 2019 Open Class and Performances

hosted by Sally E. Dean <[trapezenut@yahoo.com](mailto:trapezenut@yahoo.com)>

#### 29 June to 5 July 2019 workshop in Avebury, UK

##### The Song of St. One

hosted by Kristina Bourdillon <[kristinabourdillon@gmail.com](mailto:kristinabourdillon@gmail.com)>, Keith Miller <[kayarmiller@gmail.com](mailto:kayarmiller@gmail.com)>, Simon Slidders <[simonslidders@hotmail.com](mailto:simonslidders@hotmail.com)>,

#### 6 to 13 July 2019 workshop in Michaelchurch, UK

##### Coming Home Bowing Mountain

hosted by Isabel Moros <[I.Moros@exeter.ac.uk](mailto:I.Moros@exeter.ac.uk)>, Stephen Hopkins <[stephen.hopkins198@btinternet.com](mailto:stephen.hopkins198@btinternet.com)>,

#### 14 to 20 July 2019 workshop in Amsterdam

##### Movement in Reading

hosted by Monika Förster <[monikaforster@dds.nl](mailto:monikaforster@dds.nl)>

**22 to 27 July 2019** workshop in Halscheid, Germany  
**The Five Joged Amerta Mantras and Freedom**

hosted by  
Michael Dick <[michael.dick@netcologne.de](mailto:michael.dick@netcologne.de)>,  
Bettina Mainz <[tina\\_mainz@web.de](mailto:tina_mainz@web.de)>,

**28 to 31 July 2019** **MAM Movement Art Meeting  
in Halscheid, Germany**

hosted by  
Michael Dick <[michael.dick@netcologne.de](mailto:michael.dick@netcologne.de)>,  
Bettina Mainz <[tina\\_mainz@web.de](mailto:tina_mainz@web.de)>,  
Monika Förster <[monikaforster@dds.nl](mailto:monikaforster@dds.nl)>,

**3 to 10 August 2019** workshop in Hamburg, Germany  
**Sense and Sensibility in the Inner Soul of Humanity**

hosted by Coco and Peter Ohrt <[coco.ohrt@gmx.de](mailto:coco.ohrt@gmx.de)>,  
<[info@schauspielschule-buehnenstudio.de](mailto:info@schauspielschule-buehnenstudio.de)>,

**12 to 18 August 2019** workshop in Mas Jalech, Spain  
**The Root and the Roof of the Place in the  
Atmosphere of Theos, Theater, and Therapy**

hosted by Montse Marti Gasch  
<[montsemartigasch@gmail.com](mailto:montsemartigasch@gmail.com)>

**21 to 27 August 2019** workshop in Arcadia and  
Temple of Apollo, Greece  
**Breathing Being at the Garden of Healing Apollo**

hosted by Christina Klissiouni  
<[presentbodies@gmail.com](mailto:presentbodies@gmail.com)>

**30 Aug to 5 Sept 2019** workshop in Münster, Germany  
**Sharing Living Art & Religiosity:**

**Blossoming Blessing Micro Macro Garden**  
hosted by Claudine Merkel <[c.merkel@t-online.de](mailto:c.merkel@t-online.de)>

**7 to 11 September 2019** workshop in Pyrenees, Spain  
**The Flower of Mountain**

hosted by Anna Rubio <[annarubio@copc.cat](mailto:annarubio@copc.cat)>

**13 to 24 September 2019** workshop training in Italy  
and sharing for dialoguers, teachers, and organizers  
**Human Moving Life**

13 to 19 Sept 2019 workshop  
20 and 22 Sept 2019 workshop open market  
23 and 24 Sept 2019 practice in digesting  
hosted by Franca Fubini <[franca.fubini@gmail.com](mailto:franca.fubini@gmail.com)>,  
with Mala Sika <[malasikka@gmail.com](mailto:malasikka@gmail.com)>,

## **2019 PROGRAM in INDONESIA (continued)**

### **AMERTA PRESENT – Course II**

#### **Fertility of Seeds**

**1–29 October 2019**

1 to 9 October 2019 workshop at Art Center in Solo  
10 October 2019 day off  
11 to 19 October 2019 workshop at Suku and Cetho  
Temples and Parangtritis Beach  
20 October 2019 day off  
21 to 29 October 2019 workshop at Art Center in Solo

### **AMERTA PRESENT – Course II**

#### **Joged Amerta Present – Art Pilgrimage “Inspiration of the Breathing”**

**1 November–2 December 2019**

1 to 10 November 2019 workshop at Art Center in Solo  
11 November 2019 day off  
12 to 21 Nov 2019 workshop at Borobudur and  
Mendut Temples, and villages  
22 November 2019 day off  
23 Nov to 2 Dec 2019 workshop at Art Center in 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 2019**

5 to 11 December 2019 workshop at Art Centre in Solo  
12 December 2019 day off  
13 to 19 Dec 2019 workshop at Parangtritis Beach,  
Plaoson and Boko Temples  
20 December 2019 day off  
21 to 29 December workshop at Art Centre in Solo  
and Suku Temple  
30 December day off  
31 Dec 2019 to 1 Jan 2020 Srawung Seni Candi  
at Suku 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.

## PADEPOKAN LEMAH PUTIH

Suprpto Suryodarmo Bonorejo RT01 RW02  
Plesungan, Gondangrejo Karanganyar, Jawa Tengah  
51773 Indonesia

Postal Address:

### PADEPOKAN LEMAH PUTIH

P.O BOX 301 Solo, Jawa Tengah 57111 Indonesia

Phone and Fax: +62 271 8503050

For Information and Registration:

[amerta@lemahputih.com](mailto:amerta@lemahputih.com)

