

# *The Five Joked Amerta Mantras & Freedom*

*July 22 -27 | Halscheid*

[www.schule-der-bewegung.net](http://www.schule-der-bewegung.net),

[info@schule-der-bewegung.net](mailto:info@schule-der-bewegung.net),

Bettina Mainz, Michael Dick

## *Prapto in Germany*

## *Summer 2019*

*Hamburg 3-10 August,  
Balance between inside and  
outside or*

*What do I really want?*

Coco und Peter Ohrt [coco.ohrt@gmx.de](mailto:coco.ohrt@gmx.de) [info@schauspielschule-  
buehnenstudio.de](mailto:info@schauspielschule-buehnenstudio.de)

### **MAM**

### *Movement Art Meeting*

*28<sup>th</sup> – 31<sup>st</sup> of July Halscheid*

**Sharing Movement, Sharing Live in Sharing Time**

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Monika Förster, Michael Dick, Bettina Mainz

### **SHARING LIVING ART & RELIGIOSITY**

### *Blossoming Blessing Micro Macro Garden*

*in Münster, Westphalia, Germany*

**30 August to 5 September**

Contact: Claudine Merkel. phone: +49 170 99 66 909.  
mail to: [c.merkel@t-online.de](mailto:c.merkel@t-online.de) [www.claudine-merkel.de](http://www.claudine-merkel.de)

Suprpto Suryodarmo in Halscheid | July 22 -27 2019

## *The Five Joged Amerta Mantras & Freedom*

The **Five Joged Amerta Mantras** in Prapto's Movement Practice are offering a traceable way to feel and understand our being in the world. They are at the same time physical and philosophical tools to practice participation and eventually to find a nourishing and respectful attitude pervading our daily, spiritual and artistic lives.

In this seminar we will again deepen and experience the impact and richness of the 'Basic Joged Amerta Mantras' which have been introduced within the last years. We are welcoming newcomers as well as experienced Movers; It is one of the beauties of Amerta Movement that it can always be approached again and from everybody - never ceasing to unfold insight and impression.

In this year's seminar the basic mantras will be enriched with the notion of freedom. Here we can share our visions and may be surprised. In our words the five mantras can be something like this

1. Mantra: Basic - nine ways of moving – in variations - all have 7 facets, all have speaking and saying.
2. Mantra: „we are already in composition of the stage samadhi “- however, nice or not nice, we are already in IN.
3. Mantra: „we always try to be as a samadhi audience “: audience meditation
4. Mantra: „being in the movement speaking; we are already in speaking movement being - we are already in life and do not have to search for it.
5. Mantra: breathing has form and form has breathing. It is the moving breath in the breathing of life. It also may lead to formlessness.



We welcome children (and their friends) of participants; please contact us beforehand so we see what it needs for them and their parents and all the others. As Halscheid lies at the end of a street and surrounded by hills and woods, it is quite safe for (school) children to be with the nature - but also possible to join the practice in the open barn.

**Times :** Monday 22<sup>nd</sup> July 10am - Saturday 27<sup>th</sup> July 7pm

5 hours practice with Prapto a day

**Seminar Fee:** 520€ / 460€ early bird, if registered and payed until 1<sup>st</sup> June

**There will be an open afternoon on Saturday 27<sup>th</sup> – Please invite your friends!**

**Offer: The five mantras and Mam:** 610€ / 560€ early bird, 10 days **22<sup>nd</sup>-31<sup>st</sup> of July 2019**

**Place:** Halscheid, Hof Kuppen near Cologne. For place, food, accommodation and costs please see: [www.aryatara-dharmacenter.com](http://www.aryatara-dharmacenter.com), [email@hof-kuppen.de](mailto:email@hof-kuppen.de)

Close Airports: Cologne, Düsseldorf; Frankfurt/Main

For information and registration please contact.

**info@schule-der-bewegung.net | tina@bettinamainz.de | +49 0173 7888789**

[www.schule-der-bewegung.net/anmeldung-registration-accomodation-unterbringung](http://www.schule-der-bewegung.net/anmeldung-registration-accomodation-unterbringung)  
for further details. **www.schule-der-bewegung.net.**

**We accept Bildungspraemie or Bildungsgutschein**

# MAM - Movement Art Meeting - Halscheid

28<sup>th</sup> – 31<sup>st</sup> of July 2019

Sharing Movement, Sharing Live in Sharing Time



Dear friends of movement!

We are happy to invite you to this year's MAM meeting in Halscheid, Hof Kuppen, near Cologne. With this meeting the School of Movement is continuing its cooperation with Monika Förster who has held MAM for many years in Amsterdam. And we are happy that also Prapto will be around.

MAM - Movement Art Meeting welcomes all Amerta Practitioners and interested movers to a four days exchange in movement and word. In this meeting we want to give space and time:

- for the appearance of current themes in our sharing movement community,
- for introducing different ways of teaching the practice
- and for exchange through other kinds of applying and performing Amerta Vocabulary.

Movers from other strands and areas are always welcome.

Also, we want to cordially invite children of participants as part of the MAM meeting. We may include them into our practice or share an idea especially for them, or they are just around.

**Structure, early morning:** open for meditation, body work and movement practice.

**morning session:** each morning session to be guided by different teachers.

**afternoons:** in Open Space Format.

**evenings:** are open for performances and other events and practices.

Start: **Sunday 28<sup>th</sup> 10am** End: **Wednesday 31<sup>st</sup> 5pm**

Recommended fee: **four days € 130, three days € 100, two days € 80, reduction possible**

Hof Kuppen offers a four days residential MAM meeting with full board: [www.aryatara-dharmacenter.com](http://www.aryatara-dharmacenter.com). Close Airports: Cologne, Düsseldorf; Frankfurt/Main

<https://www.schule-der-bewegung.net> - [info@schule-der-bewegung.net](mailto:info@schule-der-bewegung.net)

We accept Bildungspraemie! [www.bildungspraemie.info](http://www.bildungspraemie.info)

# Prapto in Hamburg



Balance between inside and outside or what do I really want

**Balance zwischen Innen und Außen**

oder

**Was möchte ich eigentlich wirklich?**

**Workshop mit Suprpto Suryodarma vom 3.-10-August 2019**

**Wir möchten Euch herzlich zu dem 8-tägigen Workshop einladen.**

**Die Kosten betragen 540,-€**

**Und er findet diesmal im Medienbunker in der Feldstr.66 in 20357 Hamburg statt**

**in der Zeit von ca.10.00-17.00 Uhr**

**Wir freuen uns auf Euch**

**Peter und Coco Ohrt**

**Anmeldung: [coco.ohrt@gmx.de](mailto:coco.ohrt@gmx.de)**

# Prapto in Münster



## **SHARING LIVING ART & RELIGIOSITY** **Blossoming Blessing Micro Macro Garden**

Exploring movement, exploring feelings in beautiful natural settings

**in Münster, Westphalia, Germany**  
**30 August to 5 September 2019**

Open afternoon and discussion. 4<sup>th</sup> of September in the garden of the Capuchin Monastery

This seven-day workshop is led by Suprpto Suryodarmo, a well-known Indonesian movement artist who created the practice of Joged Amerta. We shall be working in a romantic old Westphalian farmhouse with a wild garden and a water pond at the edge of Münster as well as in a monastery with a lovely cultivated garden in the middle of Münster.

The workshop aims at supporting participants in adapting to everyday life challenges and awakening their creative potential through the practice of movement arts.

It is a wonderful opportunity to immerse yourself in Prapto's art of movement with its emphasis on life, humanity and nature. This workshop is open to people of all ages and backgrounds.

12 - 15 participants

The programme includes 5 hours practice with Suprpto per day.

The workshop fee: 450 € early bird rate, due by 30 June 2019      490 €, due by 30 July 2019

Booking, accommodation: Early booking is advisable. Bank references are supplied after registration.

Participants may contact Claudine for support with finding accommodation.

Catering is supplied on demand.

Contact: Claudine Merkel. phone: +49 170 99 66 909.

mail to: [c.merkel@t-online.de](mailto:c.merkel@t-online.de) [www.claudine-merkel.de](http://www.claudine-merkel.de)

Further info on S. Suryodarmo and Amerta Movement can be found here:

<https://www.amertamovers.wordpress.com>

<https://www.schule-der-bewegung.net>,

<https://www.amertamovement.co.uk>