



INTEGRAL CREATIVITY

Transformative Playfulness, Presence
and Leadership

The Bombay Intensives

Thomas Prattki Centre
for Integral Movement and Performance Studies

J's academy
COMMUNICATION, SPEECH & THEATRE EDUCATION



INTRODUCTION

What is Integral Creativity all about?

Integral Creativity is about cultivating an understanding of creativity as a pathway to unlocking physical, emotional, and spiritual health and happiness, a deeper sense of interconnectedness and of art-making and other forms of creative engagement as a way to foster soul in and of the world.

Integral Creativity is a process as well as a response, rooted in a profound interest in the grand movements of life, the deeper connections, into what holds the world together or risks making it fall apart. A bringing forth of ideas and projects, visions and performances, driven by the curiosity “to make the Invisible visible”, in and through the arts, in educational settings and environments for personal, cultural and global transformation.

Integral Creativity is poetic and political, playful and provocative; and eager to make a difference through transformative engagement in the world.

Across three intensives of one week each, this unique programme introduces participants to the interdisciplinary, imaginative, and poetic framework of Integral Creativity, a carefully crafted process that supports individuals on their journey towards realizing their deeper callings and sense of purpose throughout the different stages of their lives.

Particular emphasis is given to fostering the imagination, intuition, and playfulness, unique to each individual, through playful, and process-oriented practices of embodiment, to strengthen the sense of personal autonomy, authenticity, and presence. and to approach anima mundi, connected with what is known as the “soul of the world” (anima mundi).

Integral Creativity encourages taking proactive leadership for our inner life as well as for the projects we wish to realize within the context of what we consider to be our personal and/or professional purpose.

Who is our ideal participant?

If you are interested in living more fully your own creative potential through integration of your body's deeper wisdom, or in supporting others connecting more fully with theirs, this programme could be a perfect fit for you. If you wish to explore in more depth the links between creativity, art making and physical health, mental well being and spiritual growth, Integral Creativity might be your guide. If you find inspiration in considering the quest for connecting with your limitless imagination, your intuition as „the language of the soul“ and your primal playfulness as the deeper sources of your creativity, a way to support the emergence of a more integral vision of life, where creativity is not the domain of a gifted few, but a deep life force that we are all called to foster and realize in our uniquely personal ways, through the projects, performances and relationships we really care about, then you should join us in Bombay.

The programme addresses practitioners in the educational, therapeutic and performative arts, professionals working in entrepreneurial environments with an interest in transformative and soulful leadership, as well as all those wishing to contribute to the emergence of new narratives and visions which respond to the social, ecological and cultural challenges of our times.

What are the concepts and influences the programme is built upon?

The programme offers a rich blend of practices of embodiment rooted in the expressive arts, all geared towards experiencing creativity not as a special gift only granted to a special few, but as a life energy available to all of us. It is influenced by the concepts for inner growth and creativity developed by C.G. Jung and deepened by the community of artists and researchers around the world inspired by his work, by the poetic and playful teachings on Embodiment by Jacques Lecoq, and the research into creative expression and embodied spirituality at the Dürckheim Center. It draws from Eastern and Western concepts and practices on the process of individuation and uses a wide range of modalities such as working with masks, authentic movement, yogic practices, voice, dreams, drawing, sculpting and photography. To deepen the process, it integrates insights from fields as diverse as eco-psychology, feminist discourses, the neurosciences, systemic theories, Buddhism, Taoism and Zen, Indian mythologies and tales from around the world.

Is there a progression between the three intensives of this programme?

Taking the ultimate archetype of storytelling, the motif of The Hero's Journey, as the mythopoetic matrix of the programme, participants will explore the three fundamental stages of this mythic journey - the departure, the initiation and the return — as metaphorical images of an inner, deeply transformative process of growth. While it makes sense to take the intensives in the order the programme suggests, it is also possible to take them in any other order, depending on the demands of your personal and professional life.

What happens in between the intensives?

There will be monthly online meetings with your peer group as well as individual online sessions with your facilitators. More information on request.

THE PROGRAMME

Intensive 1

September/October 2026

REWILD

The intensive invites you to rewild, the first of three transformational journeys at the core of the Integral Creativity Programme. It explores the dynamics within the creative process of realising our autonomy, authenticity and sense of self during the different stages of our life. We will give particular attention to the callings of rewilding our body, understood as connecting with our imagination, intuition, sensuality and playfulness as deeply creative companions.

Using the mythopoetic narrative of The Hero:ine's Journey with its different phases as a golden thread through the programme, the programme will invite the participants of this first intensive to experience the hero:ine's awakening to inner callings and their decision to "leaving the father's house" as a metaphor for the process of differentiation from conditioned rules and expectations that seek to control us.

As myths and tales don't speak to our rational mind in the language of facts, but to our imagination and intuition through metaphors, they invite a more fluid, playful, and soul-inspired relationship with life beyond conventional dichotomies. Using masks, movement, voice, intuitive writing, painting and drawing, we will follow the hero:ine as they experience the challenges of stepping out of the familiar and crossing the threshold into the unknown Wild in quest of renewal and transformation.

Question: What are the inner and outer attachments, narratives and restrictions that we experience as obstacles on the way of moving towards a more authentic, creative and soulful life in tune with our inner callings and aspirations?



THE PROGRAMME

Intensive 2

January/February 2027

ENSOUL

The second intensive of the programme focuses on an exploration of the human shadow, a metaphor for the unlive potential, the restricted, often repressed life of an individual, a generation or an entire culture. Shadows are abandoned and neglected ambitions, wishes and dreams that turn over time into hungry ghosts, hungry for the care they never had, for the soul they never felt. Every time we don't believe we deserve the strengths we have, we think of not displaying our qualities, every time we have to relegate a part of who we truly are, due to dominating structures, values and narratives, to what is called in mythology "the land of the dead" or "the Underworld", we abandon a part of our soul, of what makes us feel deeply alive and truly connected with ourselves and the world. The myth of the Hero:ine's Journey is a metaphor for the courageous journey to reconcile with our ghosts, to ensoul them, honor and embody them.

This intensive will invite participants to follow the hero:ine into the underworld, using myths and practices of embodiment from storytelling to ritual. We will encounter the ferocious and destructive power of unacknowledged shadow in the form of mythological wild beasts we will bring to life through masks and movements, voice and intuitive writing. We will explore as well the power of soulfulness when listening and relating to the ghosts residing in the depth of our own body and the body of the world.

Question: How do we experience unlive life in our body and psyche, whether our own unlive life, that of other generations before us or that of the anima mundi, the world soul?



THE PROGRAMME

Intensive 3

April/May 2027

TRANSFORM

The third Intensive of this program explores ways of acknowledging our “inner gold”, of releasing our creative qualities from the shadowlands by honoring and integrating them into our personal and professional life as well as into our relationship/s in and with the world. How can we welcome the strengths we always thought we don’t deserve, the qualities we always thought we should not show, values that we believed in but didn’t fit with the values of others in our personal or professional life? How can we acknowledge and honor the deep interconnectedness we have with others and the more-than-human worlds? How can we use our imagination, intuition and playfulness for the creation of soul-inspired and transformative projects, initiatives and performances to respond to the challenges and questions of our times?

We will follow the hero:ine on their ascent from the underworlds of their inner process, returning to the „ordinary life“. The archetype of the Clown will be our guide through all the dangers on the way back into the light. And when it is time for us to part ways, our guide will share with us those special gifts that every fool receives on their return journey from the underworld, at the beginning of our next task, the creation and living of a new myth. Our own myth.





SEPTEMBER 20206 SCHEDULE

DATE	DAY	START TIME	END TIME
27 th Sept	Sunday	1:30 PM	5:30 PM
28 th Sept	Monday	10:00 AM	4:00 PM
29 th Sept	Tuesday	10:00 AM	4:00 PM
30 th Sept	Wednesday	10:00 AM	4:00 PM
1 st Oct	Thursday	10:00 AM	4:00 PM
2 nd Oct	Friday	10:00 AM	4:00 PM
3 rd Oct	Saturday	10:00 AM	4:00 PM
4 th Oct	Sunday - Closure	1:30 PM	4:30 PM

VENUE:

Seva Sadan Society,
30/31 Pandita Ramabai Road,
Gamdevi, Mumbai 400 007, India
Closest Station: Grant Road

PRICING:

Module 1: INR 45,000 (410 Euros)
Module 2: INR 45,000 (410 Euros)
Module 3: INR 45,000 (410 Euros)

FOR INDIAN NATIONALS:

Special Price Module 1,2,3:
INR 1,20,000 (*Full course payment
in advance*)

Early Bird Discount before 15th June:
INR 42,000 (*per module*)

One-on-one sessions:

Two individual sessions are a part
of the package.

Above that will be INR 3,500 per
session for Indian nationals.

WAY AHEAD:

MONTHS	OFFERINGS
Sep 2026	Intensive 1: Rewild (can also be taken as an independent course)
Sep 2026 – Jan 2027	One-on-one sessions (4 sessions recommended)
Jan 2027 (Tentative)	Intensive 2: Ensoul (can also be taken as an independent course)
Jan 2027– Apr 2027	Process Book
Apr 2027 (Tentative)	Intensive 3: Transform (can also be taken as an independent course)
May and Jun 2027	One-on-one mentorships (as many needed) Independent Project/ Implementation
<i>Diploma awarded when all 3 modules are taken within 9 months. All three Intensives can also be taken as independent courses</i>	



FREQUENTLY ASKED QUESTIONS

What is Integral Creativity?

Integral Creativity is a movement- and expressive arts-based process supporting the unfolding journey of personal and professional development, individuation and transformation.

What prior experience do I need to join the course?

This course is open to all individuals who are seeking to dig deep into the self (individuals with no theatre experience but willingness to learn) as well as to experienced individuals who would want to further hone their skills and or learn more. General fitness and mobility is recommended. We welcome your application- artists, coaches, educators, entrepreneurs, performance makers, psychotherapists, healers, and scholars, as well as everybody else interested in exploring their deeper creative resources.

At the time of registration, we will require you to send your resume to understand your motivation and help the facilitator to plan your programme.

For International Participants:

Mumbai is a vibrant metropolis known for its rich cultural heritage and diverse experiences. From the dynamic energy of its bustling streets to the scenic coastal road along the Arabian Sea, the city offers a compelling blend of modernity and history. Its heritage landmarks from the British era further enrich its unique character. Visitors can enjoy an array of exceptional dining options, cafés, shopping destinations, art galleries, and theatres. For further assistance regarding visa requirements, accommodation, weather, and more, please feel free to contact us via email.

Do I need to do all three intensives, or can I only do one?

Each intensive can be taken independently. Completing all three intensives under a period of 9 months along with the independent project would lead to a '**Diploma in Integral Creativity**' awarded by the Thomas Prattki Centre and J's Academy.



ABOUT THE FACILITATORS



Thomas Prattki

Thomas is the founder and director of arthaus.berlin (formerly the London International School of Performing Arts before relocating LISPA to Berlin) and the Thomas Prattki Centre for Integral Movement and Performance Studies. Before creating his own school and pedagogy, he was the pedagogical director of the Jacques Lecoq International School of Theatre in Paris. He has worked as a performer, director and teacher in over 40 countries.

In his over 35 years of teaching, he has been working with practitioners in the performing, healing, and educational arts from more than 60 countries. His main interest continues to be the further development of an integral approach to creativity that honors the importance of the human imagination, intuition and playfulness not only to realize personal authenticity, creative autonomy and a sense of deeper purpose, but also projects, initiatives and performances, that are rooted in a deep desire to foster soul in and of this world.

He currently lives with his wife and eight-year old daughter in Berlin/Germany, where he continues to run his school in its 24th season.



Jhelum Gosalia

Jhelum Gosalia is the founder and director of J's Academy for Theatre Education, India. Affiliated with the London Academy of Music and Dramatic Arts, and the Trinity College, London, J's Academy was founded in 2011. She is a firm believer of the impact that the theatre arts have on children and adults, towards intrinsic changes that lead to extrinsic transformations.

Jhelum is an alumnus of the United World College, Singapore, King's College and the Royal Academy of Dramatic Art (RADA). She has produced theatre plays like Panchatantra, Ehsaas, Keep Calm and Dance. She has also been on the panel of the Trinity College, London as Examiner and a collaborator at Arthaus, Berlin along with Thomas Prattki. As a theatre arts practitioner, she has been training and mentoring teachers and students for over 15 years. She also curates one-on-one programmes, and trains young adults towards their holistic development. Having developed best practices in 'Theatre in Education' programmes for international schools she also leads the collaborations, curriculum and faculty at J's Academy.

REGISTER NOW!

Early Bird Discounts Available • Location: Mumbai

To know more: info@jproductions.in • +9174000 57148

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