

THOMAS PRATTKI CENTRE IN INDIA

INTEGRAL EMBODIMENT

Moving into Wholeness:
Introductory Workshop

Inviting all practitioners and
non-practitioners to come discover
and explore elements of oneself
through theatre

Thomas Prattki Centre
for Integral Movement and Performance Studies

artha.us.berlin

International Training and Research Centre for
Devised Theatre and Performance

*LISPA (London
International School of
Performing Arts) formerly

J's
academy
THEATRE EDUCATION

Bangalore

DATES:	3 - 4 August 2024
TIMING:	Sat - Sun • 10am to 3:30pm
LOCATION:	J's Academy of Speech & Drama, Koramangala Centre

INR 18,000
Course fee

Mumbai

DATES:	17 - 18 August 2024
TIMING:	Sat - Sun • 10am to 3:30pm
LOCATION:	J's Academy of Speech & Drama, Lower Parel Centre

INR 18,000
Course fee

- Early Bird Course Fee INR 15,000 (register before 10 July)
- Participants will receive a certificate from **Thomas Prattki Centre, Berlin**, on successful completion of the programme.

J's academy | Thomas Prattki Centre
for Integral Movement and Performance Studies

In collaboration with **J's Academy of Speech & Drama, Thomas Prattki**, the founder and director of arthaus.berlin, the Thomas Prattki Centre for Integral Movement and Performance Studies (at arthaus.berlin) and former pedagogical director of the International School of Theatre Jacques Lecoq in Paris, is conducting workshops and courses in **Mumbai and Bangalore in 2024/25**.

Contact for Mumbai & Bangalore:

tpcindia@jproductions.in • +91 74000 57148
thomasprattkicentre.com • jsacademy.net





Programme overview

Listening is the first step on the journey to wholeness

This weekend workshop offers participants an insight into the foundations of *Integral Embodiment*, a transformative and interdisciplinary practice for advanced practitioners in the performing, healing and educational arts. It combines physical theatre, the expressive arts, archetypal process work, performative writing, and deep listening practices to prepare the process of performance-making, the realization of transformative actions, and the emergence of an integral perspective on life at the beginning of the 21st century.

The weekend will introduce you to *Deep Listening*, a poetic, movement-based core component of *Integral Embodiment*. Over the two days, you will be invited to follow your imagination and intuition and listen through the moving, sounding, and playing body to the voices and stories of “wild nature within.” Aiming to “re-soul” the relationship with our body and the world we live in, Deep Listening encourages dialogue with our playful, intuitive self, to support our personal and creative growth toward inner wholeness as well as our collective and global future.

What will you learn?

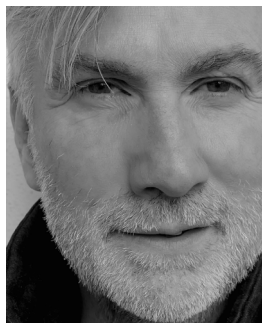
To connect through movement with life as it is, as it has been and as you imagine it to be, whether you wish to create new worlds, learn from the past or live fully in the Now, whether you are, or aim to be, an artist, a fully alive human being, or aspire to find a deeper connection and creative dialogue between both of them in your life.

To develop a deeper understanding of *Embodiment* as an integral practice that seeks to connect you with your imagination, intuition and playfulness through movement in all its different expressions and forms. We consider these qualities as essential for any creative process, in art and life, but for everybody interested in exploring or oscillating playfully between autonomy and interconnectedness.

Thomas Prattki

Thomas is the founder and director of arthaus.berlin and the **Thomas Prattki Centre for Integral Movement and Performance Studies**. He has been the pedagogical director of the **Jacques Lecoq International School of Theatre in Paris** and the **London International School of Performing Arts / LISPA**. He has worked as a performer, director and teacher in over 40 countries.

In his over 30 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 one's deeper sense of Self and personal purpose through performance-making. His research and teaching is rooted in the pedagogy of Jacques Lecoq, one of the most influential European theatre reformers of the 20th century, and in the mythopoetic imagination of humanity through the ages.



To register

Email us on tpcindia@jproductions.in with your name, contact number, and the course you are interested in. Our team will send you a registration form along with the payment link.

To know more

Email us on tpcindia@jproductions.in with your query; or call us on +91 74000 57148.



Want to know more about our programme?

1. What prior experience do I need to join the course?

This course is open to beginners (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. This is also an introductory module to the longer 12-week diploma programme.

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

2. Do I need to attend all the days of the course?

Yes, only register if you are able to commit to all the days and hours of the programme.

3. Do you have other courses by Thomas Prattki Centre in India?

Yes, please email us to know more. More programmes are scheduled to be held in Mumbai and Bangalore.

J's Academy of Speech & Drama, India

J's Academy, founded by Jhelum Gosalia, is a leading **theatre education** institute for children and adults, with centres across **Mumbai and Bangalore**. They have trained students in speech, drama and communication for over 10 years with strong affiliations with Trinity College London, and London Academy of Music and Dramatic Art to offer certifications to their learners.

Having worked with notable schools across India they have developed a strong practice in Theatre in Education and Teacher Trainings.

To register or know more:



+91 74000 57148



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Mumbai & Bangalore



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