

Songworlds

声音与身体世界

Basic Practices Course:

Nov 26 - Dec 17, 2022

Saturdays, 12 - 2pm CET

Who is it for?

- People who are interested in somatic exploration through SOUND and MOVEMENT, and wish cultivate a practice for re-balancing body, feeling and mind;
- **All** backgrounds and levels are welcomed.

Intro

What is the relationship between movement and sound? And between sound and feelings? How to re-balance our body & mind through sound and movement meditation, in order to get in touch with our authentic being?

Our senses are heightened to receive proprioceptive and spacial feedback, our awareness for the inside and the outside landscape is broadened. Through adaptation and tuning, we learn to become harmonious with the environment, finding our own place within the world, and making embodied responses.

We are essentially becoming great LISTENERS to ourselves and to the world. Often times, through this listening arises a meditative and spacious state of being.

How does sound inspire movement? How does sounding and moving complement each other in human expression? Singing and dancing is each a profound practice. Through these activities that are innately human, we encounter our true self.

This course will guide you through the basics of Songworlds practice, and help you to build your own daily practice. We honor each individual's internal process within a supportive and safe community.

Michael and Tim have been collaborating and teaching together for 20 plus years. They are appointed Amerta Movement practitioners and meditation facilitators.

This course is taught in English, with Chinese translation.

What you will learn:

- How movement and meditation practices can inform each other;
- The basics of Sumarah meditation;
- Practice for finding the connection between body and sound/voice;
- How to enter a relaxed state through moving and sounding;
- How to tune with others and the environment you are in;
- How to become aware of our FORM in movement, and how our form give rise to a more conscious way of moving and BEING;
- How to cultivate a sense of READING in our moving being, becoming more aware of our body moving in space;
- Becoming familiar with our breathing which naturally create sounds; starting with a sign, a yawn...;
- Practice to develop and broaden your movement potential;
- What is the relationship between singing/moving and our memory, how does our movement create RE-MEMBERING;
- How to bring practice into daily life;
- Practicing the attitude of walking-walking;

Each class is 2 hours, 12 - 2pm Central European Time

Topics for meetings 1 to 4:

Walking-Walking

Within the Songworlds program, this new title of "walking-walking" points to an attitude of how to walk our walking-in-life in awareness and with involvement. This course introduces the four fundamental practices and ways of knowing in Songworlds. We will explore how they interrelate, differ and support each other in walking-our-life.

Saturday November 26th
Saturday December 3rd
Saturday December 10th
Saturday December 17th

(Sumarah) **Meditation**
Amerta Movement
The Nature of Sound
Inquiry

This course is open to newcomers and recommended for “long-termers” as a reminder and deepening of their practice

What you will receive:

- 8 hours of class time with inspiring and practical guidance
- 4 class recordings to rewatch the training as many times as you'd like
- A resource guide detailing class material and useful notes
- A 40-minute private session with both teachers, exploring the problems you may have in your personal practice
- Q&A sharing time with peers and facilitators
- Songworlds Basic Practices Certification of Completion

Course Tuition

1350 rmb (**190 Euros**),
with 8-hour class time and recordings
and 40-minute private session

Contact Michael or Tim for registration, payment, and any questions!

The course is fully refundable before Nov 20th.

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Offerings for
2022-2023

Walking-walking Basics

11/26 - 12/17 2022

Walking-walking Basic Continuing

02/11 - 03/12 2023

Sharing Vulnerability

TBD

Sharing Movement in Communication

TBD

Sharing Practice Time

TBD



Michael Dick

is an Amerta Movement practitioner and appointed pribadi art teacher. Professional life includes experience as an actor, director and performance artist. Lecturer for elementary teachings and practice of performing arts. Practitioner and guide for Sumarah-Meditation and longterm student of the Ridhwan School and its Diamond Approach.

Pronouns: He/Him/His



Tim Jones

has specialised in intercultural research and performance, with particular interest in voice and sound. Public workshop programme The Nature of Sound; Amerta Movement Practitioner; extensive studies in South Indian Carnatic music with Sivasankara Panikkar. Ongoing Group Relations Conference 'Energy, Creative Collaboration and Wellbeing' for Il Nodo Group; qualified Craniosacral practitioner. Student of the Ridhwan School following the Diamond Approach.

Pronouns: He/Him/His