

# International Summer Retreat 2025



## The Sea Within

An Integral Approach to Embodiment  
and Performance Making

July 16 - August 3  
Ameland (NL)

## Welcome

I am excited to invite you to the next edition of the TPC Summer Retreat in July 2025. For the first time, the Summer Retreat will occur on the island of Ameland off the Dutch coastline. The island is a beautiful retreat site with its long sandy beaches, old villages and nature reserves connected to the World Heritage of the Wadden Sea. Please have a look to find out more about the heritage site.

[Video link](#) The Wadden Sea World Heritage

Being on an island during summertime, surrounded by natural wildlife ecosystems, the open sea, and vast skies will make listening to "The Sea Within" a truly unique experience. Taking time to "re-soul" your body and work, sharing a special experience with practitioners from around the world with sufficient time to explore the island by bike or on long walks on the beach makes this summer retreat a "must".

The 18-day retreat addresses practitioners from around the world working in or at the intersection of the performing, healing, and educational arts and professionals in related fields.

Are you interested in taking some time for yourself to listen to your deeper calling/s through movement, mask work, holistic voice practices, and the expressive arts at this stage of your personal and professional life?

Do you wish to explore how your inner process could become a point of departure for creating transformative environments, initiatives, projects and performances?

Would you like to connect with practitioners from around the world to support each other on your individual and collective quests?

And would you enjoy a swim in the sea after an "early bird meditation," vocal rituals in nature, individual retreat time, and a shared cup of tea or glass of wine at sunset?

If that's the case, this summer intensive might be just what you need to take the next step on your personal and professional journey.

We look forward to meeting you!

With best wishes,

Thomas Prattki

Founder and Director of the TPC and arthaus.berlin



## Introduction

The International Summer Retreat 2025, titled **The Sea Within**, offers you four workshops as an introduction to the different integral practices used at the TPC.

An initial 3-day workshop titled *Voice Voyage* invites you to explore your wild, authentic voice, followed by two 6-day workshops that introduce the processes of *Integral Embodiment* and *Integral Performance Making*. We offer a well a workshop for practitioners interested in theatre education with and for children aged 5-12.



## **Workshop 1**

### **Voice Voyage**

16.7.-18.7. 2025

Start: Wednesday, 16.7. 4pm

Workshop Leader: Anne Loek Beernink

The workshop invites you to explore the relationship with your deeper Self through voice. The intention is to bring you in touch with your wild, authentic voice and allow it to become your close companion, your guide, on your lifelong journey toward Self-realization. When we want to welcome our whole being, our voice is our ally.

Participants are invited to experience qualities such as deep listening, openness, playfulness, creativity and ceremony within a non-judgemental environment.

“What I would like you to experience during this workshop is a deeper connection with yourself and others through your singing voice, through expressing your inner landscapes and coming home to your natural ability to sing. We do not sing in the workshop to ‘perform’, but to transform.”

Anne Loek Beernink

No singing experience, but a curiosity in inner growth is needed to participate in the workshop.

Tuition Fee: € 175,00

### **Application**

Please send your CV and a letter of motivation to:

**welcome@thomasprattkicentre.com**



## **Workshop 2 Integral Embodiment**

20.-26.7. 2025  
9.30am - 3.30pm

Workshop Leader: Thomas Prattki and Team

This 6-day workshop and retreat offers experienced practitioners in the field of the performing, healing, and educational arts an initial introduction to Integral Embodiment, an expressive arts-based practice using physical theatre, the visual arts, embodied writing, holistic movement and voice, and intensive work with archetypal dynamics to support the process of personal and professional self-realization, of giving meaning and purpose to the different stages of our life.

During these days, we will work with myths, tales and stories of the sea, with its mysterious depth, furious rage, fantastical creatures and beautiful whale songs, approaching all the images as metaphors for the deeper movements in our collective and personal psyche. Using mask work, intuitive movement, holistic voice work, drawing, painting and writing to approach those archetypal motifs, participants will be introduced to Integral Embodiment as an initiatic practice of "soul-making" and as an invitation to develop a perspective on life that integrates imagination, intuition, fantasy and metaphor into our search for meaning and purpose at the different stages of our lives.

The workshop also introduces the certificate program in Integral Embodiment, a modular journey that spans four two-week intensives over 18 months.

Tuition Fee: € 525,00

### **Application**

Please send your CV and a letter of motivation to:  
**welcome@thomasprattkicentre.com**



## **Workshop 3**

### **Integral Performance Making**

29.7.-3.8. 2025  
1.30pm - 6.30pm

Workshop Leader: Thomas Prattki and Team

This 6-day workshop retreat provides a space of research for the development and creation of performative projects, transformative actions, environments, and settings that have their origins in those images, intuitions, and fantasies that emerge on one's individuation journey with a numinous charge, similar to dreams we might not understand but carry with us over more extended periods. Participants will be invited to explore images and intuitions that emerged during the first week of the summer intensive in more depth and take them as a point of departure for creating performative vignettes. The creative process during these days will be supported through one-on-one mentoring, an ongoing movement/voice practice, and a laboratory-style open space for peer group exchange and collaboration. The participants will share their performative vignettes at the end of the week.

Participation in this week's research laboratory is possible for practitioners who have completed the Integral Embodiment workshop.

Tuition Fees Workshop 2 and 3: € 850,00

### **Application**

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**Workshop 4**  
**Stories of Bombay and Beyond**  
Integral Embodiment in Theatre Education

29.7.-2.8. 2025  
9.15am-12.15pm

Workshop Leader: Jhelum Gosalia

This 4-day workshop addresses practitioners with an already existing background or an interest in working with children aged 5-16 within the context of theatre education. Jhelum Gosalia, founder of J's Academy in Bombay and Bangalore/India, introduces you to her embodied approach to storytelling and ways to foster imagination, playfulness and autonomy in the next generation.

It is possible to take this workshop alongside the Integral Performance Making intensive or to complete the Integral Embodiment workshop first before taking this workshop only during week 3.

Tuition Fee: € 175,00

**Application**

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**welcome@thomasprattkicentre.com**



## How to get there

If you come by plane, the nearest international airport is Schiphol, Amsterdam (AMS). A train line runs every hour straight from the airport to the city of Leeuwarden, which takes around two hours. In Leeuwarden, you take a bus from the train station that takes you in about 35 minutes straight to the port in Holwerd, where the ferry to Ameland departs. The ferry takes around 50 minutes to get to the island and leaves 5 times a day during summer.

If you come by train, take the train to Leeuwarden or Groningen and then take the bus to the port in Holwerd.

If you come by car, you can park it securely at the port in Holwerd for the entire time of your stay on Ameland. You can also take your car to the island.

## Accommodation On The Island

Accommodation should be arranged **as early as possible** since the island is a popular destination during the summer months. There is everything on the island, from camping sites to hotels, holiday houses, apartments. We are happy to provide you with a list of possible places to stay.

We'll create an online meeting room for summer retreat participants only. In the months leading up to the summer retreat, you can contact each other to make arrangements with other participants if you wish to share an accommodation.

