



# Integral Embodiment

re-soul. nourish inner life.



## WELCOME

*"I am excited to invite you to the 7th program cycle of Integral Embodiment, starting in May 2025. For the first time, we are offering this program on a small island off the Dutch coastline. Ameland is connected to the Wadden Sea World Heritage and offers natural wildlife ecosystems, long beaches and vast skies. It is a beautiful place to re-wild and re-soul, listen to the deeper callings of the Wild within and around, and feel inspired to prepare the inner space for the ancient ritual of soul-making, of rendering visible the Invisible through creative practice, art-making, performance, and transformative action"*

Thomas Prattki

Please click [here](#) to find out more about the heritage site:





## THE PROGRAM

The program introduces you to the process, practices, and theoretical framework of Integral Embodiment, offering an integral approach to personal and professional self-realization. The course links creative practice, depth psychology, eco-psychology, and the humanities such as mythology and philosophy, as well as the neurosciences, aiming at (re-)connecting us with our deeper callings at the different stages of our professional and personal lives. At a time when dominant anthropocentric and materialistic narratives fail to address the challenges we face, Integral Embodiment addresses practitioners in the performing, educational, and healing arts and professionals in related fields who wish to (re-)examine the purpose and meaning of their work more deeply to participate actively in the creation of new narratives relevant to our times.