

International Thomas Prattki Centre

Summer Workshops 2025

The Sea Within

An integral approach to embodiment
and performance making

23.6 - 4.7
26.7 - 2.8

AMELAND (NL)



WELCOME

I am excited to invite you to the next edition of the ITPC International Summer Workshops. For the first time, our workshops will take place on the small island of Ameland, off the Dutch coastline. Ameland is a beautiful island with long sandy beaches, old villages and nature reserves connected to the World Heritage of the Wadden Sea.

We have chosen “The Sea Within” as the umbrella theme for all the workshops we offer, addressing practitioners from around the world working in or at the intersection of the performing, healing, and educational arts and professionals in related fields. As every year we hope to provide a space for encounter, research and retreat, to resource and re-wild, and participate in the ancient ritual of “soul making”, through creative expressions in all their different forms.

Depending on your availability you can choose between an 11-day stay in late June and early July and an 8-day stay in late July and early August. Since places are limited, early application is highly recommended.

Being 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”, and sharing a special experience with practitioners from around the world with sufficient time to enjoy the island life, make these summer workshops a “must”.

Thomas Prattki

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





Are you interested in taking some time for yourself to listen to your deeper calling/s through movement, mask work, holistic voice practices, contemplative 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 the point of departure for creating transformative environments, initiatives, performances and projects?

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

We look forward to meeting you!





INTRODUCTION

The ITPC Summer Program 2025 on Ameland, titled The Sea Within, offers you five workshops.

Each workshop offers a complete journey in itself and can be taken separately. They also complement each other, allowing for a rich journey if you wish to participate in multiple or all the workshops.



Tuition Fee: € 450,00

WORKSHOP 1 INTEGRAL EMBODIMENT

**24.6 - 28.6. 2025
9.15 - 12.45**

Workshop Leader: Thomas Prattki

This workshop offers experienced practitioners in the field of the performing, healing, and educational arts an initial introduction to Integral Embodiment, an expressive arts-based process, using practices such as physical theatre, the visual arts, embodied writing, holistic movement and voice, and intensive work with archetypal motifs and dynamics to support the process of personal and professional self-realization, whether as part of our own personal and professional development or to support others within the context of your professional practice on their inner journey of growth.

During these days, we will work with myths, tales, and stories of the sea, that tell us of mysterious depths, furious tempests, fantastical creatures, and mysterious 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 our body imagination, intuition, fantasy and metaphor into our search for meaning and purpose at the different stages of our lives.

The workshop also serves as an introduction to the certificate program in Integral Embodiment, which offers four two-week intensives over 18 months.

WORKSHOP 2

THE MENTOR WITHIN

25.6 - 28.6. 2025
14.45 - 17.15

Workshop Leader: Jhelum Gosalia

This four day workshop addresses practitioners with an already existing background or an interest in working with children aged 4-18, within the context of the arts or theatre education. Hailing from Mumbai, Jhelum Gosalia, founder of J's Academy (in Mumbai and Bangalore / India), will introduce you to her soulful approach to sharing stories and theatre techniques towards fostering imagination, through playfulness and autonomy to growing minds.

This embodiment will integrate humanistic teachings and the transformative capabilities of the theatre arts, creating value and positive change for the next generation.

Workshop Fee: € 175,00





WORKSHOP 3 INTEGRAL PERFORMANCE MAKING

29.6 - 3.7. 2025
9.15 - 12.45

The time structure for the first day, June 29, will be different. We'll communicate it to all accepted participants in due time.

Workshop Leader: Thomas Prattki

This workshop 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 Integral Embodiment and Integral Performance Making: € 750,00



WORKSHOP 4 VOICE VOYAGE

30.6 - 3.7. 2025
14.45 - 17.15

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

WORKSHOP 5 THE SMELL OF SEA SALT

AN INTRODUCTION TO INTEGRAL EMBODIMENT AND PERFORMANCE MAKING

27.7 - 1.8. 2025

9.15 - 15.15

The time structure for the first day, June 27, will be different. We'll communicate it to all accepted participants in due time.

Workshop Team:

Thomas Prattki & Anne Loek Beernink

This workshop takes myths, stories and songs of the sea, of longing for freedom and new beginnings beyond the horizons, of fears to leave, and of the Unknown, as a point of departure for a journey into humankind's imagination and our personal psyche.

Using mask work, intuitive movement, holistic voice practice, collective vocal improvisation, dreamwork, drawing and painting to explore the power of archetypal motifs, participants are ultimately invited to listen to their own deeper callings on their journey of self-realization, of finding purpose and meaning in their personal and professional lives.

An important component of the workshop is the development of performative vignettes rooted in one's own process. At the end of the week, the participants will share their vignettes with each other.

Tuition Fees: € 575,00



THE TEAM

ANNE LOEK BEERNINK

Anne Loek has been an actress in film and television during the earlier stages of her professional career. Her deep interest in the power of the human singing voice led her on a profound journey of personal and professional transformation. Her work supports the process of re-wilding, of nurturing a deeper and more authentic relationship with one's own body and innate creative potential. She studied Holistic Voice Therapy and received training in Collective Vocal Improvisation in the UK and Germany. She holds a M.A. in Integral Movement and Performance Studies from Rose Bruford College London in collaboration with the ITPC. Anne Loek lives with her husband and daughter on a Dutch island, where she sings every day to and with the sea.



JHELUM GOSALIA

Jhelum is a theatre practitioner, educationist, and the founder of J's Academy in Bombay and Bangalore, where children of all ages are encouraged to develop their inner Self through means of theatre. She completed a Masters in Text and Performance at the Royal Academy of Dramatic Arts in London, and a Bachelor of Business at the University of Northumbria. She has initiated a collaboration with Thomas Prattki in Bombay and Bangalore to launch certificate and Diploma programs for practitioners in the performing, healing and educational arts. She has also been teaching at the ITPC in Berlin. This will be Jhelum's first visit to the island of Ameland.



THOMAS PRATTKI

Thomas is the founder of the ITPC and the arthaus.berlin ITR Centre (former LISPA, London International School of Performing Arts) and the former pedagogical director of the Ecole Jacques Lecoq in Paris. He has taught, directed, and lectured worldwide, pursuing his interest in the process of soul-making, of creating purpose and meaning through creative expression, transformative action and the creation of performance. After more than 30 years of living and working in Paris, London, and Berlin, he recently moved with his wife and daughter to the Dutch island of Ameland, where he continues his journey with groups and individuals in a retreat-style atmosphere, surrounded by the roaring sea, wild nature reserves and vast skies.



HOW TO GET TO AMELAND

The nearest airport is **Amsterdam Schiphol**, the nearest train station is **Leeuwarden**. There are buses from Leeuwarden central station to **Holwert** where you take the ferry to Ameland.

For more detailed travel information contact us or visit [glimble](https://www.glimble.nl).



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

The address of the port in Holwert where the ferry to the island leaves:
Grândyk 2, Holwert.

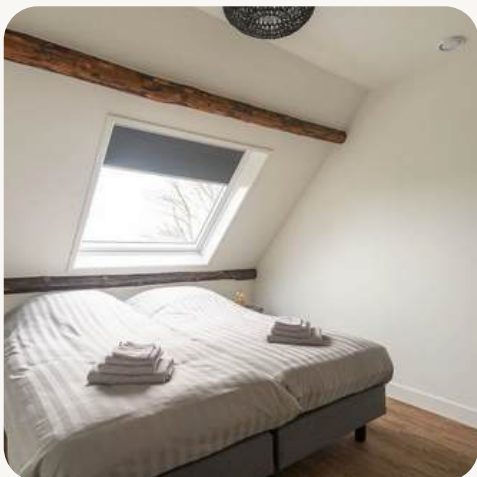
Ferry: <https://www.wpd.nl/en>

ACCOMMODATION



This is the accommodation we pre-book for our groups at a rate of approx €45,00 per night per room. Each participant has a single room in a house with up to five bedrooms. Each house has a big living room with an open kitchen and multiple bathrooms. You can reach the nearest village, Ballum, in about 10 minutes by bike. The beach is also just a good 10-minute bike ride away.

We highly recommend to rent a bike for the entire length of your stay, since getting around on the island is easiest by bike. For more information please contact us.



CONTACT

We'd love to hear from you.
Please send us an email for more
information and/or questions at:

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