



Latvian Transpersonal Psychology and
Psychotherapy Association (LTPPA)

SUMMER FESTIVAL

GARĀ PUPA*

„Being Present”

July 3-7, 2015

USMA, LATVIA

www.transpersonal.lv

FESTIVAL GARA PUPA 2015 ENTRY FEE

Early bird price by

02.04.2015-01.05.2015	€ 160.-
02.05.2015-01.06.2015	€ 180.-
02.06.2015-02.07.2015	€ 200.-
03.07.2015 (day of arrival)	€ 220.-
Children under the age of 13	€ 50.-

Children under the age of 18 must be registered and live together with their parents/guardians, and the latter must, by written confirmation, assume full responsibility for the former

ADDITIONAL EXPENSES (1 person / 4 days): Lodging (bed) in the house: € 28.-
Camping (place in own tent, use of showers, WC and common facilities): € 20.-
Food: € 40.- (for children under the age of 13, discount for food will be applied)
FESTIVAL LANGUAGES: Latvian and English. Translation provided if necessary.
Your participation will be registered after the receipt of the registration fee € 130.- into LTPPA's bank account.

In case of cancellation by 01.06.2015, the entry fee will be returned in full. In case of later cancellation, only 50% of the entry fee will be returned.

Bank details:

Beneficiary: LTPPA, Reg. No. 40008060031

Bank: AS "SEB banka" • BIC: UNLALV2X • IBAN: LV38UNLA0050015086480

Please specify the name and surname of the participant in your payment order along with the following text:

'Registr.fee GARA PUPA 2015'

Information: check the website of Latvian Association of Transpersonal Psychology and Psychotherapy

(LTPPA): www.transpersonal.lv, and www.facebook.com/gara.pupa.3

How to register: Please download the entry form from www.transpersonal.lv, fill in and send to velive@inbox.lv, with a CC to ameerika@inbox.lv

Additional questions: Liene Vesmina, email: velive@inbox.lv, phone: +371-29184719

www.facebook.com/LieneVesmina

„CELEBRATION OF PRESENCE, LIFE'S CREATIVITY AND SPONTANEITY”

Welcome all, who want to live their life in the present on a higher depth.
You are welcome to this festival of presence together with your kids!

THE FESTIVAL PROGRAMM CONSISTS OF FOUR THEMES:

• SHAMANIC PRACTICES AND VISION QUEST

Regina U Hess (Germany) – Darkness meditation,
Shamanic Practices and Vision Quest

Jānis Ieviņš (Latvia) – Ancient Wisdom and Rituals

• TANGO AS A PRACTICE OF PRESENCE

Isabella Cremer, Iwan Harlan (Germany) – The Art of Tango and Body Language

Stefania Fazzone, Matteo Hu (Italy) – Archetypal Tango

Ginta Schindler (Latvia/Germany) – Tango Yoga

• CREATIVITY AND IMPROVISATION

Julija Melnik (Lithuania) – Contact Improvisation

Dana Indāne (Latvia) – Released Natural Voice as a Tool for Presence

Jēkabs Nīmanis, Maksims Šenteļevs (Latvia) – Sound and Space.
Making Music Instruments

Laura Gustovska (Latvia) – My Portrait in Sounds

Ginta Schindler (Latvia/Germany) – Healing Writing

Ingrīda Indāne (Latvija) – Sketching from Nature

Līga Platais (Latvia) – Therapy of your Dwelling Place

• CREATIVITY CLASSES FOR CHILDREN

Sandra Mihailova (Latvia) – Biodanza for Children (TANZPRO)

Laura Gustovska (Latvia) – Sound Games

Ilze Elizabete Rasa (Latvia) – The Motley Bean in Art

Jēkabs Nīmanis, Maksims Šenteļevs (Latvia) – Experiments in Environment

Līva (Latvia) – Bird of happiness

Līga Platais (Latvia) – My Dream House

Agnese Blumfelde (Latvia) – Morning and Evening Activities

ADDITIONAL OPTIONS

(costs agreed individually)

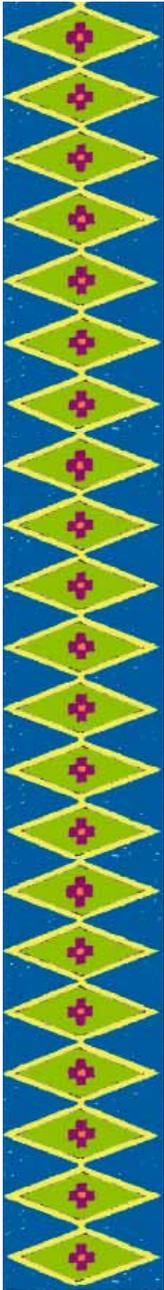
Līva (Latvia) – Making amulets „Gastarbeiters of the Universe” – „Star Shifting & Karma Propping”, „Recall your Presence at the Creation of the World” etc.

• Inese Krūmiņa (Latvia) – Sauna rituals

All participants will receive certificates issued by Latvian Association of Transpersonal Psychology and Psychotherapy (LTPPA)

***THE LONG BEANSTALK**

• SHAMANIC PRACTICES AND VISION QUEST



GARĀ PUPA
3.-7.07.2015.



DARKNESS RETREAT VISION QUEST CEREMONY

The Shamanic Tool of Seeing in the Dark & Vision Quest & Ceremony

Regina U Hess, Ph.D.

Seeing in the dark is an ancient practice used in indigenous traditions and in all world religions. With the tool of exposure to darkness meditation we can awaken those inner senses and instincts that I have termed womb intelligence. As a way of unlocking our wild, instinctual sacred nature by re-connecting with our primordial essence, it can help us become more whole. The darkness of creation is the darkness we are all born from: the darkness of the womb of our mother. It is also the darkness beneath the ground of Mother Earth's womb, and the darkness in the universe. Everything

is interconnected through this darkness of creation – the web of life. It is personal, interpersonal, and transpersonal. Through the tool of darkness meditation we enter the unknown, mysterious, invisible, we access secret wisdom and hidden knowledge, and start to see with our body.

The darkness retreat vision quest ceremony workshop series will give an introduction about the shamanic tool of Seeing in the Dark including scientific background, application for hands-on practice, and self-exploration/self-development for both women and men. We will work indoors and outdoors with the elements of nature, including a fire-ritual and a water-ritual, while the core of the darkness retreat will be: the overnight darkness meditation ceremony as a special form of vision quest in nature and dream incubation. An optional indoors variation will be offered for those who do not wish to spend the night in the open air. The day after will begin with a deep exploration and integration of your personal experiences, followed by a guided group sharing, and a closing ceremony.

About **Regina U Hess, Ph.D.**, lives in Cologne, Germany, is a transpersonal psychologist (U.S.) & qualitative researcher (UK), a clinical psychologist (Germany), body-centered and transpersonal psychotherapist, has worked in India, Nepal, and Africa, and studies shamanic traditions from cultures around the world. She is on the Board of Directors of the European Transpersonal Association (EUROTAS), Co-founder of the EURO-TAS Division of Transpersonal Research and Disaster/Trauma Task Force, and EUROTAS Supervisor for Transpersonal Psychotherapy. Regina is an international author & speaker, and is bridging research with art, music, and film.



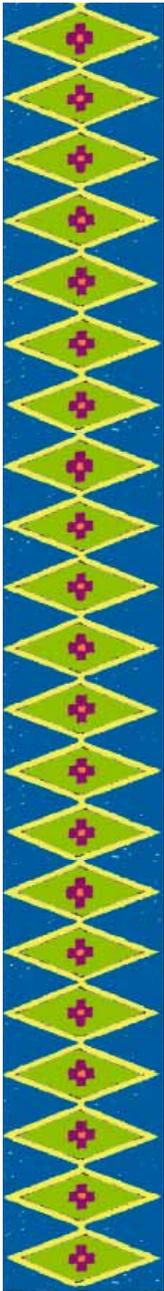
ANCIENT WISDOM AND RITUALS

When we face unsolvable hardship in our lives, we start to seek for answers. What is purpose of life; where we come from; where we are going to; what is deeper sense of life...? Then answers start to come. One of such a source is ancient knowledge, ancient wisdom. It seems that as more ancient are teachings of wisdom as profound and truthful they are. We are going to discover some aspects of sev-

eral such an ancient wisdom teachings during this course. It helps us to perceive different things in our lives from different perspective, thus we learn to observe ourselves, to heal and to transform ourselves. One of the cornerstones is to be in presence with higher self or inner self. We will learn how to perceive our inner and outer world at four levels: physical, emotional and mental, mythic and level of pure energy. This is a way to find a cause of our problems, and to heal them. We will use such practices as shamanic journeying, healing by using "mirror-mandalas" together with the energy of Mother Earth, strengthening of our healing by rituals, meditations and breathing techniques.

Janis Ievins (The White Wind (Baltais Vējš) given name in rebirth initiation) has found the answers in ancient knowledge, traditions, and cultures within his spiritual quest. Authors as Lobsang Rampa, James Redfield, don Miguel Ruiz, Deepak Chopra, Lee Carroll, Vladimir Megre with their books made a great impact on Janis in 90-ies. Then method of Hose Silva, then studies of astrology and numerology as well of runes and ancient Baltic symbols were studied. It continued with more profound studies of energy medicine. The most important masters were Andrejs Bite, Alberto Villoldo, Susan Gregg, Viktor Kozlov. Later he inquired some knowledge by meeting some shamans from North America, Altay, Siberia and even from Africa. He is saying that he is explorer of life, checking how the wisdom he acquired influences his life. There are teachings of three main sources he uses in present. The sources are ancient Balts, keepers of ancient wisdom from Peru, and Vedas. At present time, Janis experiences life by following these ancient teachings and shares his experience to others.

• TANGO AS A PRACTICE OF PRESENCE



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Michael Turawski

TANGO AND THE ART OF BODY LANGUAGE

by Isabella & Iwan

United sequential seminar in 8 parts about contact, couple energy, being here and there.

Isabella's & Iwan's way to dance tango is total presence in playfulness, like a dynamic kind of meditation.

This long and extra deep workshop row is for tangodancers and all humans who like to be better connected to them self and walk and dance on this world relaxed, proud and beauty.

We'll follow the questions:

Where comes my presence from?

How can I show it? Alone and in connection.

How do we communicate with the body?

How do we create a united space?

How to dance and play and improvise with it while dancing tango?

How do we keep the energy inside the couple?

How can we move together with intimacy but without losing ourself?

We'll workout the art of walking forward and backward, alone and together.

We will connect our movement to music.

During this workshops, tango beginners will learn some basic tango movements and tangodancers will develop how to dance in a free, natural, fluently, deep connect way.

Experienced tango dancers will open a new door to more stability and a deeper connection with floor and partner. This creates more freedom to follow the music and developing and exploring new moves and figures. You'll discover and deepen the secret of the magnetic body connection and the inner spiral. To dance tango with so deep exchange of energy that you create a sensational feeling which brings it close to Tantra.

ISABELLA AND IWAN

Though the e-longa is as a trademark for their Neo-Milonga, must the i-longa stand for their dance style:

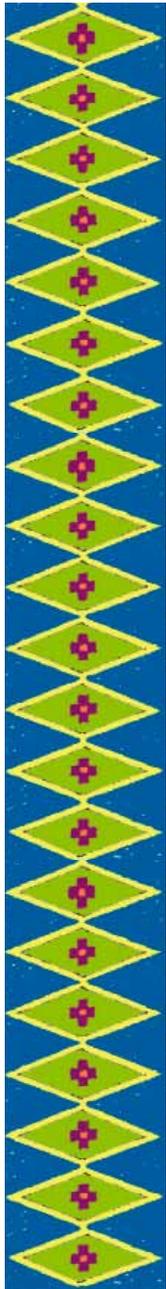
i-nspiration i-mprovisation i-ntimity. "To unveil the music and our wordless dialog" is their motto in every dance. "the music is the source of our inspiration, if it is boring us we dance boring...and the reverse is also true ;-)" Maybe this is the reason why their show dances are so sparkling." We never know what coming next, nothing is pre-decided or arranged, we are surprising one another continually and this means that even in showdances we dancing figures we've never done before.

Our motto is:

„THE MOMENT IS THE CHOREOGRPHY“.

Their technique gives the dance couple an enormous freedom, everything is flowing naturally and the dividing lines:- WHO IS LEADING WHO OR WHO IS SEDUCING WHO are fading." In their classes Isabella & Iwan work intensively and personally with every couple so that the pure essence is transported directly. "The body talks a different language, words are often helpless, so when I teach, I use the same language-my body. This is a completely different form of communication."

• TANGO AS A PRACTICE OF PRESENCE



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ARCHETYPICAL TANGO – TANGOABILITY

Do you like tango? It is a marvellous dance. It is very simple one and very complex in the same way. Exactly as we are like human beeing.

We are informed by qualities, the more we know our qualities, the more we can recognize how to use them into Tango.

The qualities into us does have corrspective in the elemental forces in the Nature. By purifying our dialogue with the nature, we can armonize our beeing in touch with our qualities, let us turning into a very good space in learning and dance Tango.

For example, the **Earth** help us beeing in touch with the quality of **acceptation** and **power of nursing**..the **Metal** element lead us into **strongness, assertivity** and **determination**, in the **Air** we can recognize **lightness** and **freedom**, in the Fresh **Water** we could let our **sensuality** and **fluidity flowup**...



Step by step we learn how to let our archetypal forces dance in us and in our way to Tango."

Presenters: **Matteo Hu**

All my life i was looking for something unifying clear theory frame and spirituality..finally i founded it in Transpersonal Psychology and especially into Biotransenergetics methodology.

This is the way i walk on i practise and share.

As licensed Transpersonal Psychotherapist i run workshops in Italy and abroad and i offer personal treatments

Stefania Fazzone. Tango Teacher. She studied with important tango dancers in Milan and she focus her personal research in clear and consciouss movements.

To participate to the sessions previous Tango skills are not required.

People are most of the time barefoot.

Woul be better to have a space with smooth floor.



YOGA-TANGO OR MEDITATION IN MOVEMENT

60 min long wake up process in the nature. The Workshop is planned at the lake. Be ready for a swim.

Needed: comfortable clothes, yoga mate, swimming costume, towel and bare feet.

Every morning is different. The morning and waking up is an important part of the day. By waking up we say hello to ourselves and learn our body from the start. This time with trees, birds and water.

Our pulse will dictate the rhythm of the dance to start our day. Darkness and light. Man and Women. Right and left. We will find and awake our own balance and centre. And then awake the balance and centre between two people.

The experience of the circle will give the energy for the day. The moment, when you open the eyes, can be full of wonder...

Teacher **Ginta Šindlere**
www.yoga-tango.com

Born in Riga, Latvia. At the moment Ginta lives and works as a teacher of English, tango and yoga in Germany. The founder of Yoga-Tango Centre.

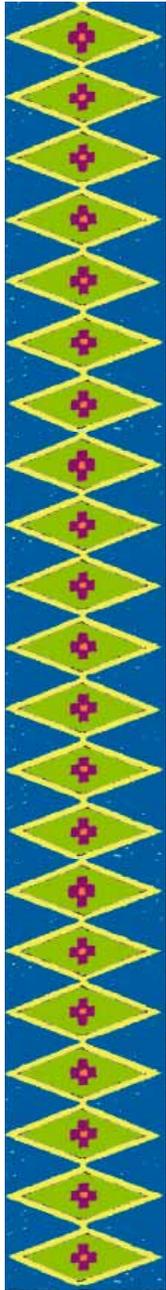
Ginta has danced different folk dances and modern ballet since the age of 7. She dances Argentinean Tango more than 12 years and has been giving workshops in Latvia, Lithuania, Estonia, Germany, Denmark.

For more than 6 years one of her passion is Yoga and silence meditation. She has Yoga Instructor certificate from Adzits Singha (Riga).

Teachers: Imants Magone, Olga Zitluhina, Diana Zunda, Gustavo Naveira and Giselle Anne, Hugo Mastrolorenzo and, of course, books, family and life.



• CREATIVITY AND IMPROVISATION



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I SEE YOU

We all have our own space and live in our personal reality in which we are meeting with others. Sometimes we find ourselves in a “neutral zone”, outside the borders of our realities, and then the words come: “I see you”...

What is reality? How can we meet with other(s) in the “same” reality, if we perceive it personally, from our point of view, charged with our past experience?

In this workshop I will share some tools, and the “invisible” movement technique, that will bring more precision, consciousness and presence in our movement and dance. We will explore, observe, reflect, witness each other, and bring our experience into performance.

Come ready to see yourself and others.

What is CI?

“Contact Improvisation is an open-ended exploration of the kinaesthetic possibilities of bodies moving through contact. Sometimes wild and athletic, sometimes quiet and meditative, it is a form open to all bodies and enquiring minds.” - Ray Chung

OPENING YOUR NATURAL VOICE AS AN INSTRUMENT OF PRESENCE

The group invites to explore and strengthen the experience of presence through the voice instrument – your body, breathing, sound, vibration, movement. In the conscious space of Garā Pupa festival we will meet with our natural voice, creating a loving relationship with it and together with it – with ourselves.

The working methods of the group are natural voice work and free improvisation. Natural Voice Work is a holistic and conscious approach towards releasing of human voice that combines work with the body, breathing, sound, imagination, movement, voice techniques, rhythm games, intuitive improvisation and understanding of the voice as a subtle mirror of our inner world. Free improvisation is an art form of music that challenges hidden fears and restrictions of the performer and leads us into the unknown, inviting us to become aware of our borders and patterns of behaviour. It combines intuitive, creative self expression with consciously created artistic esthetics of here and now.

Everyone is kindly welcome to join the group regardless their previous experience in music and voice work.

Julija Melnik, BA, MA - Tutor in Dance - is leading regular contact improvisation classes, jams and workshops in Lithuania since 2006. She has also taught outside of Lithuania (Ukraine, Latvia, Russia, France, Austria, Germany and USA). Julija is actively participating in International CI festivals, teachers’ conferences and is also organizing CI events in Lithuania such as annual CI and Performance Mini-festival since 2007.

Julija has studied contact improvisation with CI pioneers - Steve Paxton and Nancy Stark Smith, and also with Nina Martin, Andrew Harwood, Angela Donii, Joerg Hassman, Charlie Morrissey, Adrian Russi and many others. She is also exploring other improvisational forms and performance, and has studied with Julyen Hamilton, Daniel Lepkoff, Nita Little, Alexander Girshon, Keith Hennessy, David Zombrano and others. Her dance practice extends to Argentinean tango, Gurdjieff movements, house dance, salsa, contemporary dance. Her movement research is informed as well by practices of meditation, bodywork, dance therapy and other movement techniques such as Feldenkrais, Lou Yong.

Julija is a student at Free University of Samadeva (France) and her studies include Family Constellations and Systemic Representations, Dervish Yoga (Samadeva Gestural Euphony), Hakim Massage and Training as an Euphonist Energetic Practitioner (Well-being coach).



Topics of the group:

Voice Instrument – breath support for the voice, healthy sound making

Body and Voice as instruments of creative self expression

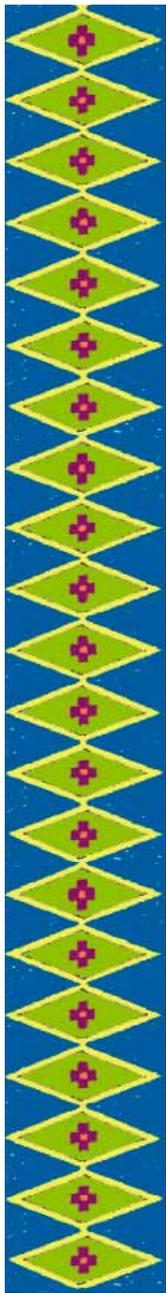
Harmonizing voice meditation practices

Free Voice Improvisation (with and without music instruments)

Group is lead by **Dana Indāne** – a voice improviser, singer, performance artist and natural voice practitioner from Latvia. In her professional development she has moved from theatre and natural voice work towards the contemporary free voice improvisation. She has studied Performance Design in RUC (Denmark), got her MA degree in Theatre Arts from LAC (Latvia), and in June 2015 is graduating from Estonian Academy of Music and Theatre with MA degree in Contemporary (Voice) Improvisation. Currently she performs contemporary free improvisation in concerts, theatre performances and multidisciplinary projects, teaches conscious voice work and free improvisation in Latvia and abroad. In her workshops she combines the freedom of voice improvisation and performance art, body and voice techniques and expansion of consciousness through transforming meditation practices.



• CREATIVITY AND IMPROVISATION



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SKETCHING AND DRAWING FROM NATURE FOR BEGINNERS

Nature has always been the greatest teacher for all young artists. It is the nature around us, teaching the rules of light and shade, stillness and dynamics, shapes and images.

During this workshop we will learn how to perceive the nature in a different way from our everyday life. We will try to consider our surroundings as something new, unseen, full of miracles at the same time feeling the oneness of everything, including ourselves. This state of mind will help us to make sketches from the surrounding nature, including people, their movements, postures and characters. We will train to harmonize our visual capacity with the movements of our hands as fast as possible and work with crayons and charcoal on paper excluding any critical attitude during the creative process. When enough sketches are made, we will assess them and enjoy the result of our work. At the end of the workshop we will decide, what kind of common exhibition can be offered.

Ingrida Indane, MA

Visual artist, arts teacher, psychologist, certified transpersonal psychotherapist. She has been integrating transpersonal aspects in her psychological and educating work since 1995, conducted workshops in EU, India, Australia, Russia and Moldova, has been working with private clients/patients for 15 years. Has worked as a visual arts teacher in a Professional Art High school and the Art College in Latvia. With her paintings has participated in several exhibitions in Latvia and Germany.



WRITING TO HEAL

Topic: Presence

Motto: Trust yourself and paper!

Please take the pile of the papers you like to write on and the pen you love to use.

The workshop is divided into 3 parts:

- 1) the Morning Part (inside or outside) - 1h. Theory. Preparation exercises for the writing and instructions for the day
- 2) The Evening Part (Inside or outside) - 90 min. Writing
- 3) reading around the fire place voluntarily - about 30 min.

Writing means to be present and to observe - to observe yourself as a part of the nature and others. To observe the cosmos inside yourself and around you and to discover the relationship between it. And of course later to put down your observations on the paper in the style and form you like.

It is said, that the word is live. It has a colour, smell and energy. It can make you happy or - kill you.

What happens to us, when we write? Does the writing open the eyes and ears and make us awake? From where do the words come and how does the sentence is made?

Teacher **Ginta Šindlere**

www.yoga-tango.com

Born in Riga, Latvia. At the moment Ginta lives and works as a teacher of English, tango and yoga in Germany. The founder of Yoga-Tango Centre.

Ginta has learned to write at the age of 6. First stories and poems are written at the age of 7. Since that she often writes at home to find peace and joy. Her mother and sister give her the nick name of Rudolfs Blaumanitis - the Latvian writer.

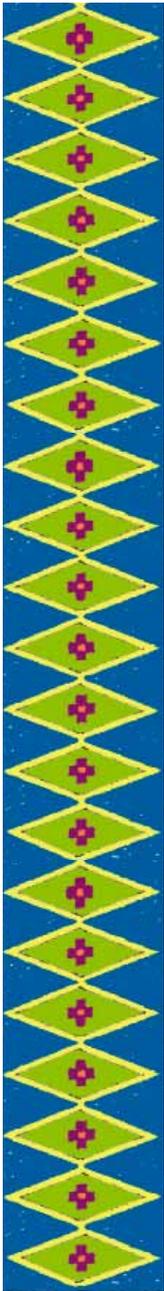
Ginta has graduated the class of literature at Riga Secondary School No. 31 at the age of 18. She has participated writing competitions organized by Writer Union of Latvia.

Ginta has got a Bachelor Degree in Electronic Media from International Concordia University of Estonia, where she has learned creative writing.

She is the author of numerous advertising and PR texts for Lattelecom, for the magazine Santa, etc.

The literature teachers - the writer Inese Zandere, Dzintra Silina, Aina Britane and of course, books, family and life.

• CREATIVITY AND IMPROVISATION



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THE CREATIVE SOUND WORKSHOP

is a platform for cognition and cooperation. The Workshop unites various people in their search for understanding. Our goal is, in a communication process, to explore the qualities of space and sound which have in the course of evolution coined language and culture. These pre-linguistic communication tools are essentially universal, as they unite totally different people even in situations when communication seems impossible. We work in form of audio exercises that allow getting to know oneself and the space and learning different ways of doing it. During the classes, you will learn to listen to and hear people around you, precisely perceive, understand and accept the information presented, and use it accordingly.

Workshop leaders: **Jēkabs Nīmanis & Maksims Šenteļevs**



MY PORTRAIT IN SOUNDS

Music is a language we can use when lost for words. Besides, the language of sounds can be used for expression by both those who stand close to music and those who don't: together we will create something that will last; without high standards for great art but with high expectations for genuineness and sincerity.

Workshop leader: **Laura Gustovska** (Latvija)



DWELLING CHANGES TO SUPPORT US AND OUR POWER

As body reflects our mind and emotions, as well our home do so - our very private space, which we create and use every day. Home could be a place, which supports us, where we can regain our own power. But not always we are satisfied with existing situation. Often, when we are restless or feel the need for change, we start to change our home. People rearrange furniture or start general cleaning at difficult life moments.

During workshop we look at our home as live body with bones (structure), breathing, heart and head. When everything works well, energy flows either at home and ourselves. Step by step we recognize our home to understand, where to start changes and recover it, to convert it to place we love.

Important to search within to discover what makes us happy, what soothe our souls and what comforts us. Then surround us with some well-chosen pieces of furniture, accessories or colors to to continue soothe us every day.

Līga Platais – certified architect, 20 years works with space, where we live - from furniture, interiors, private houses and flats till urban space - spatial planning of public space. At the same time 9 years studied body therapy.