

Meditation in Motion

An Introduction to Silat Tuo Minang:
Indonesian Sacred Dance and Movement
with Pak Adam Kripke

Free Classes • Tuesdays, 6–7 PM

ABOUT SILAT TUO MINANG

Silat is an ancient Indonesian martial art with roots dating back over 1500 years. The art originated from the Minangkabau people of West Sumatra, Indonesia. Silat can be best understood as a comprehensive martial art and self-defense system integrated through fluid and continuous movements. Silat consists of more than one system and includes up to a eight hundred different systems, richly accented with traditional ceremonies and ethnic cultural dances. Silat Tuo Minang is the oldest form within the family of Silat systems. Silat Tuo contains a mystical and spiritual path which complements the mental and spiritual aspects of life, awareness, health, and well-being. The art enhances physical fitness by improving balance, flexibility, muscle tone, as well as through rehabilitation and injury prevention. The training in Silat Tuo further enhances sensitivity, awareness, and greater inner harmony is achieved through meditation and conscious breathing. Silat Tuo encompasses a holistic curriculum that allows for growth, understanding, and self-development.

WHAT TO WEAR

We will be exercising so wear clothes that are comfortable for a cardio workout. Long pants are highly recommended since some exercises will be done on the ground. All jewelry must also be removed prior to class.

WHAT TO EXPECT

During class we move to traditional Indonesian music, conduct warm-up drills then proceed into instruction and basic postures and combined movements called "juru's". Classes may include strengthening high intensity cardio workouts, meditation, breathing exercises, and stretching and healing movements (this will depend on the individuals that attend and the goals of the group). We also incorporate education about the Indonesian culture and the ancient art of Silat.

KEY BENEFITS

Those that attend can expect to gain:

- Useful breathing exercises
- Improved balance
- Improved personal & spatial awareness
- Physical conditioning and toning
- Improved self-discipline
- Stress reduction

WHO SHOULD COME

All skill levels are welcome and can be managed in a single class. This class would simply be an introduction to the art. This class will involve full body movements so all attendees should expect to work up a good sweat! Participants must be 8 or older.

**Registration is requested for this class. To register, contact Dormont Public Library:
2950 West Liberty Ave. • 412-531-8754 • dormontlibrary.org**