

## **NEWSLETTER ZONE4 – Registration open for the Z4 Meeting & Gathering!**

**Dear Brothers and dear Sisters!**

Time has come! With great joy we can give you further informations about the coming Zone4 Meeting and Gathering. Many thanks to the team in Hungary and the Zone4 Team which worked hard on the preparations.

I am sorry to say that this Newsletter is in English only, the Russian translation is in preparation and will be send out asap.

Please visit the section on our Website with further details: [www.subud-zone4.org](http://www.subud-zone4.org)

### **Zone4 Meeting and Gathering 2015 - April 28th - May 3rd:**

**We welcome you to the Zone 4 Meeting and Gathering!**

The meeting will be held at the Hotel Danubius Health Spa Resort, located in the middle of a romantic park on Margaret Island, and surrounded by ancient trees and historical ruins.

The hotel and spa has fantastic pools and thermal baths filled with the natural, mineral-rich, healing waters of Budapest.



#### **Location Adress:**

Danubius Health Spa Resort Margitsziget - Margaret Island, 1007 Budapest, Hungary

#### **IMPORTANT NOTES:**

##### **Online booking:**

You can make your online registration on our Zone4 Website. You will find all necessary information at: [www.subud-zone4.org](http://www.subud-zone4.org)

If you are unable to book online we attach a pdf file with the registration form.

**Please address all enquiries regarding the venue and onsite activities to the organising team:**

Alex: [alex\\_leonas@yahoo.com](mailto:alex_leonas@yahoo.com)

Harlan: [harlan.cockburn@gmail.com](mailto:harlan.cockburn@gmail.com)

*Please do not hesitate to contact us if you have any questions or need help.*

## **SICA Workshop „My Creative-Journey“ with Rusydah Ziesel**

Sica is happy to invite you to Keys to Creativity "My Creative Journey" at our Zone 4 Gathering in Budapest, Hungary from April 28th to May 3rd, 2015



This workshop invites you to take a creative journey with yourself in order to discover, develop, and express your own talents and your own creativity.

We will use an arts-centered approach with various artists in different workshops each day and a rich variety of materials —paint, paper, colors, music, song, dance, film, media, performance, story-telling. We will also explore our inner creativity and talent via the wellspring of our development: the latihan kejiwaan of Subud. We will have kejiwaan gatherings each day. Indeed we will learn to value our intuition, and honor our inspiration and spontaneity.

These are our tools. As Bapak said in a talk in Cilandak on New Years' Day in 1987: "So this is Subud — something spontaneous."

Come. Enjoy four days of exploring your creativity. Something new may arise out of this process — maybe an enterprise, or a performance and/or exhibition at the Zone meeting in Hungary and later at World Congress 2018.

Please send your registration for "My Creative Journey" to: [rusydah@gmx.at](mailto:rusydah@gmx.at) or call me: 0049-170-9443955

### ***Sessions Organized and Led by Rusydah Ziesel***

A multi-disciplinary artist, clown, and art therapist. [www.rusydah.de](http://www.rusydah.de) and Andrea Boros drama-therapist, Emera Kapronczai filmmaker, Alda Fazekas Silkpainter another artist will follow.

With love, Rusydah

The Zone Team is looking forward very much to meet you in Budapest!

Farah