

THE PERFORMING WELLNESS™ PROCESS

Performing Wellness is a textbased writing process for a small group of individuals with a common illness or trauma they are ready to explore and share. Taking 3-4 months the process culminates in a public theatre performance by professional performers. Guided imagery, art and music support and facilitate the writer-artists' growth and play. Each individual writes their own form, the 'games' and exercises being offered are tools for the artist.

Part One - Wild Child Writing - from the heart, the gut, with the wild child at the helm. This means learning to trust that we each have a voice and letting that voice speak, employing all the senses, without reference to adult logic, fairness, or hindsight. And gradually beginning to read work out loud to each other. We don't necessarily write about the shared experience

Part Two - Writing with reference to the shared experience (eg. cancer). Again a series of exercises for each individual to use as jumping off point, tools for their own writing. Each writer shares their writing with the group and as an artist is sharing their story. We learn to listen as artists, to respond as an empathetic audience.

Part Three - The Actors join us, reading out loud the writers' work - the first time someone apart from the writer reads their words. Somehow partnerships are made. Each writer/actor team work together and with the Facilitators input, apply the theatrical medium to the writing. Each team discovers how to best put that unique voice on stage. Music, props, images begin to fill out the words. Always the writer's intention and the words at the heart of the piece.

Part Four - In the Theatre - with brief technical rehearsal, experts in their field assist the translation of words and actors onto the stage. There is no set form – some are dialogue, some poetry or monologues – or a blend of a variety of forms. Each writer has a unique story, a unique voice and put all together create an complete evening of theatre. It becomes a journey for us all.