

‘Playful Hearts: the Road to Resiliency’

Designed for caregivers and clinicians alike, this interactive workshop embraces the 6 principles of the art of clowning: Simplicity, Honesty, Joy, Openness, Lightness and Generosity. Join Helen as she guides you through simple theatre exercises that will engage your playful self and remind us all about the power of play and its role in our wellbeing and quality of life

3 learning objectives:

1. Participants will learn techniques of empathy through mirroring and observation games
2. Participants will engage their natural impulses, freeing themselves up to play
3. By allowing themselves to be ‘in the moment’, participants will experience a greater ability to connect with one another and to connect with their joy