



# CENTRE FOR COMMUNITY DIALOGUE AND CHANGE

## *Breaking Patterns, Creating Change*

A 2- day workshop in Theatre of the Oppressed

Theatre once belonged to all, and was not a specialized profession. The ability to express ourselves with our bodies, and to communicate with others through our bodies, is innate to all of us. Theatre of the Oppressed is a tool that enables us to reclaim this inherent ability, and in the process, rediscover our potential for creating change- both for ourselves individually and in the contexts we live and work in.

This 2- day workshop will use games and exercises, and also introduce participants to some of the longer structures in Theatre of the Oppressed such as Image Theatre and Forum Theatre. The workshop will be fun, but also challenging. It will encourage participants to put their bodies to work, and through their bodies learn about themselves and the world around them. The goal is to create a sharper, greater sensitivity to our inner impulses and our motivations, to provide opportunities for self exploration, and through these, to generate possibilities for changing our world.

As human beings we often find ourselves trapped or frozen in modes of behavior and patterns of thought that impede real communication with our fellow human beings. This workshop will provide an opportunity to 'unfreeze', and to rehumanize ourselves.

Millions of people around the world have found Theatre of the Oppressed to be inspiring, and useful. I urge you to take off your teacher, student, boss, trainer, or whatever other 'hat' you normally wear, and experience the workshop for yourself. Let the experience find its way into your work.

Let's play!



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## More about Theatre of the Oppressed

Created by the Brazilian theatre legend and visionary Augusto Boal, Theatre of the Oppressed (TO) is a form of theatre that is used worldwide for community education. TO is neither theatre as entertainment, nor theatre for propaganda. Using a wide arsenal of theatre games and exercises, it helps build community, and deepens our understanding of ourselves and others. Forms such as Image Theatre put us in touch with our often unarticulated thoughts, feelings and motivations and provide a means to both express as well as work on them. Spectators are turned into *spect-actors* in interactive, problem-solving theatrical structures such as Forum Theatre. TO starts a process of dialogue, reflection and action, and promotes critical thinking.



## About the facilitator



Radha Ramaswamy has over 25 years of experience teaching English in Bombay, Pune, Bangalore and Cambridge. As a teacher Radha constantly sought opportunities to design projects and activities with her students that took education beyond the classroom. She has collaborated with NGOs on educational research and training projects. Radha has a PhD in theatre research, and received training in Theatre of the Oppressed at the Seattle-based *Mandala Center for Change*. In March 2011, she founded the *Centre for Community Dialogue and Change (CCDC)*, an organization dedicated to promoting the use of Theatre of the Oppressed in India. Radha has since been conducting Theatre of the Oppressed workshops with students, teachers, medical professionals, senior citizens, and other communities of people.