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**MeDiClown<sup>+</sup>**  
**ACADEMY**

# Heal-arity



**A residential workshop on Medical Clowning, a global practice and career, integrating the therapeutic arts and science of healing through play, joy and laughter.**

**November 22–28, 2018**

**Adhishakti Laboratory for Theatre Arts Research, Puducherry**

T. +91 80987 96955 [info@mediclownacademy.org](mailto:info@mediclownacademy.org) [www.mediclownacademy.org](http://www.mediclownacademy.org)

MeDiClown Academy is a Registered Activity under the Auroville Foundation.

# Heal-arity



**“Heal-arity” is a fun filled week-long immersion in the universe of the Clown, especially created by MeDi Clown Academy, to introduce the participants into the art and profession of medical clowning.**

The two main goals of this workshop are to guide the participants into a self-journey discovering their unique clown-personality; and the application of this work in health-care, education and corporate environments. To this end, we have designed an intensive integrated 110 hour programme incorporating physical, mental and creative activities and exercises.

We will explore ritual, ceremony and theatre techniques, building day by day upon them through improvisation, imagination, puppetry, magic, music, movement, non-verbal storytelling, play and different dimensions. We will also share case studies to show how we have applied all of these tools and techniques in real life situations. And, as part of the training, we will facilitate a 14 hours Certified Laughter Yoga Leader Training.

To compliment this process of self-expression, we will guide the participants in exercises to embody their dreams and encourage and support each participant to manifest their vision.



Heal-arity takes place in Adishakti Theatre Laboratory, a beautiful and special place in South India, dedicated to Arts and research. The campus, surrounded by nature, offers the best conditions and facilities for this residential workshop.

This introductory immersion training is open to everyone: artists, educators, healthcare professionals and those interested in health and wellbeing. This workshop is a prerequisite for the Professional MeDi Clown Certificate Training Program.

## Background

Throughout centuries, in most countries and cultures, clowning is expressed through the jester, fool, shaman, Komali, Vedushka, or Vikatakavi. They have always played a key role in healing individuals, communities and entire societies. It is said that Hippocrates had clowns and artisans in his hospitals. Therapeutic Clowning first started simultaneously as a paid profession in Winnipeg, Canada and New York City, United States, in 1986. Today, around the globe, Medical Clowns/Therapeutic Clowns work with individuals from new born babies to the

elderly, to communities to improve mental, emotional and physical well-being. Medical Clowns are recognised and accepted as an integral part of the healthcare team by medical professionals worldwide. International scientific research has shown that Medical/Therapeutic Clowns are invaluable in improving patients' mental and physical well-being from a myriad of ailments and diseases including tension, heart conditions, cancer to depression. Medical Clowns are also helpful in bridging the gap between the patient and medical teams.



## MeDi Clown Academy

MeDi Clown Academy, founded in 2014 by Hamish Boyd and Fif Fernandes, is located in the Universal Township of Auroville, Tamil Nadu. It is a registered activity under the Auroville Foundation, under the Government of India. The purpose of Auroville is to realise human unity. MeDi Clown Academy offers an integral approach to healing, happiness and well-being into daily living in healthcare, education and corporate environments. We provide specialized training programs to establish MeDi Clowning as a recognized profession in India.

# The Trainers

## Hamish Boyd

BFA (Acting)

## Fif Fernandes

BFA (Theatre for Young Audiences and Dance)



Fif and Hamish have been facilitating workshops on happiness, clowning, laughter and theatre as a vehicle for transformation for over 30 years on 4 continents. Fif has worked as a Medical Clown, an essential part of the medical team, in Emergency, Intensive Care, Palliative Care and Oncology. She was the Chair of the Canadian Association of Therapeutic Clowns. Hamish is a veteran performer, musician, writer and photographer. He has worked extensively with seniors and adult patients. Hamish and Fif are Certified Laughter Yoga Teachers (CLYT). They have trained and certified hundreds of Laughter Leaders from Uganda to Canada to India. In October of 2018 have been invited to present their work at the International Cuban Therapeutic Clown Congress.

## Umberto Cerasoli

BSocSci (Social Science) MFA (Theatre, Arts)



For his master's degree, Umberto investigated the work of "Lume Teatro" in Brazil. They have a line of research called "The Clown and the Comic Sense of the Body" – which starts from the idea that Clown is not a character, but the dilation of naivety and ridicule of each of us, revealing the comicity contained in each individual. Umberto also delved deeper into physical training, based on the exercises of Theatre Anthropology and the physical and plastic exercises developed by Grotowsky. Umberto has organized national research seminars, workshops and courses for the Faculty of Performing Arts in Brazil.



## What we will do ... and more

Experiential sessions are filled with laughter, fun and play as well as very profound and poignant moments. Sessions will include short discussion, relevant case studies, applied research, applications of techniques learned and reflective practice. Participants will also journal.



### Pranayam and Laughter Yoga

Participants will gain an understanding of the significance and benefits of pranayam and intentional laughter for physical and psychological health and well-being; the science behind laughter, fundamentals of leading individual and group laughter sessions for a variety of ages and demographics. Upon 100% attendance of this training, participants will receive an official Certified Laughter Yoga Leader (CLYL) certificate from the International School of Laughter Yoga.

### Opening the Universe Within

Using colour, sounds, movement and breathe, we focus on opening and activating the centers of the body, anchoring different emotions and intentions and then shifting them with intentionality to create harmony, dissonance and other emotions. We will explore the heart-mind connection for healing self and others.

### Clowning and Theatre Skills

Through games, group exercises and non-verbal storytelling we build confidence, sharpen observation skills, develop internal/external rhythm and learn to listen with full body building trust and allowing fun and humour to arise naturally. Focus is on being in the present moment.



## Freeing the Voice; Moving the Body

Using timing, speed, rhythm, freeze-frame and levels, participants explore the voice and



body through various emotions, physicalities, circle song and breathe work. From the depths of self, participants will discover the authentic self and expressions of voice, face and physical modulation.

## Journey to the Center of Your Clown



Journeying into our imagination, consciously and subconsciously, we will explore and develop the heart of the clown and expand out. Using costumes and props we delve deeper into possibilities of the unknown bringing the profound and mundane to the light.



## Behind the Nose, Puppets, and Mask

“Raw” clown noses will be provided. Incorporating ritual and ceremony, participants will empower their nose, the smallest mask, the doorway into a magical world. In creating and exploring simple puppets, participants experience how to give power and voice to themselves and others.



## Building Your Dream

Everything is created twice – in thought and then in form. Science is now catching up with what the mystics, misfits and artists have experienced and lived in antiquity. We will define our dreams in the 4 quadrants and then apply them to our clown characters.



## Aqua-Activities

Water is a powerful channel for our subconscious mind. In the swimming pool we allow the water to envelope us for deep relaxation and transformation as we engage in exercises to strengthen our emotional, physical and mental core. Swimming is not required. A swimming cap is a must.



## A Night Cap of Clown Films, Learning Magic, Bedtime Stories and Yoga Nidra



Bring a pillow, wind down and relax as we gently integrate the day.

## Clown Cabaret

We celebrate our true nature – our fabulous clownselves! TaDa!



## Outcome

Participants will develop self-confidence, self and group trust, observational skills; heightened listening skills; discover the joy and share it with others; develop the inner clown; understand and use external and internal movement, voice and rhythm through improvisation, theatre games and clowning techniques.



This introductory course, Heal-arity, is the prerequisite for the full certificate program. Students will acquire a strong foundation for professional work in the field of MeDi Clowning in healthcare, schools and education and in corporate environments. Subsequent modules will go into greater depth of the work covered in this introductory course with the addition of academic courses (including basic psychology, medical anthropology, sociology, research, etc) placement and mentoring.

Soft skills being developed include verbal and non-verbal language for enriching relationships and enhancing trust, empathy and compassion between the patient/client and healthcare provider, reframing negative thoughts and behavioral patterns; cultivation and sustainability of happiness and joy for community building, stress reduction and empowering people.



Participants will be able to confidently market and lead laughter session for individuals, and groups or all ages in healthcare, schools and for corporates.

# Application

To initiate the application process, please [click here](#) to register.

As seats are limited (24 participants), please register early. On hearing from us regarding your selection, book your place by sending the full fee

## Fees

INR 21,000 incl. GST – Residential Program with non-a/c twin sharing accommodation (7 days, including 3 Meals per day, Tea, Snacks, WiFi and Laundry).

## Payment

Details for wire transfer/bank transfer:

Bank Name: State Bank of India

Account Name: AV Art Service

Account Number: 37357794312

Branch: Auroville International Township

IFSC Code: SBIN0003160

MICR Code : 605002007

Reference: MeDi Clown Academy – Heal-arity Workshop

**NOTE** Immediately after you make the payment, please send the TRANSACTION ID to: [info@mediclownacademy.org](mailto:info@mediclownacademy.org). This information is important to enable us to track your payment and confirm the receipt. Once we confirm the receipt, we will send you an email with more information about the workshop.

**Further correspondence please write to**

[info@mediclownacademy.org](mailto:info@mediclownacademy.org)

**or call: +91 80987 96955**

## Accommodation in Adishakti

Adishakti

Edayanchavady Road

Vanur Taluk, Auroville Post, Irumbai Panchayat

Villupuram District, Tamil Nadu - 605101

Tel. 0413 262 2287

<http://adishaktitheatrearts.com>



You can reach Adishakti from Chennai (the nearest airport and main train station) by road. It is a three hour journey by bus and a two and a half hour journey by taxi. From Bangalore there are direct buses to Pondicherry which take approximately seven hours. The Adishakti Campus is 8 kilometers from Pondicherry and is 100 meters off the Chennai-Tindivanam-Pondicherry highway/the Bangalore-Tindivanam-Pondicherry highway.

Please visit <http://sharedtransport.auroville.org> to book taxis from Chennai to Auroville.

Adishakti is enroute to Auroville. When you book the cab, please mention the location to ensure you are dropped at Adishakti.

## Adishakti

Adishakti Laboratory for Theatre Arts & Research is a site on the outskirts of Pondicherry, and a performing arts company engaged in creating performances, researching genres and disciplines and creating processes and performance methodologies. Its findings are disseminated to a diverse community of artistes, academicians, writers, architects, and others through workshops, seminars, residencies, and master classes. It hosts retreats and sabbaticals that reach across cultures, geography, concerns, and genres. And thus engage with many visitors to its campus, who come from all over the world and from a dazzling variety of disciplines and backgrounds.

**Map to Adishakti** ([click to open](#))

## Auroville

Auroville is a universal township in the making for a population of up to 50,000 people from around the world. The concept – an ideal township devoted to an experiment in human unity – came to the Mother as early

as the 1930s. In the mid 1960s the concept was developed and put before the Government of India, who gave their backing. In 1966 UNESCO passed a unanimous resolution commending it as a project of importance to the future of humanity.

The purpose of Auroville is to realise human unity – in diversity. Today Auroville is recognised as the first and only internationally endorsed ongoing experiment in human unity and transformation of consciousness, also concerned with – and practically researching into – sustainable living and the future cultural, environmental, social and spiritual needs of mankind.



Photo: Marco Saroldi

# Schedule

## Wednesday, 21 November 2018

Time	Program	Place at Adishakti
Afternoon	Arrival In Adishakti	Office
18:00	Meet and Greet	Outside Dining Hall
19:45	Dinner	Dining Hall
20:00 – 21:00	Overview of the 7 Days	Theatre
21:00 – 21:30	Nidra Yoga/Bedtime Story	Theatre

## Summary Overview: Thursday 22 – Wednesday 28, 2018

06:30 – 08:00	Pranayam/Laughter Yoga Exercises and Application	Theatre
08:00 – 09:00	Breakfast	Dining Hall
09:00 – 10:30	Non Verbal Intention	Theatre
10:30 – 11:00	Laughter Yoga – Theory	Theatre
11:00 – 11:20	Break	Grounds
11:30 – 01:00	Rhythm, Movement, Voice, Expressing from the Heart, Puppetry Day 7: Review	Theatre
01:00 – 01:50	Lunch	Dining Hall
02:00 – 03:30	Inner Clown, Visioneering, Embodying Imagery Day 7: Preparation for Cabaret	Theatre
04:00 – 05:00	Aqua Activities	Pool
05:00 – 05:20	Break	Grounds
05:30 – 07:00	Prepare and Empower Noses, Reflective Practice and Journaling, Discussion <i>Day 4, 5, 6 we may split the class so people can have time to work in smaller groups for greater individual attention.</i> Day 7: Preparation for Cabaret	Theatre
07:00 – 07:45	Dinner	Dining Hall
08:00 – 09:00	Peer Learning of Magic, Clown Videos and Discussions Day 7: Cabaret	Theatre
09:00 – 09:30/10:00	Nidra Yoga/Bedtime Story	Theatre

- This schedule is subject to change
- Some days we may go a full three hours without a break to ensure the experience is complete
- Reflective practice, journaling and discussion will be woven into most of the sessions
- Check-out of room by noon on Thursday, 29 November 2018

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