

## Community of Fools Project 2010

2010 project: FULL The Community of Fools Project is a special on-going fool group of up to 16 people who will meet for 4 workshops and receive creative support for a 9 month period in 2010. To be a fool is a radical and simple surrendering to life, just as it is. One deepens trust, sensitivity, compassion, authenticity and a profound awakens to the unfolding of creation moment by moment Fool workshops teach how to be honest to meet life playfully that so called 'failure' is a doorway to compassion and original ideas that your own body is a superb teacher that astonishing creativity and beauty are in everyone to find clarity and balance to laugh very, very often to notice new possibilities presenting themselves continually to break free of past limitations to experience peace to be friends with the present moment Teaching methods in Fool workshops The work is created organically in the present with continuous feedback of the group using the following: pure clown exercises and improvised theatre creative writing and drawing movement and improvised dance yoga- based warm up exercises vocal and breath exercises and improvisation non-visualization forms of meditation pair, small group discussion stillness-awareness-presence work self-inquiry from Zen and The Work of Byron Katie poetry, story, film Between workshops Adjusted to fit individual circumstances and aims: Fortnightly exercises sent by email/mail. An extension of the workshops, some of which will be tailor made for individuals. Fortnightly check in by phone with a partner in the group. Private phone sessions with Angela to help fulfill personal aims within the project AND learn to use a process of self inquiry to releases old and limiting patterns of thinking. Angela Knowles discovered improvised theatre 35 years ago. She trained in movement, voice, clown and storytelling. As a storyteller, she leads educational, healing and reconciliation projects in many countries and has taught adults clown and fool for 20 years. In 2003, she found 'The Work' of Byron Katie, a profound method to dissolve negative patterns of thinking. She is now a facilitator in training in this process. She has many years experience of living in communities whose emphases have been personal and spiritual development. Angela writes, 'Fool workshops release fabulous creativity, friendliness and joy because a very supportive community is quickly generated. People are safe to stretch into previously unknown landscapes of emotion and experience in their own hearts and in relation to the outer world. For the first time a group will work together over 9 months to build on the special possibilities of a workshop environment while they are back in normal life. The specific outcomes of the project are unknown, in the spirit of all previous fool workshops. I am certain however that there will be even more creativity, spontaneity, generosity and friendship and I anticipate that the group will be supportive and a lot of fun. It will help people to live more freely and bring more positive energy to their work, family and friends but to also be a joyful, calm presence despite these times of transition and challenge. Dates, times & venues February Friday 26- Sunday 28th, Columcille Centre, Edinburgh June Friday 11-Sunday 13th, Columcille Centre, Edinburgh September Wednesday 15-Sunday 19th (residential) Monkton Wyld Court, Dorset November Friday 12-Sunday 14th, Columcille Centre, Edinburgh Weekends begin at 6pm Friday and end at 4pm Sunday. Booking The cost of the project is £850. 10 % EARLY BIRD DISCOUNT if full payment is received by January 20th. Alternatively you can pay a non-refundable deposit of £100 (by January 20th) & 3 installments of £250 (February 20st, April 1st & June 1st) Some bursary help on application. This price includes: 11 days tuition 4 nights full board accommodation 3 hours of private phone sessions 9 months input via email and web site Weekend Drinks & snacks in all breaks This price does not include: Accommodation & meals in Edinburgh. (We intend to help those living outside Edinburgh to stay with someone in the city. We will also share the organization and cost of meals, particularly the Saturday evening. Please contact Natasha Hood, the administrator, early so we can do what we can to arrange this.) The project is open to anyone with previous experience or none. You need good mobility for this work. To book a place please contact the Project Administrator Natasha Hood [Natasha@enthos.org.uk](mailto:Natasha@enthos.org.uk) Tel +44 (0) 131 228 1538 +44 07825 603 998(mobile) To read more about fool workshops generally and the Community of Fools Project specifically or to contact Angela Knowles directly please go to [www.thefoolstory.com](http://www.thefoolstory.com) The fool's wisdom; It is truth that sets us free.