



your voice as catalyst

4 sessions starting APRIL 27, 2024 (online)
fee: pay what you can
 REGISTER: shebanacoelho.com

A 4-WEEK JOURNEY WITH SHEBANA COELHO

INTRODUCTION

Dear friends: About my workshop, **YOUR VOICE AS CATALYST** - I'm offering a condensed version of it for everyone who feels moved to the experience. **4 sessions online starting April 27.** To participate, **come as you are, give what you can.**

It's been so powerful to see how people respond when you ask them to excavate what has kept them silent, and then find the words and body movements to express what wants to speak. I especially see this workshop reaching and impacting women of color- as it did me! - this idea grew directly out of **The Good Manners of Colonized Subjects** play and its core poem about inviting fear in for tea.

I just want this workshop out in the world, to be of use to folks because I have seen its palpable impact. I have seen the difference it makes, not just in performance, but in your own sense of what is possible for you when you engage with fear to empower your passion. ***in solidarity - Shebana***

AN INVITATION TO ALL

YOUR VOICE AS CATALYST

a 4 week (online) journey to create, speak and embody

a 4-minute 'Catalyst Expression,' a poetic monologue about what has kept you silent, and what you want to speak

&

translate that EXPRESSION into an actionable vision and take 3 tiny steps towards it...

liberating your voice out into the world and becoming the seeds of something larger, a book, a performance, a blog series, a new project

---all to empower your passion, so you are seen and act as the no-longer hidden revolutionary, dismantler of oppressions that you are.

FACILITATOR

Writer/performance artist, **Shebana Coelho** whose plays have been presented at Pan Asian Rep Theater's NuWorks 2021 and 2019, The Arts at Mark's Garage, Honolulu, American Samoa Community College, Santa Fe Women's Club, Maple Street Dance Space. Since 2010, she has facilitated Faraway is Close workshops all over the world, including Mongolia, New Mexico, Spain, American Samoa.

FORMAT

Four 90 MIN GROUP SESSIONS - ONLINE via Zoom (one session per week)

Four Saturdays starting April 27, 2024 at 10 am ET

April 27, Session 1: Invite fear in for tea

May 4, Session 2: Exploring the truth and fiction of what keeps you silent (Write & Embody)

May 11, Session 3: Expressing what wants to speak (Write & Embody)

May 18, Session 4: Catalyst Sharing Circle + tiny next step* (depending on #of participants, we may do an extra session

+

short playful exercises with an assigned partner from the circle so you interact with each other

+

optional homework exercises to create more writing and movements

+

*optional (add on a on on one story session with Shebana Coelho (@40min): to share, refine, distill, consult, write, embody, cost pay what you can)

[If you'd like to read about the first longer version of this experience, the full 6 week journey, [more here](#)]

FEE: DONATE WHAT YOU CAN.

REGISTER BELOW.

QUESTIONS? EMAIL ME AT SHEBANA@GMAIL.COM OR
CELL/WHATSAPP +34 602 656 384 (SPAIN) SHEBANACOELHO.COM

SHEBANA COELHO

MY JOURNEY

A poem I wrote about fear changed my life. It expanded into **The Good Manners of Colonized Subjects**, a solo play about confronting all the systems - especially colonizations - that had kept me silent. Once I performed it, it broke open my love of the stage, took me all over the world and freed me to play with fear instead of being stuck in it.

“Everyone is colonized by something,” someone said after the first performance. Yes - that. I see colonization as history and also as metaphor for all the things that keep us small and boxed into fears, without us seeing what they are.

Now I am a performance artist and I facilitate workshops to speak louder than your fear. Give the speech, Write the blog. Embody who you are.

I believe we each need a catalyst expression to dismantle structures, visible and invisible, historical and emotional, that keep systemic inequalities alive and keep marginalized people unseen. I believe the revolution begins by expressing and embodying our true nature, one by one, together. May all of us, especially women of color, live our vulnerable intuitive disruptive power. **Aagé chalo, let us go.**



Performance artist previews original play at ASCC

Fri, 02/08/2019 - 6:53am



Renowned performance artist, writer and filmmaker Shebana Coelho (back row, 4th right) is welcomed by ASCC artist Regina Meredith-Filiao and members of the class Drama Workshop (DRA 151). During her visit to ASCC last week, Coelho performed a 20-minute excerpt from her play-in-progress "The Good Manners of Colonized People," a one-woman show which combines poetry and choreography from different world cultures. [photo: J. Kneubuhl]

By James Kneubuhl, ASCC Press Officer

Pago Pago, AMERICAN SAMOA — American Samoa Community College (ASCC) students in the class Drama Workshop (DRA 151) and interested members of the campus community witnessed stagecraft of a variety rarely seen on-island last week when performance artist Shebana Coelho visited the College to give a sampling of her work.



I'm Shebana Coelho, a performance artist, writer and facilitator of workshops. Originally from India, once based in New Mexico, now in Spain where I study flamenco.

My solo play, **The Good Manners of Colonized Subjects**, has been performed at The Pan Asian Rep's NuWorks festival, Hawaii's Arts at Marks Garage, the University of Cadiz, Spain, and American Samoa Community college, among others.

I've facilitated workshops for over 10 years with all kinds of populations, theater students in Palestine, family caregivers in American Samoa, activists in Mongolia.

I call my facilitation modality "**Faraway is Close**" which is the name of all my work. It has grown out of my origins in India, and my travels in remote and visceral landscapes like Mongolia, Tierra del Fuego, Peru, Bolivia, Ireland, Spain. Faraway is Close is an organic interweaving teaching modality that is rooted in the language of the senses, that is playful, and profound, that is made up of guided visualizations that invoke nature scapes, meditations, body movements and gestures inspired by traditions I have studied such as flamenco, Indian dance, the ancient Sanskrit treatise on drama, the Natyashastra, Theater of the Oppressed and readings and exercises that deepen our connection to a felt body sense.

The **readings/writing prompts** for this particular workshop include poetry and prose by a Roma wanderer-poet, a Japanese haiku master, an Andalusian flamenco singer, Urdu songs from old Bollywood films about courtesans - films I grew up with, and have profoundly and curiously impacted how I dance, how I love, how I surrender and how I perform.

ABOUT FARAWAY IS CLOSE

<https://www.shebanacoelho.com/organizations>

ABOUT SHEBANA COELHO

<https://www.shebanacoelho.com/about>

PLAYS

<https://www.shebanacoelho.com/plays>



TESTIMONIALS FROM EARLIER PARTICIPANTS

After I spoke my CATALYST EXPRESSION, I felt like a mule who had traveled from Mexico to Shiwina (Zuni) for the first time. We all have been carrying the burdens of colonization since the 1500's. I also felt like a bird (child of eagle), a flapping of wings trying to take flight on wounded wings. Finally, wings in flight, soaring and continuing the journey to be part of ancestral destiny.

~ **Leatrice Lewis, Zuni Pueblo**

YOUR VOICE AS CATALYST was so joyful. Our group made very deep connections. Shebana is engaging and generous with her time and skills. Her patient and sensitive approach midwifes people into to deep levels of themselves and the story they want to tell. And it all gets polished by her excellent knowledge of technical aspects of writing and creating art. She is that rare person who can help others bring body, soul, and mind together in the creative process of their choosing—be it writing, visual, performance or other art forms.

- **Caroline LeBlanc Writer, Artist, Psychotherapist, and Army Nurse Veteran**

On this journey I saw some beautiful beings...I feel ready to discover more of the world, I feel lighter about pouring my heart out, all corners of it. Our facilitator, Shebana Coelho is a true magician constantly pulling different facets of her multi dimensionality and joyful self out of her universal hat.~

Dominique Mazeaud, heartist <https://www.earthheartist.net/>

READ MORE <https://www.shebanacoelho.com/blogcast/catalyst-testimonials>

VISIT THE YOUTUBE CHANNEL FOR THE SPAIN VERSION OF THE GOOD MANNERS OF COLONIZED SUBJECTS - @SHARINGGOODMANNERS



Every time fear arrives, I invite it in for tea (subtítulos en...

185 views • 8 months ago



Who is the real Indian? (subtítulos en español) (CC)

120 views • 8 months ago



The impact of colonization on human bodies (subtítulos en...

29 views • 8 months ago

REGISTER FOR YOUR VOICE AS CATALYST

FOUR 90 MIN GROUP SESSIONS - ONLINE via Zoom
FOUR Saturdays starting April 27, 2024 at 10 am ET

TO REGISTER, EMAIL ME AT **SHEBANA@GMAIL.COM** WITH THE FOLLOWING INFO

REGISTRATION INFO

NAME

EMAIL

FILL IN THE BLANKS

1. I WANT TO GO ON THIS JOURNEY BECAUSE...
2. I HAVE HAD ENOUGH OF...
3. THE SMALLEST SIMPLEST THING THAT MAKES ME HAPPY IS...
4. ANYTHING ELSE YOU WANT ME TO KNOW?

*QUESTIONS/MORE INFO/IF YOU ARE INTERESTED IN ONE ON ONE SESSIONS,
email me at shebana@gmail.com or signal/whatsapp +34 602 656 384 (spain)*

**FEE: DONATE WHAT YOU CAN via *Venmo (Shebana-Coelho) (preferred), Paypal
shebana@gmail.com or Bizum (Spain).**



YOU WILL LEAVE WITH:

...seeing what has kept you from living things that you want to live

...glimpses of actions you want to take, speaking the speech, standing up in the meeting, writing the book, the idea you want to manifest, the love you want to embrace

...resources for engaging playfully with silence and fear

...experiencing a sense of Play that allows for MOVEMENT. That's what I hope this workshop catalyzes - a sense of urgency to stand up in your true nature....

I PLAN TO KEEP OFFERING THESE WORKSHOPS.

If you can't make these dates,

write to me anyway with your interest

so I can let you know about the next workshop.

TO BE ADDED TO MY MAILING LIST/NEWSLETTER:

<https://www.shebanacoelho.com/contact>

