The Living Theatre Foundation

The Living Theatre is concerned with how theatre and the arts can be applied for the improvement of one’s life. It is not in the first instance about performance, but rather about the exploration of each person’s unique natural theatre. It focuses on the development of new skills, arts, learning and experience that allows discovery of one’s true potential and the proposition of being human.

**Principles:**

1. That all human beings share a common human design and faculties, but also have a unique individual possibility and potential. There is much to be explored and discovered about both in order for a person to aspire to fulfilling their potential.

2. That art and theatre are as natural to human life as breathing and that the pursuit of personal development in the living arts provides a foundation for well-being and quality of life.

3. That we live in a time of substantial change which requires research, trying out and implementation of new ways of going on, new tools in living and managing life, and new educational pathways.

**Aims:**

The Living Theatre sets out:

(1) To provide ecologies for people of different ages and backgrounds which offer education, experience and learning of living practices of personal art and expression to allow discovery and liberation of a person’s natural potential.

(2) To promote research and development of new arts programs applicable into all levels of education, in such a way that they will be relevant for young people today and also future generations.

(3) To explore and develop methods and means by which theatre and art can relieve mental, physical and emotional challenges in people through better understanding of self and self-expression, improved self-care, versatility and the confidence gained through simple and regular personal successes.

(4) To offer the benefits of engaging in arts and theatre performance, which can provide a personal stability and foundation from which to better engage with life.
Objectives:

1. To provide opportunity, through workshops, seminars, live engagements for people to gain the benefits of the work of the Living Theatre.

2. To develop and provide art and theatre engagements for the general public and in practitioner training, for learning new skills and methods in drama, dance and movement, music and singing, language composition, oration, story-telling, mind and body training, design and visual art, strolling players and other aspects of the arts.

3. To make available tools and methods for people to improve their level of communication, management of energies, development of their faculties, personal art and expression, self-discovery and how to better stay intact in changing and challenging times.

4. To provide ways and means of self-development, in areas such as confidence, values, dealing with loneliness, self-esteem, self-care, communication and other.

5. To provide theatre and art programs that can improve well-being and quality of life, and that can alleviate stress and anxiety in general life.

6. To develop and provide practitioner training programs in the arts, skills and methods of the Living Theatre.

7. To develop and offer new methods in theatre and arts training that can apply effectively into education.