

“COLOMBIAN HYPNOSIS”

Activity developed by: Augusto Boal



OVERVIEW

This activity comes from the work of Augusto Boal, it requires trust, awareness, and non-verbal communication and it helps the participants to have experienced them with their own bodies and senses.

TIME



30-40 minutes

PARTICIPANTS



Adaptable for 2+ participants

MATERIALS



No material is needed, but a spacious room is a must.

OBJECTIVES



- To raise self-awareness about oneself as a leader/follower
- To explore nuances of non-verbal communication

STEP BY STEP INSTRUCTIONS



1. Ask participants to form pairs.
2. Ask them to decide who will be “A” and who will be “B”.
3. Ask the pairs to discuss if any of them has any limitation with their movement (e.g. difficulties to sit down, to move fast, etc.)
4. Then, ask “A” to hold his or her palm about 15-20 centimetres away from “B”’s face. Then ask “B” to imagine that his or her partner’s hand has hypnotised him or her and that he or she needs to follow the palm anywhere it goes, while ensuring that the distance between the palm and their face stays the same. If the palm moves away, they need to follow it, if it gets closer, they need to lean back.
5. After participants understand the instruction (the trainer can demonstrate it with a volunteer), ask all “A”-s to start moving around the room, while “B” follows the palm.
6. After about 5 minutes, tell the pairs to switch roles.
7. Either the activity stops here, or another round can be organised. Before repeating the activity, “A” and “B” can discuss what they liked, what they did not like in the follower role, or what they would like to try.

DISCUSSIONS



Questions for debriefing:

- How did you like the exercise?
- How did you feel as a leader?
- How did you feel as a follower?
- Could you communicate non verbally your wishes/limitations as a follower?
- How did you repeat the activity after you discussed what you liked/didn’t like with your partner?

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THEORY



Boal, Augusto. *Games for Actors and Non-Actors*. Trans. Adrian Jackson. New York: Routledge, 2002. Print.



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