

# The Strong Breast Revolution

*The Strong Breast Revolution* is a hilarious and disarmingly honest theatre production, examining the personal and public relationship we have with breasts. Canuk Theatre Company are taking this show to the Edinburgh festival 2009.

## Workshops

We are offering workshops to promote positive body image in women and girls, with a specific focus on the personal and public relationship we have with our breasts.

Using theatrical techniques, we will debate and explore societal issues, popular media and myths surrounding women's breasts; discussing, dramatising and ideally liberating the participants from their personal body issues.

We have had numerous testimonials from both men and women that *The Strong Breast Revolution* had a significant impact on their perceptions of their own and others' bodies, and we believe that these workshops will accomplish the same results.

Now booking for May, June and July



## Who we are



Canuk Theatre Company is committed to creating and developing strong female-led new work. Our ethos is to showcase new writing and create exciting and challenging pieces, while actively supporting women in theatre.



**Vicki Hambley** has over 10 years of experience leading workshops and classes for people of all ages. She has worked in both educational and professional theatre settings in Canada, Japan and the UK.



**Tanith Lindon** is a driven theatre director, with experience in devising and running workshops, as well as teaching professionally to both teenagers and adults.



For more details:

Please contact:

Vicki on 07806 685960 or Richard 07515 355777

Email: [canuktheatrecompany@yahoo.co.uk](mailto:canuktheatrecompany@yahoo.co.uk)

For more information on Canuk Theatre Company, please take a look at our website:

[www.canuktheatre.co.uk](http://www.canuktheatre.co.uk)

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## The Workshop Package

The following options give an indication of the workshop formats, but we can tailor sessions to your needs.

### **Workshop Option 1:**

<b>Duration:</b>	Half day (3 hours including break)
<b>Cost:</b>	£10 per head (10% discount for purchasing entire workshop)
<b>Max capacity:</b>	20 people
<b>Focus:</b>	Media – Public relationship with breasts

### **Workshop Option 2:**

<b>Duration:</b>	Full Day (6 hours including breaks)
<b>Cost:</b>	£20 per head (10% discount for purchasing entire workshop)
<b>Max capacity:</b>	20 people
<b>Focus:</b>	Media – Public relationship with breasts Personal stories – Personal relationship with breasts

### **Workshop Option 3:**

<b>Duration:</b>	Full Day (6 hours including breaks)
<b>Cost:</b>	£20 per head (10% discount for purchasing entire workshop)
<b>Max capacity:</b>	20 people
<b>Focus:</b>	Play-in-a-day – heavy focus on devised theatre to explore issues Media – Public relationship with breasts Personal stories – personal relationship with breasts

**Your place in the workshop includes a 50% discount on any upcoming Canuk event in 2009**

#### **The Strong Breast Revolution**

Preview shows in London (29th July – 1st August) OR shows at the Edinburgh Fringe Festival (7 - 29th August).

#### **The Jam**

Canuk's monthly new writing and comedy night in Borough, London (check website for dates).

#### **Together We're Heavy**

A writing premiere of a darkly comic drama at The Cock Tavern theatre, Kilburn, (29th September – 24th October).

## Why these workshops are important

The concept for *The Strong Breast Revolution* stems from the prevailing sense that western society portrays women's bodies in an unhealthy light. Women's breasts are rarely offered public arena without sexual intent and while bare breasts are accepted in tabloids and advertising, women are still being made to feel embarrassed and even criminal if they breastfeed in public.

With such hypocrisy in our society and so many women clearly dissatisfied with their appearance, we feel that it is vital to support women, young and old, to learn and be comfortable in their own bodies.

Sensitive issues can be intimidating to discuss openly, but these workshops will provide an arena for women to share and tackle the issues surrounding body image. Participants will be encouraged to create a "fictional" situation, where they can explore real issues in front of their peers without laying the focus on any one person's problems.

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