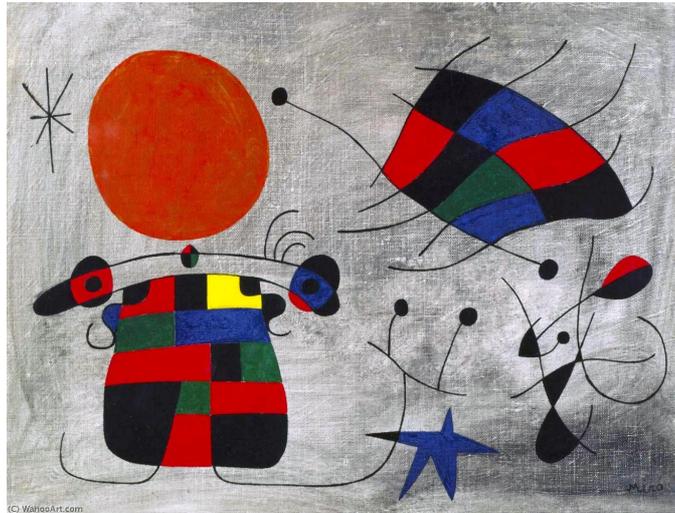


THE TAO OF LAUGHTER

Comic archetypes and the healing power of humor



A playful lecture with Giovanni Fusetti

Laughter is a universal human delight. Comedy, or **the art of making people laugh**, is as ancient as humankind. There are so many ways of being funny: jokes, comic characters, comic actions, funny stories, paradoxes, non-sense... And there are many comic genres, each one creating laughter through different patterns: comedy, satire, absurd, grotesque, slapstick, clown ...

What is in common is **the mystery of laughter**: the moment in which something in our body lets go and an overflow of vitality takes over, in a dance of breath, sound and pleasure. And then there is something unique and original that makes each one of us funny in a particular way and that makes each one of us laugh for specific and very intimate reasons: it's our sense of humor.

Humor emerges as a potential ally at **the edge between order and chaos**, between controlling and letting go, between fighting and surrendering, between trauma and release.

The **Clown**, the **Trickster**, the **Fool**, the **Bouffon**, the **Joker** are just a few of the archetypal figures who inhabit our psyche and are always available to teach us the crazy wisdom of letting go. To laugh at oneself, to laugh with oneself, transforming fragility, imperfections and contradictions into comic poetry, awareness and personal power.

During this lecture Giovanni Fusetti will guide the audience in a poetic journey through a variety of comic territories and archetypes, exploring the artistic, psychological and spiritual dimension of humor and laughter.

Drawing from his 30 years experience in the use of movement-based theatre in performance, artistic training, education and healing, he will celebrate the paradox of being human and the beauty of our perfect imperfection.

*For enquiries and booking please contact Giovanni Fusetti
email: giovanni.fusetti@helikos.com*