

Workshops and Master Classes
Offered by Shawn Shafner (The POOP Project)

Workshops and master classes in **sanitation topics** and **arts-based modalities** can appeal to a wide variety of studies, including:

- Environmental Science and Sustainability
- International Development
- Public Health
- Urban Planning and Design
- Gender Studies
- History, Sociology and Anthropology
- Theater/Performance Studies
- Education: Early Childhood, K-12, Pedagogy
- Theology, Seminary

The following **POOP-themed workshops** can stand alone, or expand on themes uncovered in Shawn's keynote presentation, [*How the Potty Trained Us*](#):

- Building for the Body: Smart Toilet Spaces for Every Environment
- Coming Out of the Water Closet: Female, Queer and Marginalized Bodies in the Bathroom
- Below the Bible Belt: World Religions and Poop
- Beyond the Beit Ha-Kisei: Jewish Perspectives on Poop
- Potty Re-Training: Creating Body-Positive Toilet Habits in Early Childhood
- A Mouthful of Culture: Fermentation, Digestion and the Microbiome

The following workshops focus on **arts-based practices** that can be applied outside the context of The POOP Project:

- Communicate the Facts, Tell the Story: Transform Personal, Historical and Scientific Narratives into Compelling Narratives
- Everyday Mindful, Everyday Artful
- Body Scripting: Alignment and Free Movement from the Outside In
- Sociometry and Cultural Mapping
- The Walk as Art
- Crafting Stories that Serve Your Curricula
- Systems Thinking Through Theater
- Stories for One: Tools for Developing Your Solo Show
- Making Theater to Delight Young Audiences

Please scroll down for full descriptions of all workshops.

Don't see what you're looking for? Email Shawn@thePOOPproject.org and let him know what you'd like!

POOP-CENTRIC WORKSHOPS

Building for the Body: Smart Toilet Spaces for Every Environment

We know that “everybody poops,” yet our bathrooms often restrict access to a dominant majority. This creates an extraordinary burden on folks with a disability, a religious obligation to washing, a non-binary gender expression, or a caretaker with a child or elder of the opposite gender. While there may be no “one-size-fits-all” solution, there are simple ways to make all bathrooms accessible to a wider range of bodies. In this workshop, we’ll deconstruct the norms of restroom design and explore tactics for revolutionizing the bathroom experience so that everybody really can poop.

Coming Out of the Water Closet: Female, Queer and Marginalized Bodies in the Bathroom

A public toilet is much more than a place to pee; it’s a powerful way of bestowing access to public space. The history of public toilets reveals long-forgotten ways in which toilet access has been used - intentionally or inadvertently - to control the movement of women, people of color, the LGBTQ+ community, people with disabilities and more. During our time together, we’ll unpack this history, the ways in which marginalized communities have subverted the dominant narrative, and advocacy tactics for bathrooms that truly serve all citizens.

Below the Bible Belt: World Religions and Poop

While most of us are shy to talk toilets, the Torah, Buddha and Martin Luther all preached poop without so much as blushing. Other cultures even worshipped dung-centered deities or had excremental creation myths. This workshop features an overview of fecal influences from world religions, and suggests ways to incorporate the entire body - and all its byproducts - into our spiritual understanding and practice.

also available as **Beyond the Beit Ha-Kisei: Jewish Perspectives on Poop*

Potty Re-Training: Creating Body-Positive Toilet Habits in Early Childhood

We know that babies and toddlers do three things: eat, poop and sleep. While all three are necessary to our child's (and our) well being, we often avoid talking about that second one - “Number Two.” But just having an open, honest attitude about

poop can help make potty training easier, disempower inappropriate potty talk, and give us a window into a child's health. So let's clear the air! This fun, interactive workshop covers the history of toileting, and how we can help all children develop "poop-positive," shame-free toilet habits.

A Mouthful of Culture: Fermentation, Digestion and the Microbiome

Long before freezers, shipping or food trucks, people sustained themselves on foods preserved through fermentation. This workshop combines an overview of microbiome fundamentals and digestive health with a tasty science project. Choose between sauerkrauts and kimchis, cucumber pickles and whole brined vegetables, or country wines and meads.

Who Gets to Go? Defecatory Justice and the Right to Safe, Dignified Toilets

Created and taught with Sarah Nahar, PhD student in Religion & Environmental Studies

This 1.5 hour class frames the struggle for equal rights through the lens of toilet spaces, from the "colon"-ization of Indigenous bodies to the integration of locker-rooms in the 60s, through contemporary challenges to access for all genders and abilities regardless of permanent housing.

ARTS and INTERDISCIPLINARY WORKSHOPS

Communicate the Facts, Tell the Story: Transform Personal, Historical and Scientific Narratives into Compelling Narratives

How can we communicate critical information in a way that people actually hear? Facts speak to the head, but stories hit the heart - and that's where most decisions are really made. In this workshop, we'll learn the basics of creating a story arc, and uncover methods for translating our personal experience, expertise or passion into a powerful story or collaborative theater project.

Everyday Mindful, Everyday Artful

In these busy times, we often feel stuck in our heads, out of sync with our bodies, and isolated from others. At any moment, however, it is possible to regain that connection to our full selves and to feel our rightful place in the world. Drawing on the wisdom of the artist and mindfulness practitioner, this workshop empowers participants will simple tools that can be easily integrated into daily life. Get ready to come into the here and now - from wherever and whenever you are.

Body Scripting: Alignment and Free Movement from the Outside In

When choreographer Tamar Rogoff saw the way actor Gregg Mozgala moved, she knew she had to make a dance for him. Over the next two years, Tamar trained Gregg, who has Cerebral Palsy, to become a dancer, and completely transformed his body in the process. Their story has since been featured on national and international news, turned the medical establishment upside down, and become the subject of the award-winning documentary [Enter the Faun](#). Get a taste of their methods in this experiential workshop with Shawn Shafner, Rogoff's protege and student for over a decade. Sitting on chairs or standing and moving through the room, participants are guided into experiencing new and surprising places in their own body from which to move. Whether it's the feel of the cheek bones or being led to the sternum, or tailbone, participants' explorations take them far from their habitual patterns to discover a freedom in movement that they might not have known they had. This workshop is open to all, from dancers to physical therapists, from people with disabilities to neurologists. No movement training necessary.

Sociometry and Cultural Mapping

We all want to know what our students, constituents and community are thinking and feeling. Sociometry and spatial mapping exercises are interactive, social and physical methods by which we can gather the qualitative and quantitative data we seek. While a questionnaire, survey or hand-raising might well provide this information, sociometry and spatial mapping utilize our participants' whole bodies in order to engage both right and left/intuitive and rational brains, strengthen social bonds and reveal the often hidden social patterns underlying our choices. In a surgery, a researcher asks questions, assesses the data, and then returns with the results. Sociometry is an empowering guided process that allows us to research together, embody our feels and believes, and assess our own data.

The Walk as Art

When can a walk help wake us up? Trace the path of one tree root underground. Change direction based on what you smell. Loop once around the building and make eye contact with as many strangers as possible. Drawing on his experience creating walks for Elastic City, Jane's Walks, and the Lower Manhattan Cultural Council, this experiential workshop ambles around tactics and techniques for creating a structured walk that catalyzed curiosity with drama, poetry, and somatic knowledge.

Crafting Stories that Serve Your Curricula

Stories are how human beings understand the world. But how can we be sure that the narratives we share teach the right lessons, and how might we use them to better engage students and families? In this experiential workshop, we'll break a story down to its most basic components, and learn how to construct one purposefully from the ground up. We'll also cover some simple tools you can implement to creatively deepen engagement and make midrash in motion.

Systems Thinking Through Theater

No person is an island, no issue without a global context, and no action without cause and resulting reaction. In an evermore individualistic society, today's critical thinkers need to see the bigger picture. Interested in exploring food justice, the events leading up to WWII, or the pathway from bill to law? This experiential workshop will introduce simple dramatic techniques that help students deconstruct and embody any system. Easily incorporated into many different curricula and studies, this deceptively simple practice allows participants to perceive both forest and trees, leading to skillful exercise of one's power to change paradigms.

Stories for One: Tools for Developing Your Solo Show

Do you have a story you're burning to tell, or an interest in solo performance, but you aren't sure how to get started? In this experiential workshop, award-winning solo performer Shawn Shafner teaches tips, tricks and techniques for getting that vision out of your head and onto the stage. Come with an idea--or even less--and leave with the seed of a story, plus some handy tools to help it blossom. All experience levels welcome!

Making Theater to Delight Young Audiences

Ahh, children! They trust you immediately, can't wait to be enchanted, and will follow a story wherever it goes. Unfortunately, they also cry, talk, snack, snot, and will be the first to interrupt your dramatic monologue complaining that they're bored. Ready for the challenge? Join veteran children's entertainer and storyteller Shawn Shafner for an in-depth, experiential workshop on creating developmentally appropriate theater that engages children where they're at and circumvents they're pitfalls, while invites their infectious giggles, imagination and wonder.