

VIBRANT ARTS MEDIA PRESENTS

# BIO DRAMA

## RECLAIMING THE MYTH OF YOUR LIFE

A multi-dimensional offering weaving embodied storytelling, creative practice, and mythic archetypal exploration.

**LILLIAN ADELE**

[www.vibrantartsmedia.com](http://www.vibrantartsmedia.com)




A LIVING IMMERSIVE JOURNEY INTO BODY, STORY, AND CREATIVE INTELLIGENCE

# ABOUT

**The Myth of Your Life** is a multi-format offering that invites participants into a deeper relationship with their bodies, archetypal stories, and the living world around. Grounded in the awareness that creativity is not only a form of expression but a way of listening, integrating, healing, and engaging with life.

Participants are invited to move beyond passive consumption and into direct experience—where story becomes embodied, and meaning becomes felt. This work creates spaces for deep personal reflection, creative expression, and transformation.



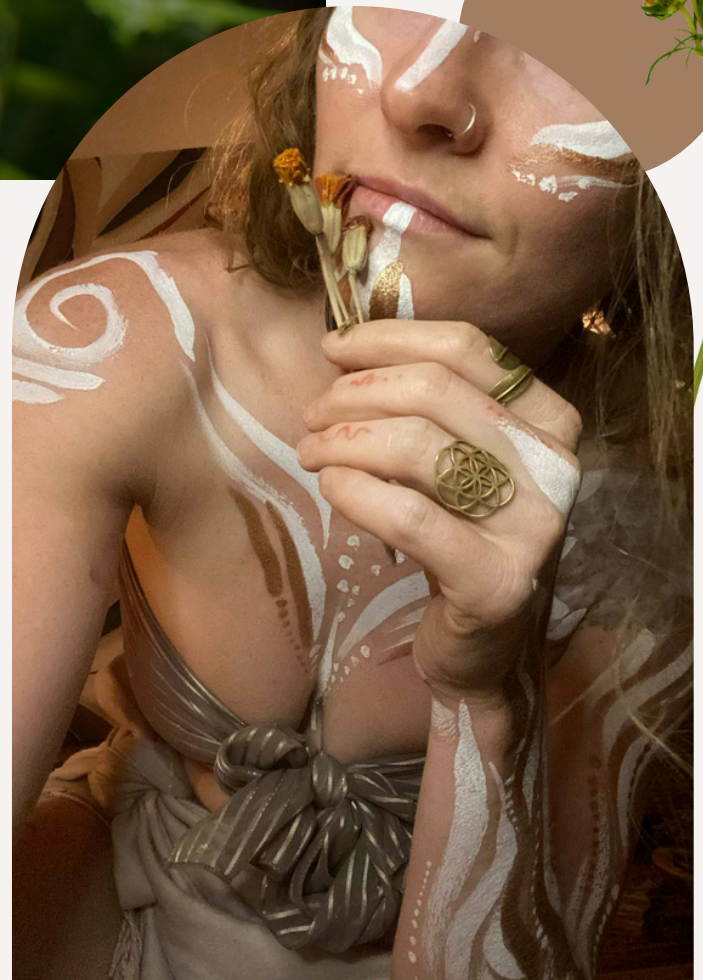
A black and white butterfly with orange markings on its wings is perched on a cluster of bright red flowers. The background is a soft-focus green foliage.

Living at the intersection of creative arts therapy,  
eco-somatic practice, and mythopoetic inquiry.

A single yellow flower with a green stem and leaves is positioned vertically on the left side of the page.

# WHY THIS WORK MATTERS...

Bridging mental health, physical well-being,  
spiritual inquiry, and multidisciplinary arts,  
while speaking directly to systems change.  
Because the stories we embody shape the  
systems we create, by transforming our  
internal narratives, we can shift the  
foundations of collective reality.



# ARTIST BIO

LILLIAN ADELE



Lillian is a creative facilitator, producer, multidisciplinary artist, and holistic arts therapist working at the intersection of embodied practice, storytelling, and community transformation. Her work weaves together bio-drama, movement, visual arts, and mythopoetic inquiry to create immersive and participatory experiences. With a background spanning performance, education, and community arts, she has facilitated programs across community events & festivals, leadership conferences, youth services, schools, wellness retreats and grassroots initiatives.

Lillian's approach centres on the body as a site of intelligence and lived experience. She creates spaces that are inclusive, participant-led, and grounded in deep listening—supporting individuals to reconnect with their creative fire and explore new ways of relating to themselves, each other, and the world.

# What is BIO DRAMA?



BioDrama, as informed by the work of Colombian dramaturg Beatriz Camargo and company *Teatro Itinerante del Sol*, is an embodied, ecological approach to theatre and storytelling that emerges from the relationship between body, land, collective memory, and myth.



What is

BIO

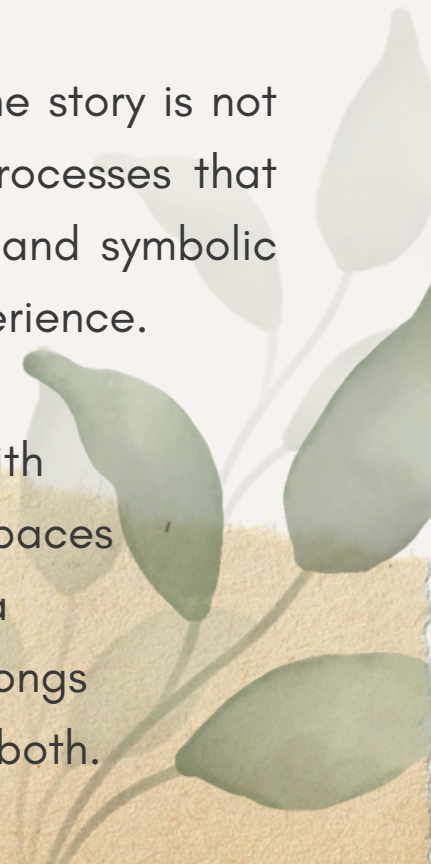
DRAMA?



Rather than conventional performance, **BioDrama is a living process** — where personal and collective stories are explored through movement, music, voice, ritual, and deep listening. It draws on ancient and contemporary practices that understand the body as a vessel of experience, and the natural world as an active participant in the creative process.

In this approach, the performer is not separate from the story, and the story is not separate from the environment. Participants engage in immersive processes that may include working with landscape, archetype, sensory awareness, and symbolic action, allowing narratives to arise organically from land and lived experience.

BioDrama invites a shift from performing for an audience to creating with presence — where art making and the theatre become sacred liminal spaces of encounter, magic, transformation, and connection. At its heart, it is a practice of remembering: that story lives in the body, that the body belongs to the earth, and that creativity is a way of entering into dialogue with both.



# THE BODY AS A LIVING ECOLOGY OF STORY

AT THE HEART OF THIS WORK IS A SIMPLE  
AND POWERFUL UNDERSTANDING >

## **The body holds story.**

Through creative, somatic, and relational practices, we can access the patterns, memories, and meanings that shape our lives—often beyond words. By engaging movement, image, and imagination, participants are invited to:

- explore personal and collective narratives
- play with relational dynamics
- reconnect with embodied awareness
- access creative pathways for integration & transformation

**This is not about performance.  
It is about participation.**



# OFFERINGS

## BODY AS ALTAR

Live Life Drawing Immersion

## BODIES OF LIGHT

Body Art & Movement Meditation  
Workshop

## BODY ART PLAYGROUND

Inclusive Creative Play Space

## BIO DRAMA:

## MYTHIC MAPPING

Artist Talk/Conversation Circle

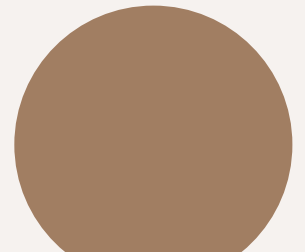


# DAY 1

BODY AS ALTAR  
LIFE DRAWING  
BIO DRAMA  
PERFORMANCE ART



The ***Body as Altar Life Drawing*** events are live, immersive, participatory experiences that are a unique spectacle of colour, art, and creative play. Where the body becomes a sacred canvas, weaving together movement and mark-making as a form of visual storytelling and embodied conversation.

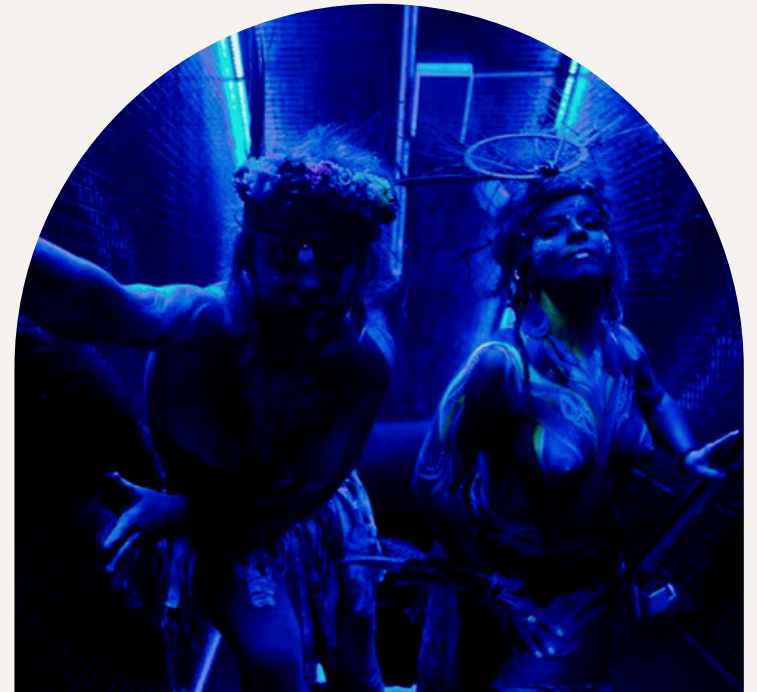




An embodied workshop exploring the architecture of the body through movement, sensation, and creative expression, inviting participants to experience the body as a luminous, responsive field of awareness. Mapping the mythic language and landscape of the body through the 13 major joints or 'articulations' of the body and exploring the stories we hold in our soma.

## DAY 2

BODIES OF LIGHT WORKSHOP  
MAGNETIC MOVEMENT MEDITATION  
13 ARTICULATIONS OF THE BODY

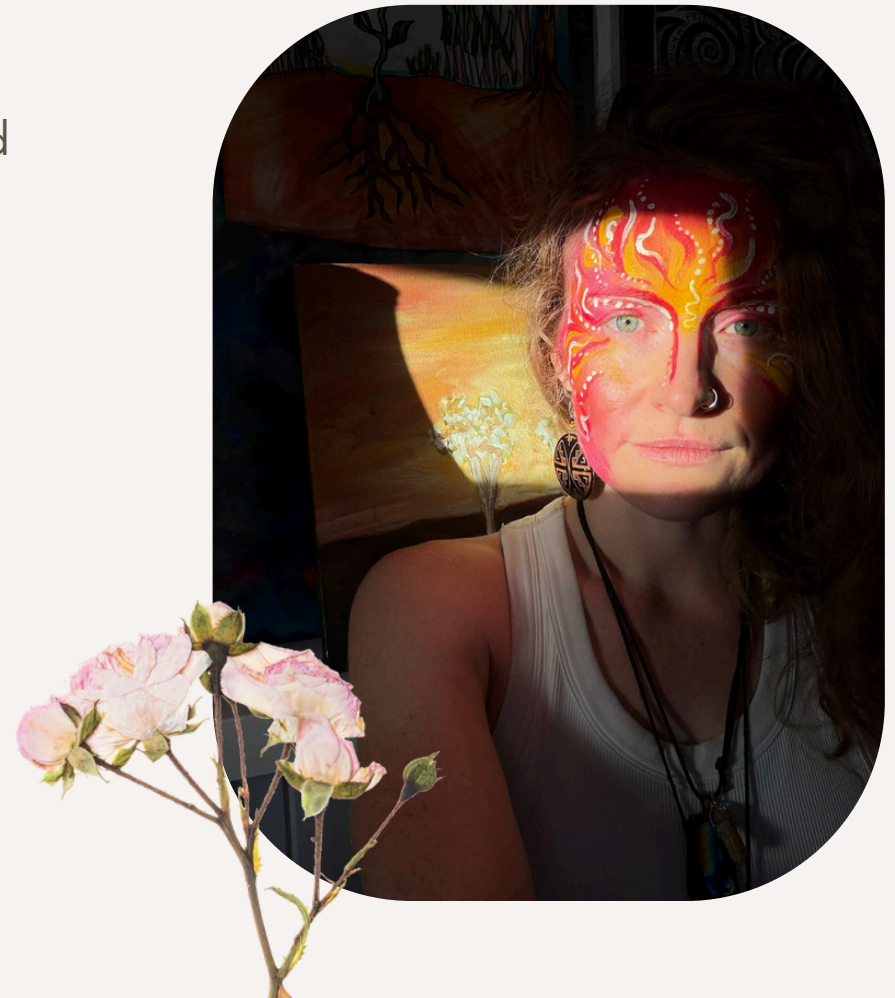


# DAY 3

ARTIST TALK/CONVERSATION

MAPPING THE MYTHIC LANDSCAPE OF THE BODY MIND & SOUL

A reflective artist talk exploring the body as a living ecology of story, symbol, archetype, and a living map of personal and collective myth.





# BODY ART PLAYGROUND



A vibrant, intergenerational space for creative play, where body art, storytelling, and sensory exploration invite participants of all ages into imagination, expression, and connection.

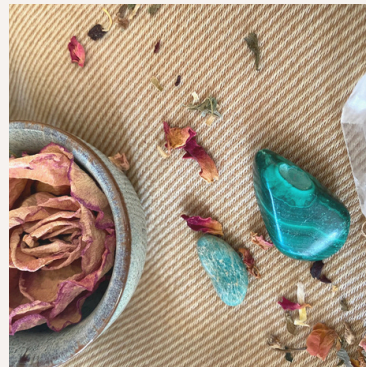




# AT THE HEART OF THESE OFFERINGS

**Bodies of Light, Body as Altar & Body Art Play Ground** are about connection: between self and other, body and emotion, colour, identity, myth and story, both individual and collective.





**Lillian Adele**

*@vibrant.arts.media*

Architect of Body Mind Soul

Reigniting wild creativity with ritual, earth wisdom, intuitive somatics & soulful embodiment. Life is Art



# SOCIAL MEDIA

**Facebook:** [@vibrant.arts.media](https://www.facebook.com/vibrant.arts.media)

**Instagram:** [@vibrant.arts.media](https://www.instagram.com/vibrant.arts.media)

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**Youtube:** [@vibrantartsmedia](https://www.youtube.com/vibrantartsmedia)



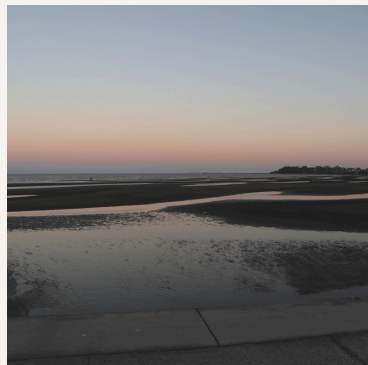
# ARTIST FEES



\$600-\$1,200

and/or cost of transport & accommodation

*Happy to negotiate fees per engagement  
or in exchange for tickets*



# CONTACT



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