

What would it take for you to let me help you achieve...

Success

Power

Health

Energy

Money

Enlightenment

Love

Perfection



"Help! captures the details of self-help presentations with hilarious accuracy... Think of Help! as the equivalent of kindergarten fun and games designed for grown-ups."
-Curt Holman, Creative Loafing

Book this dynamic seminar TODAY to INCREASE your group's health, passion, success and spiritual enlightenmight!

OUT OF HAND THEATER

HELP!

This 90 minute "seminar" takes you through the 4 stages of the HELP program: Healing, Elevation, Love and Perfection, to create a ridiculous celebration of self help. Complete with audience exercises, testimonials, and breakout sessions.

Healing

stress relief and anger management

Elevation

personal success and increased energy

Love

more passion and confidence

Perfection

spiritual enlightenment





*Chemical peel for the soul,
shock therapy for the heart
and an enema for the mind.*

*The Out Of Hand life coaches help
you through all your problems
at the wildest self-help seminar
you'll ever attend.*

*"Help! the
latest outrageousness
from Out of Hand Theater,
skewers every slick, self-anointed
self-help savior you've ever seen on
a TV infomercial — Tony Robbins and
L. Ron Hubbard included. But neither is
a match for this rocking, rolling, sincerity-
in-every-sinew-and-synapse foursome
of Life Coaches... The actors combine
elements of cheerleader, acrobat,
taskmaster, troubadour, zealot,
automaton and satirist.
What fun... It — and they —
are hilarious."
-Kathy Janich,
AJC*

Don't Delay! To book this life transforming
seminar, contact Ariel de Man at 404-312-9871
or arieldeman@outofhandtheater.com.
Rates and other info available upon request.
www.outofhandtheater.com

OUT OF HAND THEATER

HELP!

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**"The Future of Atlanta Theater"-AJC
Creative Loafing Best of Atlanta 2003
Atlanta Journal-Constitution Best of 2001
Creative Loafing Top 10 Plays of 2003
Atlanta's "Best New Company" -AJC 2001**

Out Of Hand strives to make theater accessible and exciting by involving the audience in a new way in each show, creating high energy physical theater Events. We produce three shows a year: one great work of literature, one company-created show and one guerrilla theater piece designed for performance in spaces not designated for theater. Out Of Hand Theater is a non-profit company founded in 2000. *You can't see this on TV.*

The HELP Life Coaches

Maia Knispel

Justin Welborn

Ariel de Man

Adam Fristoe

