The plan for transforming the spectator into actor can be systematized in the following general outline of four stages: First stage: Knowing the body: a series of exercises by which one gets to know one's body, its limitations and possibilities, its social distortions and possibilities of rehabilitation. Boal was an advocate of using theatrical techniques as a means of encouraging interaction with an audience so that they become involved with the stage characters. This offered an audience the opportunity to shape their own thinking, feelings, reflections and creative solutions to the challenges encountered from their narratives (Boal, 2002). Spect-actors share ideas about issues that concern the community and engage in dialogue about how to create social change.