
The Ramón Show: Spiritual Cheerleading 101

Reviewed by Dana Martin

Hollywood Fringe

Through June 23rd

RECOMMENDED

Ramón is here for you. He's ready to welcome you into his casa for a self-love seminar that centers around kindness, hugs, dance breaks, stretch breaks, courage and many LOLs. *The Ramón Show: Spiritual Cheerleading 101* is everything you never knew you needed in a performance experience.

Proud Puerto Rican-American Ramón (Ruby Marez) is the most genial and inviting host of what must be the Fringe's most uplifting hour. He cordially invites the audience to participate in the evening's events (or not). The premise is a 101 class where Ramón teaches the art of sweet self-talk, instructing the audience to practice phrases like "I matter because I'm matter."

Ramón introduces a Feelings Wheel and the audience explores the feelings on the wheel in silly and delightful ways. In one exercise, two people shout compliments at each other — and then toward themselves — with the encouragement of Ramón and the audience, of course.

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There were acts of bravery. Everyone danced and everyone numbered their grievances. Some participants even made confessions to the group about their true feelings and their daily lives — often ending up in the Celebration Circle where Ramón and the audience would celebrate the person's courage.

Ruby Marez created the delightful alter ego Ramón in order to eliminate negative self-talk. Ramón is so lovable and delightful, he got his own sweet, quirky show. What is certain about *The Ramón Show: Spiritual Cheerleading 101* is that you'll leave the space better, happier and more uplifted than when you entered it. Wepa!

<https://www.hollywoodfringe.org/projects/7426>

. One hour with no intermission.