

PLAN V

THE RISE OF REVERENCE

A Joyful Vision of What's Possible When We Center Pleasure, Safety & the Sacred Feminine



BOOK THE SHOW

Written & Performed by Eleanor O'Brien

Directed & Designed by Nate Jensen



add WORKSHOP

"Funny, empowering, and just slightly terrifying ... highly recommended."

Krista Garver, Broadway World

What if the REVOLUTION was IRRESISTIBLE?

What if healing wasn't grim, but joyful? What if the future we're building centered pleasure, safety, and reverence for the body? Plan V: The Rise of Reverence invites audiences into exactly that world—a vibrant, hilarious, surprisingly moving vision of 2035 where a global movement has transformed culture through what creator Eleanor O'Brien calls "pleasure activism."

"Way more insightful, hilarious, and layered than The Vagina Monologues - that's not shade, that's evolution"

Shawn Maus of the League of Cincinnati Theatres

the SHOW

Set as a "Plan V gathering"—part support group, part spiritual revival, part global Zoom call—the show follows Mama V, a reformed Southern evangelical turned pleasure activist, as she leads a diverse cast of disciples through an evening of storytelling, ritual, and revelation. Through ingenious multimedia design, O'Brien populates Mama V's world with over a dozen fully realized characters who appear via "Zype" (a futuristic video platform), creating the illusion of a full ensemble cast while O'Brien performs solo.



MAMA V

the quintessential southern church lady, imagine the love child between Richard Simmons and Dr. Ruth, but she's here to preach about the power and the wisdom cradled within the vagina... It is bold, empowering, and a laugh out loud riot." Broadway World Toronto

MEDIA CONTACT

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The Music of the Movement

Plan V's anthem, "Glory to the Portal," was composed by MaMuse—the GRAMMY®-nominated folk duo whose music has become a beloved soundtrack for conscious communities worldwide. Their soaring harmonies set the tone for reverence, celebration, and sacred play.



Unlike dystopian narratives that warn of what could go wrong, Plan V celebrates what could go right. The show imagines a world where body sovereignty is sacred, pleasure is recognized as essential medicine, and communities gather to share stories that were once whispered in shame—or never spoken at all.

OVAMONIALS

Through a series of "Ovamonials" (testimonials celebrating personal transformation), audiences meet characters from across the globe: a Texas man navigating prostate cancer with humor and heart, a London woman discovering that great sex is better than Botox, a non-binary Canadian celebrating a breakthrough in intimacy despite chronic pain. The centerpiece follows one woman's journey from shame to mystical awakening—complete with a "panty-dropping Scottish accent" and a revelation that her body might actually be an oracle.

"Eleanor O'Brien's edgy Plan V is a cornucopia of deliberate character work," notes Kat Reynolds of the [League of Cincinnati Theatres](#). "I didn't even realize she was playing all the 'Zype' participants at first," adds the [Lesbian Quarterly](#). "Her English and Scottish personas are especially sharp."

What makes Plan V technically remarkable is how O'Brien, working with director Nate Jensen, has created a rich ensemble experience from a solo performance. Through carefully crafted video elements and O'Brien's virtuosic character work, audiences genuinely forget they're watching a one-woman show.



FOR ALL BODIES, ALL GENDERS, ALL SEEKERS

While Plan V centers the experiences of those with female anatomy (what the movement playfully calls "pussy-havers"), the show's message is radically inclusive. "If you have an X chromosome—you belong!" declares Mama V, and the show lives up to that promise.

"You would think there is no room for a male perspective in Plan V," writes Alan Jozwiak. "O'Brien counters this by extending pussy love into love of one's genitals (be they male or female) and tapping into what she calls Big Pussy Energy, the cosmic power of being, reproduction, and pleasure."



"O'Brien's show makes it accessible to straights (and in fact may be primarily for straights) without alienating the sapphics. Not an easy task."

The Lesbian Quarterly

WHAT TO EXPECT

Runtime: 75 minutes

Content Advisory: Mature themes, frank discussion of sexuality, body positivity, joy

The show begins with the "Pussy Breath"—a gentle breathwork practice that grounds the audience and establishes permission for pleasure. From there, you'll:

- Meet over a dozen characters via multimedia magic
- Witness "Ovamonials" (personal transformation stories)
- Participate in optional rituals (always invitation-based, never required)
- Learn the "nipple ding" (a gesture of celebration and shared joy)
- Discover what happens when a woman's inner voice sounds suspiciously like an ancient goddess
- Leave laughing, moved, and maybe seeing your own body differently



"Well worth a watch," confirms the Lesbian Quarterly. "Hilarious and empowering. Lots of fun crowd participation invitation without being intrusive. Go see it with your friends now while you can. Even better, see it with your lover of whatever gender, it'd be a great way to open up juicy discussion."

"Plan V: The Rise of Reverence is a show you'll want to tell your friends about and then see again."

Broadway World Toronto

ABOUT THE CREATOR

Eleanor O'Brien is the artistic director of Dance Naked Creative, a Portland-based theater company she founded in 2005 to create transformative, sex-positive theatrical experiences. Eleanor has spent over 20 years making theater that celebrates human sexuality and body sovereignty. She is the producer of the Come Inside Sex & Theater Festival, the founder and host of Stand Up Smut (an erotic open mic) and the writer and performer of several one woman plays.

Six years in development, Plan V synthesizes O'Brien's acclaimed How To Really, Really? Really! Love a Woman and Cult of Cunnilingus into her most ambitious work yet—a show that's simultaneously comedy, ritual, and roadmap. The show has toured internationally including the Edinburgh Fringe, London's Vagina Museum, and fringe festivals across Canada, receiving standing ovations and comparisons to The Vagina Monologues as the next evolution of feminist theater.

Working with director and designer Nate Jensen, O'Brien has crafted a show that's as technically sophisticated as it is emotionally resonant—a one-woman multimedia spectacular that feels like an ensemble cast celebrating together.

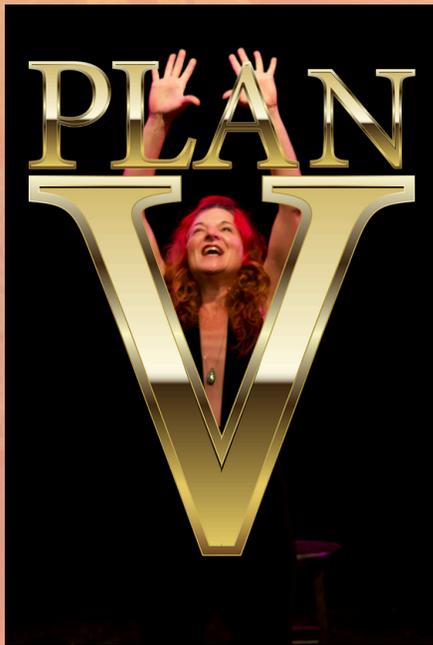
ABOUT DANCE NAKED CREATIVE

Dance Naked Creative, founded in 2005 by Eleanor O'Brien, creates transformative theatrical experiences that celebrate sexuality and human connection. Through innovative productions, workshops, and community events, the company has established itself as a pioneer in sex-positive theater, performing internationally while maintaining strong roots in Portland's artistic community.

The company's mission: to illuminate, educate, and liberate through the power of authentic storytelling and embodied art.

IN ELEANOR'S WORDS

"I'm obsessed with the quote **'the role of the artist is to make the revolution irresistible'** by Toni Cade Bambara. I made this show to be a beacon of hope. Plan V explores what the world would look like if more people felt safe in their bodies, if pleasure was recognized as medicine, if we centered reverence instead of shame. This isn't a protest. It's a celebration. It's a vision of what's already possible when we choose joy, when we share our stories, when we remember that our bodies are sacred and our pleasure matters.



MAKE CONTACT

eleanor@dancenakedproductions.com

- Booking inquiries, venue partnerships, or workshop opportunities
- High-resolution production photos
- Video excerpts from recent performances
- Full script excerpts
- Interview availability with Eleanor O'Brien
- Behind-the-scenes multimedia design content

THE WORKSHOP

From Witnessing to Embodying

"The show plants the seed.
The workshop helps it grow."

Plan V isn't just a show—it's a practice. The workshop takes the themes audiences witness onstage and brings them into the body. Through breathwork, story sharing, creative expression, and playful consent exercises, participants experience the reality of Plan V firsthand. It's experiential, it's accessible, and it's the part people remember months later.

A 2.5–3 HOUR JOURNEY INTO BODY REVERENCE

Duration: 2.5-3 hours (flexible)

Group Size: 10-40 participants (ideal)

Space: Indoor with circle seating
(chairs or cushions)

Supplies: Provided by facilitator

All Exercises: Invitation-based—always
optional, never forced

Suitable for: All genders, all experience levels,
beginners especially welcome

PARTICIPANTS EXPERIENCE

- Somatic breathwork
- Language Reclamation
- Pleasure Mapping
- Consent in the Body
- Story Circles / Structured Sharing
- Pleasure Activism

From personal healing to collective liberation. What changes when we make joy the engine of resistance? Participants leave with commitments, not just inspiration.

What makes this different? This isn't a lecture. It's not therapy. It's structured play for adults who forgot that their bodies have wisdom. It's a permission slip to laugh, share, feel, and maybe say "pussy" out loud for the first time without whispering. It's educational, illuminating (especially playing "No Dumb Questions") and thoroughly empowering.

PARTICIPANTS LEAVE WITH

- Practical tools for embodied self-care
- Language for talking about their bodies without shame
- Connection to a community of fellow seekers
- A newfound relationship with their own pleasure
- The irresistible urge to nipple ding in public 🍊

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