# CIRCUS SKILLS



**DURATION** 60-180 minutes (according to guest numbers)



**REQUIREMENTS** Empty room or outside space













## Circus skills workshops are great fun for all ages as everyone can take part and have fun even if they only manage to become good at one of the skills on offer.

These activities are suitable for both indoors and outdoors, so you do not need to worry about the weather.

This is truly an experience to remember as guests take part in team building with a difference. Following a demonstration by professional performers and workshop leaders, your guests will break down barriers and discover new skills, in a fun, learning environment where failure is not feared.

Great new skills such as Plate spinning, Diablo and Unicycle are paired with classic Juggling and Balloon Modelling, ensuring there is a level of participation and fun for every guest.

"The Circus Skills event was excellent - the whole team thoroughly enjoyed the session and got a lot from it" Mondelez

# **CIRCUS SKILLS**

#### DETAILS

Guests will be split into teams and receive specialist tuition on a selection of the following disciplines dependent on available space. They will then decide upon their strongest areas to showcase for the event finale:

Juggling - One of the most rewarding, yet least physically demanding skills.

Plate Spinning - The art of manipulating a plate using only a pole, frustration at its best.

**Diablo** - Whirling and tossing a spool on a string, more challenging than you might at first imagine!

**Tight Rope -** Walking requiring balance, focus and rhythm, each guest will slowly learn to walk alone without the aid of their team.

Unicycle - Less complex than the bicycle, the unicycle may not be as simple as riding a bike!

Stilt Walking - The art of aiming higher without falling over.

**Hula Hoop** - Historically twirled, rolled and thrown, hula hooping doesn't come as naturally to the adult as the inner child would expect.

Hat Manipulation - Often combined with other forms of juggling, hat manipulation can be highly comic and entertaining for everybody involved.

**Devil Sticks -** A form of gyroscopic juggling, your guests will probably learn to do it before they can say it!

**Balloon Modelling -** Construct almost any animal, object or building by inflating, tying and twisting.

**Close up Magic -** Learning the tricks of the trade, it's fool or be fooled!

### ADD THAT SOMETHING EXTRA...

#### **Event Photographer – POA**

Our seasoned photographer will capture all the action throughout the event, and we'll send. you the great shots after the event on CD.



