

# Workshop Overview

This two-hour intro workshop gives your group a taste of a range of circus treats including acrobalance, hula hooping, juggling and manipulation. A wonderful way for participants to connect with their bodies, build confidence and work as a team.

## Women's Circus workshops help your group:

- Develop trust
- Learn new ways to co-operate
- Improve communication skills
- Improve co-operation and leadership skills
- Cultivate group morale
- Promote social cohesion and group identity
- Build self confidence, body awareness and self esteem
- Improve health and increase physical activity
- Have a wonderful time together!

## SPECIFICS

- Workshop length is 2 hours
- Maximum number of participants is 24
- Trainer to participant ratio is 1:8

## WHAT TO EXPECT

1. Introductions and warm up games
2. A selection of:
  - Manipulation: hula hoops, juggling, devil sticks, diablo
  - Balance: Rolla Bolla (balance boards)
  - Acrobalance
  - Aerials: trapeze, rope, cloudswing, rope ladder, aerial loop.
3. Cool down and group reflection

## PARTICIPANTS

- Clothing appropriate for movement
- Water bottle

## OFF-SITE REQUIREMENTS

- Acrobatic mats or gym mats (Women's Circus mats possible based on availability)
- Sound system
- Minimum space: 10 x 8m with height for standing on shoulders

## WHAT ELSE IS POSSIBLE?

As well as this Circus Taster, Women's Circus can work with you to create workshop activities suitable to your needs.

We can also create ongoing weekly programs, perfect for community groups looking to build ongoing connection or to add to the school curriculum.

[www.womenscircus.org.au](http://www.womenscircus.org.au)

**women\*s**circus

