

MAURIZIO ORLANDO

Juggling Workshop

JUGGLING AND MOVEMENT

Discover the joy of playing with movements and let them be the vehicle for your expressiveness.

Learn how to move your body and then choose the best movement dynamics for its interaction with the objects and the surrounding environment.

The contents of this workshop are:

- **Exploring the concept of impulse**
- **Developing a method for creating movements**
- **Learning how to involve the surrounding space into juggling**
- **Providing tools for body positioning**
- **Adding movements into juggling patterns**
- **Trying to identify different juggling styles**

At the end of the class, the participants will apply the learnt principles of the workshop in order to create short juggling sequences.

Duration

| 1 day