

## Body Percussion

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| <b>Duration:</b>      | Up to 2 hours              |
| <b>Guest Numbers:</b> | Any                        |
| <b>Requirements:</b>  | Dependant on guest numbers |

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The human body is the original musical instrument and the only instrument that everyone possesses. Body percussion is the making of percussive sounds using bodily movements such as clapping, whistling, and tapping on thighs and chest. It's a fantastic and effective way of ensuring all of your delegates get up, wake up and interact.



This fun filled musical session incorporates songs, body warm up, singing and counting rhythms and clapping and stamping rhythms - all delivered in a light hearted manner that ensures everyone is well and truly invigorated.

A great way to start your conference, our staff will sweep your delegates away and before they have chance to draw breath the infectious body rhythm will have them joining in as they tap, clap and slap and we dramatically transform them into an energised and well-oiled music machine!

Body Percussion is ideal for illustrating conference messages such as creating great things with limited sources, getting back to basics or how everyone plays a part towards a bigger picture. Playing music together reduces stress, develops our understanding and willingness to work as a team. Exercises of this nature are enjoyable experiences and prove to be beneficial in the workplace.

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