

# RHYTHM CHALLENGE

The Rhythm Challenge is a unique, fun, high-energy activity which draws upon one of the most ancient and powerful forms of communication - drumming! It is a superb way of bringing people together, breaking down barriers, creating a party atmosphere and having an enormous amount of fun.

We incorporate many different aspects of rhythmic performance including percussion, harmony singing and tribal dance and bring a wide and intriguing array of instruments from all over the world. Whatever the reason for the event, we create a spectacular 'pulse' to match the group.

No music talent is needed. The collective sound made by the group will exceed expectations and the delegates will be amazed how much they learn in such a short space of time, creating an enormous feel good, 'wow' factor.



## **DURATION:**

20 minutes – 2 hours

## **THEMES:**

Set energy, motivation, wake up, wellbeing, focus, energy, mind-fullness, balance

## **ENVIRONMENT:**

Indoor, outdoor, seated, standing, at desk, in conference

## **FUNCTION:**

Energiser, meeting break, team building

