

# DanceCircus Virtual Experiences

Planning an online event, virtual summit or conference?

Running an online day webinar?

Want a great way to keep your attendees engaged?

Would you like to keep participants active between keynote speakers and workshops?

What about spicing up the next Zoom meeting?

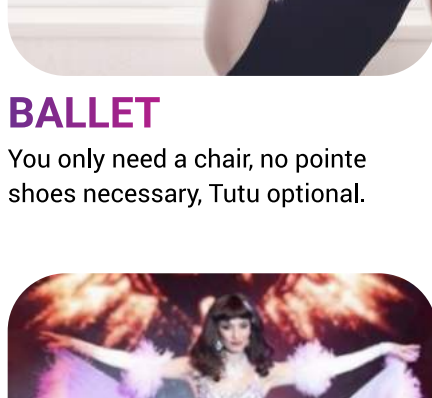
You have come to the right place!

Choose from our menu of experiences or let us create content that is unique to your brand, event and audience.

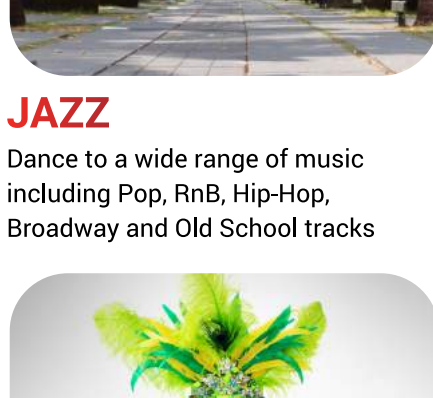
We can work with you to brainstorm possibilities and develop a tailored package.

## Breakout Experiences

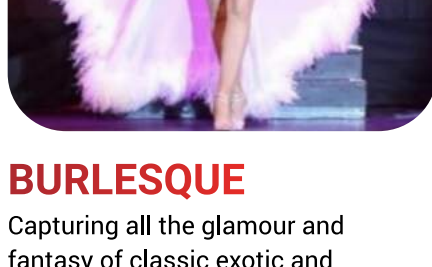
### DANCE



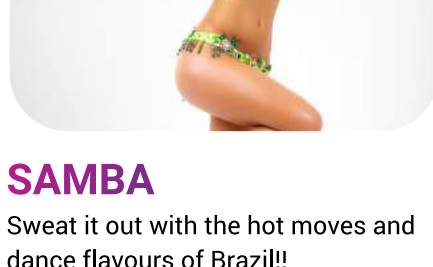
**BALLET**  
You only need a chair, no pointe shoes necessary, Tutu optional.



**JAZZ**  
Dance to a wide range of music including Pop, RnB, Hip-Hop, Broadway and Old School tracks

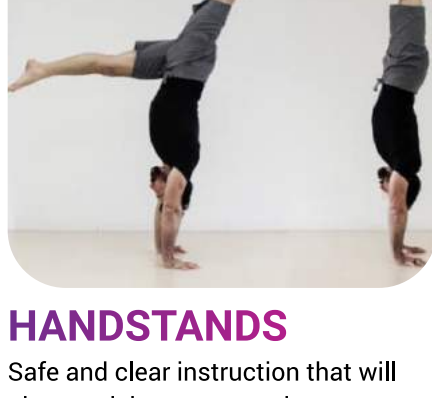


**BURLESQUE**  
Capturing all the glamour and fantasy of classic exotic and burlesque dance techniques.



**SAMBA**  
Sweat it out with the hot moves and dance flavours of Brazil!!

### CIRCUS



**HANDSTANDS**  
Safe and clear instruction that will give participants a step-by-step roadmap to handstands. From beginners to advanced.



**JUGGLING**  
Learn to juggle in a fun and relaxed way!



**MAGIC**  
Learn a few simple magic tricks to show the family or your work colleagues.



**HULAHOOP**  
We will get you rocking a hula-hoop like a pro and having a great time while you do it!

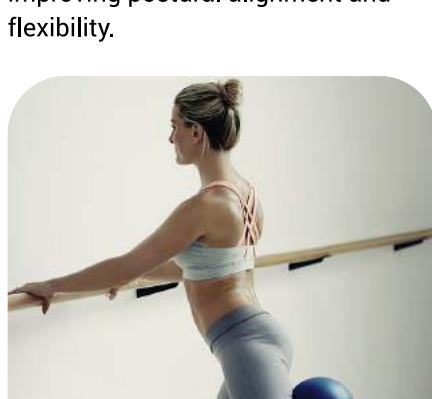
### GYM



**PILATES**  
Low impact exercise that aims to strengthen muscles while improving postural alignment and flexibility.



**ZUMBA**  
Dance to great music and burn a ton of calories without even realising it. Latin Rhythms and easy to follow moves.

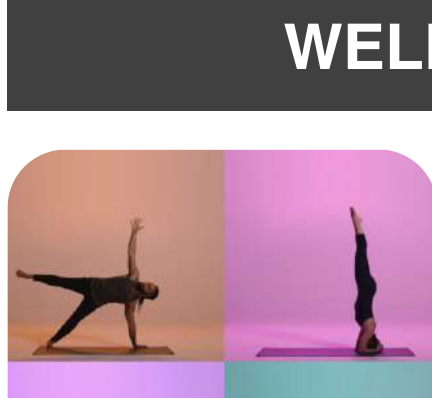


**BOOTYBARRE**  
Fun and energetic workout that fuses techniques from Dance, Pilates and Yoga that will tone, define and chisel the whole body.



**HIIT WORKOUTS**  
High-Intensity Interval training, burn maximum calories in a minimum amount of time.

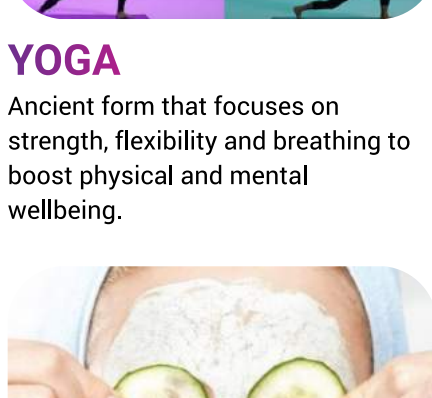
### WELLNESS



**YOGA**  
Ancient form that focuses on strength, flexibility and breathing to boost physical and mental wellbeing.



**MEDITATION**  
Targets stress reduction, anxiety management and promotes better sleep.

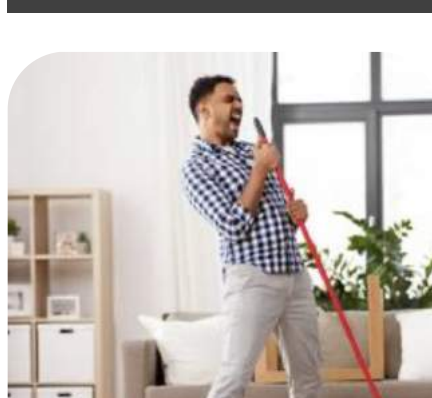


**SELF-CARE**  
From stress management tools to pampering yourself with self-care rituals.

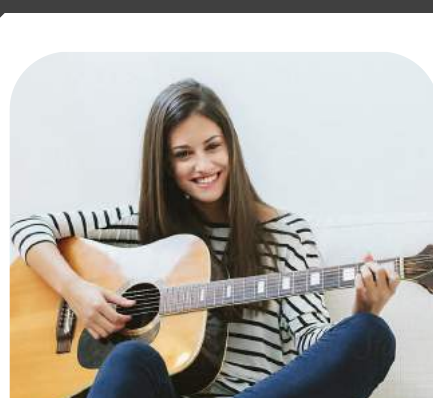


**SELF-MASSAGE**  
Self-massage techniques that will help you release tension and target tight spots in your body.

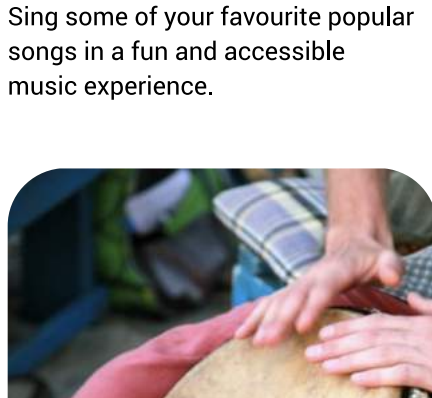
### MUSIC



**SINGING**  
Sing some of your favourite popular songs in a fun and accessible music experience.



**GUITAR**  
Grab your guitar and rock on with this easy tutorial.



**DRUMMING**  
Uplifting, engaging and fun!



**BODY PERCUSSION**  
The human body is the instrument! Body percussion is a brilliant way to get you moving and a useful tool for creating music.

## Breakout Experiences Add Ons

### BRANDED PROPS

If you are sending the participants a physical package with workbooks or branded goodies, we can add a curated box that includes props needed for specific experiences (eg. juggling balls, yoga mat...)

### BRANDED BACKGROUND

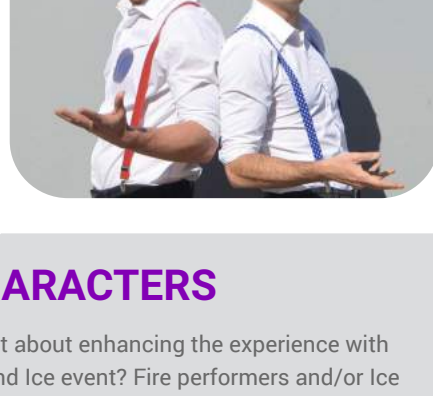
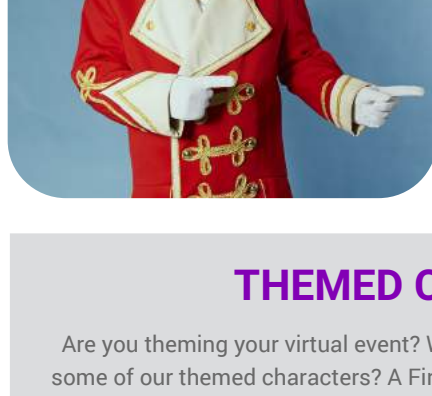
We can display your brand or sponsors in the background of our experiences.

## Virtual Event Enhancements

### CHARACTER MC

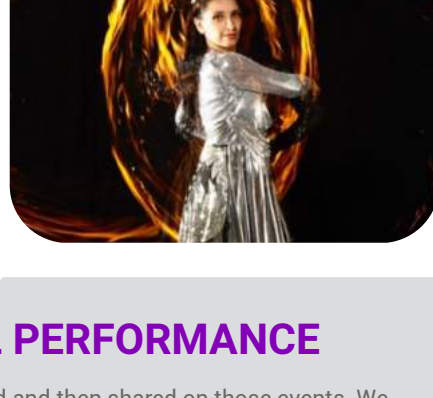
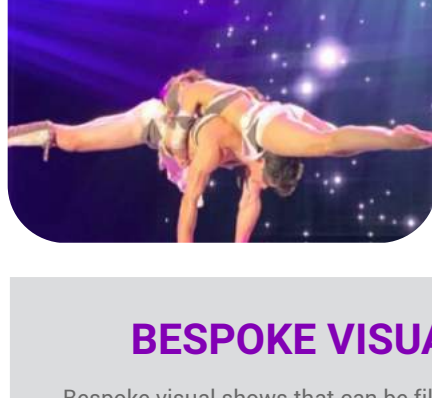
What about having a life doorman welcoming your participants? Or a ringmaster? Or a magician? Or a slapstick duo?

The character mc can guide your audience to the different virtual rooms, workshops or keynote speakers.



### THEMED CHARACTERS

Are you theming your virtual event? What about enhancing the experience with some of our themed characters? A Fire and Ice event? Fire performers and/or Ice themed Acrobats entertaining the participants while they are in the waiting room? or throughout the event?



### BESPOKE VISUAL PERFORMANCE

Bespoke visual stories that can be filmed and then shared on those events. We can create unique storylines based on the brand's vision and values. With shadow theatre, dance, circus and projections/video.



Click Image to watch Bespoke LNY Show for The Star Sydney

## Team Building Experiences

We offer virtual 'team building' experiences for remote teams!

We can help you to keep your remote team motivated, engaged, active and healthy. Our diverse experiences will create a strong culture within your company resulting in better productivity and happier employees. Let us create a program to suit your team.

BOOK YOUR FREE CONSULTATION

