

# BODY RAP

## EVENT INFO

TIME: 10-20 MINS

NUMBERS: 30-1500

LOCATION: INDOORS

APPROACH: COLLABORATIVE



**Short, sharp, funny and funky. This is group rhythm in its simplest and quirkiest form.**

There comes a moment in every conference where participants need to be re-focused and re-energised. This might be first thing in the morning after a big night, or just during the graveyard slot after lunch when bellies are full and minds are elsewhere.

Quick, quirky, and incredibly effective, **Body Rap** is the answer. This off-the-wall musical conference pick-me-up is guaranteed to liven up the most challenging audience and will inject life and vigour into your meeting – just when you need it. An hilarious tongue-in-cheek rhythmic exercise, **Body Rap** is music but not as you know it.

The energy starts to build when our charismatic and slightly wacky conductor warms up the participants with some body sound exercises. He then asks them to 'glove-up'. Brightly-coloured rubber gloves have been attached to the bottom of every chair so everyone can participate. As soon as your team have the gloves on they will be stomping, body slapping and vocalising as one to create a colourful and absolutely ridiculous musical spectacular. The aural and visual feast will be sure to have everyone in fits of laughter as they do **Body Rap** together.

Definitely in the crazy-but-it-just-might-work category, **Body Rap** uses the power of humour, rhythm and the shared experience to energise and unify a team and make them ready once again to focus on your conference messages.

## BUSINESS BENEFITS

BREAKS THE ICE

UNIFIES THE GROUP

HIGH ENERGY

FOCUSSES THE MIND

SHARED EXPERIENCE

