



Body Percussion Energy Booster

Length: 1 hr

Delivery modes: Onsite

Number of participants: up to 50

Details: This creative workshop is a great way to lift spirits, encourage team collaboration, strengthen the cognitive function and boost energy.

Teams use a variety of techniques such as clapping, finger snapping, feet stomping, voice, and knee slapping to create a rhythmic piece of music.

Body percussion is a creative way to encourage movement in the workplace. It also provides a boost to emotional and social wellbeing.

Connect with WORKBLIS to discuss requirements - hi@workblis.com