



# busy beats

MUSIC TEAM BUILDINGS

Beat Unit

# Beat Unit

## Musical Team Building with Rhythm

BOOM! – our interactive Power Team Building. Under professional guidance, the participants play together in a drum circle and react to rhythms that are spontaneously created. An impressive drum and percussion ensemble is created in no time at all - that releases unexpected energy, has a strong, motivating effect and is incredibly fun.

**Benefits:** Strengthens the team spirit. Promotes communication and cooperation skills and has a strong motivating effect.

**Number of participants:** up to 150

**Duration:** approx. 90 minutes

**Skills needed:** none

**Price:** from 850€ net



## Course of Beat Unit:

- drum Circle Facilitator (moderator) greets the team
- rhythmic warm up exercises
- explanation of the provided instruments
- teaching of basic rhythms
- break (approx. 15 min)
- start of the Drum Circle – improvising and trying out rhythms
- by sitting in a circle and drumming together the participants then actively interact with each other

## Additional services:

- video and photo documentary for the entire event



# Contact

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