



# busy beats

MUSIC TEAM BUILDINGS

Musical Warm up

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## Musical team building with body percussion

Our icebreaker clears the way for successful teamwork. Under the professional guidance of a music coach, the participants make music with their own bodies. Sounds are produced by clapping, pounding, snapping and knocking. Rhythms are created and experienced together.

This effective and extremely efficient team-building exercise is suitable for congresses, seminars and conferences. In particularly challenging phases, the musical warm up is also recommended for daily, weekly or monthly use.

**Benefits:** Relaxes body, mind and soul. Increases the ability to concentrate. Suitable for all group sizes and musical skill levels. Promotes the willingness to communicate and cooperate. All team members are involved.

**Number of participants:** freely scalable

**Duration:** approx. 15-30 min.

**Skills needed:** none

**Price:** from 500€ net



## Course of Musical Warm up:

- our coach greets and tunes/prepares the team
- sound generation with the own body (body percussion) and voice (body music)
- create rhythms together, make music together, have fun together



# Contact

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