



EXOTIC RHYTHM WORKSHOP

- 1. Presentation of JCH**
 - 2. Presentation of each of the participants with a movement and rhythm**
 - 3. Stretching and warming up: A human network is made, everyone is in circles and one by one each participant will go towards the center making movements and intertwining without touching anyone until a network is built.**
 - 4. Warming up through space, on various diagonals and different fronts**
 - 5. Exotic party: each participant will be given a balloon and must dance with it by throwing it up, if they drop it they will be eliminated**
 - 6. Choreography teaching, with the workshop leaders and participants**
 - 7. Reflective circle where they will talk about how they felt, their experiences with the workshop.**
 - 8. Review the choreography, recording and end with a circle and free steps.**
-