

## O8 FUNCTIONAL JUGGLING WORKSHOP

Inclusive and functional juggling training proposed by Circo Tascabile has as its objective the dissemination and practice of this new current of thought.

We start from the assumption that juggling must not remain confined only to the circus environment, but that its therapeutic content must be developed and shared with all those workers in the social health sector, who can benefit from the inclusion of juggling in their rehabilitation and social inclusion.

Functional juggling has as its objective the stimulation and improvement of neuromotor skills related to the organization and realization of the movement.

His study consists of a theoretical part based on neuro-science research based on the effects of juggling on the human brain.

This new branch of juggling requires a minimum level of technical skill compared to the yield that a qualified operator can have through his practice. The training is therefore aimed at everyone, even complete newbies of juggling, who will learn the specific techniques during the training itself.

Practically functional juggling has two practical effects:

The first effect is to increase the credibility and scientificity of juggling, so in this sense it is a tool that improves the perspective of the social circus in the eyes of those outside the sector.

The second effect is to provide a very useful work tool even for non-circus performers.

Functional juggling without an adequate teaching methodology can be cryptic and not very accessible, which is why we have structured the concept of inclusiveness.

The inclusive juggling takes place in a series of methodologies and motor proposals adequately calibrated on the motor skills of the participants.

A crucial aspect of this workshop is that the participants learn the specific concepts and techniques themselves in an inclusive and functional way that they will later use professionally.

In this perspective, the workshop is not only theoretical and practical but also experiential.

This training is aimed at all teachers and educators who want to learn an effective method to stimulate the motor skills of their students, to all those physiotherapists or social workers who work in the field of neuromotor rehabilitation and social inclusion through the increase of life skills linked to autonomy and self-esteem.

This workshop is a theoretical and practical study of the book "functional juggling, a book about juggling" written by Craig Quat, founder of the QuatProps method and inventor of functional juggling.

It is highly recommended to read the manual before starting the theoretical / practical training course of the workshop.