



## The Art of Jolly Juggling for Joyful Minds

**Instructor:**

Professor Tossington

**Location:**

Brighton

**Course Type:**

Traditional Skills

**Cost:**

**£75.00**

### Learning Objectives

- Mastering the fundamentals of juggling three objects
- Understanding rhythm and timing to enhance coordination
- Developing focus and concentration through playful practice
- Exploring creative expression in juggling routines
- Gaining confidence in performing juggling tricks

### Provided Materials

- Three juggling balls
- Instructional handbook
- Access to online tutorials
- Safety goggles
- Juggling club membership card

## Skills Developed

Coordination

Concentration

Creative Expression

Performance Skills

Rhythm

## Course Description

Welcome to 'The Art of Jolly Juggling for Joyful Minds', where adults rediscover the childlike delight of tossing and catching in playful harmony. Under the whimsical guidance of Professor Tossington, a master juggler whose name is synonymous with joyful coordination, students will embark on a fun-filled journey to master the art of juggling. Situated in the vibrant community of Brighton, this class offers a perfect escape from the mundane, unleashing creativity and joy through a series of juggling exercises. Participants will first learn the fundamental techniques of juggling, starting with three balls that dance through the air, guided by the rhythm of their newfound coordination. Professor Tossington will share his secrets on timing and rhythm to enhance concentration and focus, turning what was once a daunting skill into a delightful hobby. As the class progresses, students will explore creative expression by crafting their very own juggling routines, adding personal flair and theatrical tricks to their performances. The course offers practical skills that blend physical activity with mental focus, building confidence and performance abilities through playful interaction. By the end of the session, juggling enthusiasts will not only master the basics, but also walk away with the tools to continue their joyful juggling journey, including an instructional handbook and access to online tutorials. Join us for a uniquely whimsical experience that promises laughter, learning, and light-hearted fun.