# Circus & Theatre Workshops

actsofjennius.com • Jennifer Hill

## Social Circus

Run away and join the circus with this interactive, fun-filled exploration of the circus arts. Online or in person. Adaptable for all ages, and perfect for intergenerational community.

## Hoop Yourself Fabulous

Laugh, smile, and recapture the playfulness of childhood as you flow with the hoop in this class designed to tone muscles, increase flexibility, and strengthen the cardiovascular system. Beginner hoop friendly, online and in-person availability.

## Circus Style Hoop Split Training

Build discipline into your hoop practice. Private or small group sessions for circus hoop performers wanting to strengthen their way to consistent hoop splits. Online only.

### Radio Theatre

Share your stories through the framework of radio theatre. Begin by listening and reading along to a famous radio theatre piece, and work to develop your own stories into comedies, dramas, sci-fi adventures, and even advertisements for production. Finished work is recorded as a podcast. Adaptable for all ages. In person only.

### Playfoolness

Celebrate your inner child, welcome your true self, feel freer, softer, lighter, and sillier in this playshop for adults. Adaptable for older adults and encouraged. Such fun! In person only.

## Shadow Puppetry

Connect with others through personal storytelling, and craft your story through using shadow theatre techniques. This offering can be done through Zoom, or in-person. Adaptable for all ages.

#### Image in Action

Use the Zoom space to create images and explore a variety of ways to build stories and develop ideas for stage, screen, and the page. Groups are limited to 12 and will have the best experience if each student can log into Zoom on their own device.