

Juggling Workshop

Body, mind and emotions

Juggling has been used in the course of the history by a huge range of people. Nowadays some essays prove that juggling make us more intelligent.

Juggling is one of the best allies for psychomotor activity.

It's a behavioural and cognitive learning that allow us having a narrower connection with the body, the mind, objects and the environment, which are the main features of this training.

We are unique beings; therefore we have different ways to learn.

We are emotional beings and most of the times we do not take this seriously when learning.

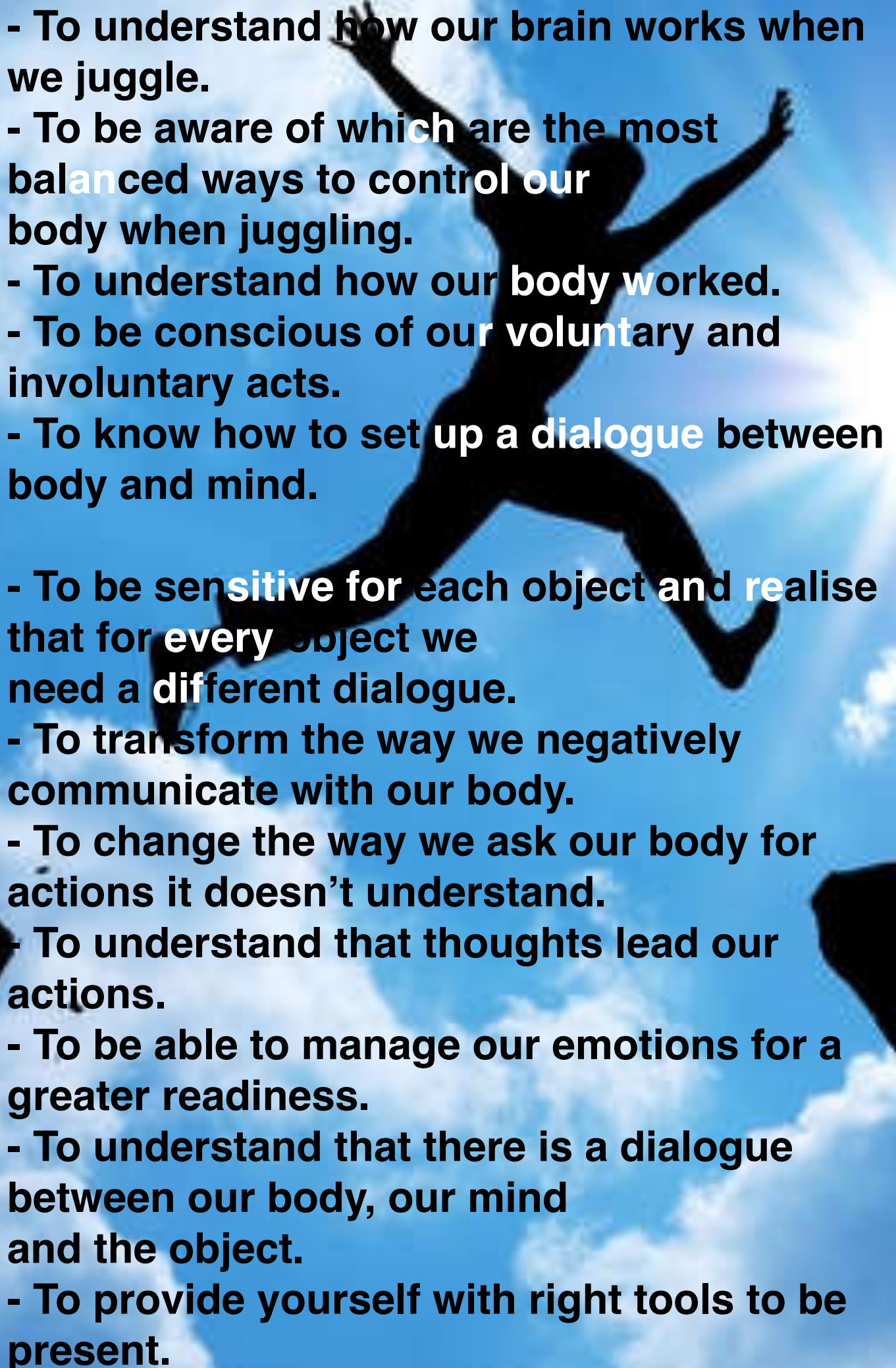
Emotions rule our learning process, so that taking them into consideration becomes essential.

This workshop will teach how to manage objects,

We are going to research on:

- The objects and the environment within our brain.**
- Physical body. Where we are, in which moment, and how we are?**
- Mental body. Customs and language**
- Physical and mental body functioning and the dialogue between them**
- The object: touch, weight, shape and the unlimited possibilities.**
- Limiting words and sentences. How can we turn them into positive ones?**
- Positive and negative thoughts**
- Emotions**
- Dialogue between body, mind and emotions**
- Feedback and answers in the object**

Goals:

- To understand how our brain works when we juggle.
 - To be aware of which are the most balanced ways to control our body when juggling.
 - To understand how our body worked.
 - To be conscious of our voluntary and involuntary acts.
 - To know how to set up a dialogue between body and mind.
 - To be sensitive for each object and realise that for every object we need a different dialogue.
 - To transform the way we negatively communicate with our body.
 - To change the way we ask our body for actions it doesn't understand.
 - To understand that thoughts lead our actions.
 - To be able to manage our emotions for a greater readiness.
 - To understand that there is a dialogue between our body, our mind and the object.
 - To provide yourself with right tools to be present.
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- A silhouette of a person in mid-air, jumping or falling, against a bright blue sky with scattered white clouds. The person's arms are outstretched upwards, and their legs are spread wide, suggesting a state of freedom or release. The overall mood is one of aspiration and movement.



Methodology

Lessons are dynamic, interactive and the main feature is the pupil.

After the first meeting we are going to decide which is the best way to study.

When we learn because we want to, we are more efficient and effective.

We are singular individuals; therefore we learn in different ways.

It depends on me detecting the frequency needed for the learning process of each pupil.

We are going to juggle and talk about it, but also about feelings and emotions.

Experience

I am Fernando. I have been 20 years juggling and studying this art. Apart from that, I am an educator.

Juggling was the vehicle to start knowing how my body and my mind worked through objects.

I have been a self-taught person throughout my whole life except for the last three years, when I called a teacher that helped me as I couldn't afford what I was testing, trying and repeating on my own. The first day he asked me a question to see how we would start. Do you want the shortest or the longest way?

The shortest way involved a straight-forward solution to my problem and the longest one implied that maybe I would not get to the solution I thought I needed. Then he told me: "I can either tell you how to solve this issue or I can give you the tools for you to be able to solve it on your own". I

remember that I didn't hesitate not even for a second and chose the longest way, a journey that was full of adventures. After having acquired all this magic knowledge, I started studying neuroscience applied to body and mind, and how they interact between them. What interests me the most in teaching is transferring the joy I felt when learning.