

The Rhythm Challenge

The Rhythm Challenge is a fabulous, high-impact activity that really lifts the energy levels, motivates and rewards.



The key themes of the Rhythm Challenge are unison, interdependence, communication, stepping outside the 'comfort zone', teamwork, delegation, smile and energy—lots of it!



It's a brilliant way to kick start a conference, works great as a stand alone team build and it'll bring any event to life. The Challenge lasts anywhere between 45 minutes and 2 hours. No music talent is required and we guarantee you that you will be amazed by the collective sound generated within only 20 minutes.



Learning first about tempo and keeping the beat we combine harmony, dance steps and percussion to create music – real music! As the confidence and energy builds so does the volume until about 1 and half hours in when the finale takes us all through the roof!

Due to the unbelievable popularity and success of this Challenge we have developed a number of different versions, varieties & formats ranging from our **'World Music Challenge'** to **'The Beat of the Street'**. Whatever your occasion we promise to deliver a powerful, impressive & highly memorable session.

We use a wide, varied & colourful selection of instruments ranging from our home-made style dustbins, broom handles and plastic tubs, through to the Latin Salsa Chocohollos, Timbales & Ganzas, to the tribal 'talking' African drums such as Jembes and Djun Djuns!

Nothing motivates and sets the spine tingling like a Poisson Rouge Rhythm Challenge.



THE RHYTHM CHALLENGE



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Feel the Rhythm, Feel the Beat!