

## **Rika Taeymans – Circomotoriek training**

28-30 October 2016, Bratislava, Slovakia

Organizer: CirkusKus

Implemented by Visegrad Standard Grant



The workshop organized in Slovakia by Cirkuskus was about discovering a method called “Circomotoriek”: a method developed by Rika Taeymans based on Veronica Sherborn’s method.

Rika Taeymans is a circus educator and trainer from Belgium. She has developed an exercising method for parents and infants/toddlers called Circomotoriek, based on Veronica Sherborn's method. To accompany the physical activities she tells inspiring stories for children and parents to play with. Both parents and children learn a lot and have great fun.

Cirkomotoriek is an exercising method for parents and infants/toddlers: concentration, strength, coordination, balance and collaboration are being worked on through the fantasy games and acrobatic tricks. To accompany the physical activities Rika tells inspiring stories for children and parents to play with.

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### What was it about?

We looked at the psychomotor development of the child of 3-7 years old and work on relationship games.

Concentration, strength, coordination, balance and collaboration are being worked on through the fantasy games and acrobatic tricks.

We discovered how the “1-1 relationship” (parent-child or therapist-child or teacher-child or older child with young child) and playing together does miracles to the development of the children and to the development of the relationship with their parents. We worked first between the participant

to explain the method and to try out movements and then a group of 4-7 year old children will join to play first with us and then with the parents. We tried to manage the same number of children as the adult group. Each session with the children last about 1 hour or 1,5 hour. After each session with the kids we had time to talk about what happened, what we observed and felt.

People from 4 different countries were taking part on the workshops: Slovakia (hosting organization), Poland, Czech Republik and Hungary; for a total of 20 people. The participant are involved in circus organizations, having a teachers diploma or experience with working with groups and love to work with young children and parents.



CirKusKus cooperated with “Academia Universum” to host the workshops, a capoeira gym equipped of a tatami, changing rooms, cafeteria.

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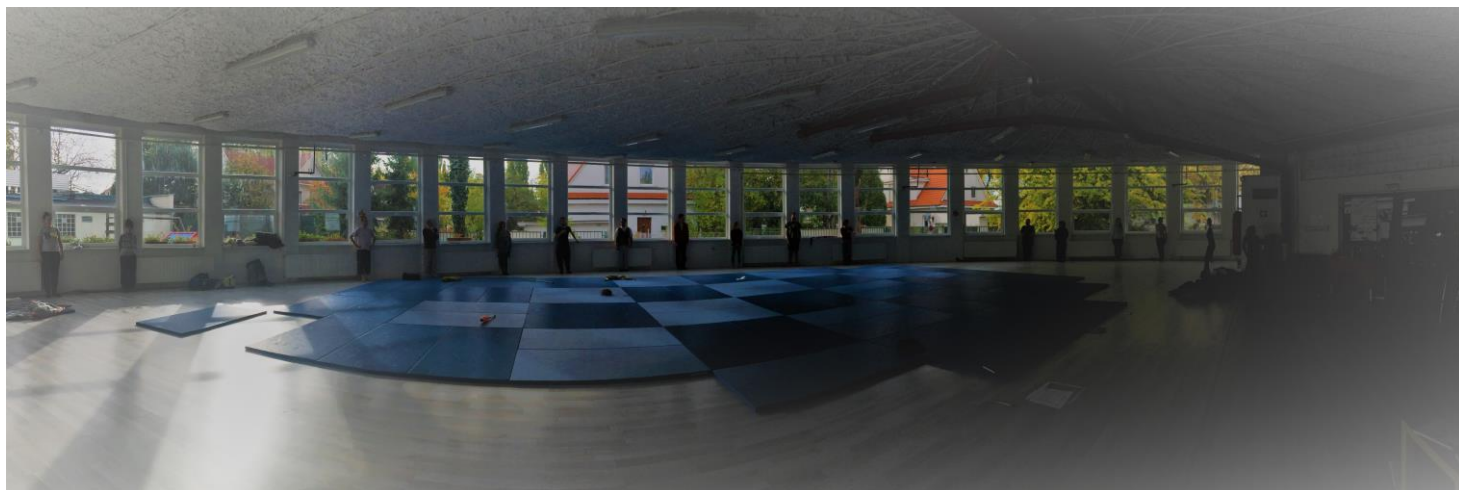
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The workshop was organized to work first between the participants to explain the method and to try out movements and then a group of 4-7 year old children joined to play first with us and then with the parents. We tried to manage the same number of children as the adult group. Each session with children lasted about an hour to an hour and a half. After each session with the kids we had time to talk about what happened, what we observed and felt.

All participants loved the workshops, Rika is a prepared and experienced trainer that introduced us a method where playing together does miracles to the development of the children and to the development of the relationship with their parents.



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