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ARTISTIC MOVEMENT WORKSHOP





Welcome!

“Welcome, and thank you for considering the “Whatalife Artistic Movement Workshop” for your organization. My name is Imre Lengyel, founder of Whatalife. With a background as a two-time Olympic finalist and extensive experience in the entertainment industry, including over a decade of collaboration with Cirque du Soleil and Royal Caribbean, I bring a unique perspective on the power of movement and artistic expression. Throughout my career, I have observed how these elements can significantly enhance human performance, resilience, and well-being. Scientific evidence increasingly supports that physical activity combined with creative engagement can improve cognitive function, emotional stability, and overall productivity. My objective is to deliver a transformative experience that empowers your team to unlock their full potential through these proven methods.

We will explore movement as a catalyst for growth, combining engaging activities with evidence-based principles. While the process may present challenges, I firmly believe that meaningful change occurs when we step outside our comfort zones—in an environment that is both stimulating and enjoyable. This workshop aims to inspire confidence, creativity and collaboration through dynamic movement and artistic expression. Join us to discover how movement and artistry can serve as powerful tools for personal and collective development. Together, we will explore new dimensions of self-awareness, resilience and teamwork. Let’s embark on this inspiring journey and see what new possibilities we can unlock through the transformative power of movement and art. We look forward to working with you and your team to create an impactful experience.”



1. ACTIVATION

The Activation phase, fully guided and lasting 30-40 minutes, involves light cardiovascular warm-up, dynamic stretching, joint rotations, somatic exercises, plyometrics, balance drills, vocal warm-ups, and mirror work to enhance flexibility, strength, coordination, and vocal readiness. Some of the exercises are:

The "INTRODUCTION" activity involves participants stepping into the center of a circle to introduce themselves briefly within 30-40 seconds. This engaging exercise fosters self-expression, reduces personal barriers, and builds a supportive atmosphere through applause and celebration, setting a positive tone and preparing attendees for subsequent workshop activities.

"MIRRORFACE" is an activity where participants stand before a mirror, expressing human emotions solely with facial expressions. This exercise enhances emotional awareness, improves self-confidence, and fosters authentic connection. By observing and embodying feelings, individuals develop greater expressiveness and empathy, strengthening their ability to communicate nonverbally in personal and professional contexts.

"CONE DRILLS" are a dynamic movement exercise enhancing agility, speed, and coordination. Athletes perform short runs, lateral shuffles, and skips between orange cones, emphasizing quick directional changes and footwork. This drill improves neuromuscular control, balance, and overall athletic performance through repetitive, controlled movements.

"FLOORCORE" is a series of movements in which the participants perform floor-based conditioning exercises to stimulate muscular and nervous system activation. These exercises enhance neuromuscular coordination, improve muscular endurance and increase proprioception. The practice promotes body awareness, stability and strength, fostering efficient movement patterns and preparing participants for more complex physical activities through controlled, mindful floor movements.

The "WOLFPACK" group exercise series promotes coordinated neural engagement through synchronized activities, including copying gestures, voice following, singing, and physical mimicking. These exercises enhance auditory-motor integration, improve social synchronization, and foster neural plasticity by activating mirror neuron systems, supporting collaborative learning and motor skill development in a collective setting.

2. SKILL DEVELOPMENT

The "skill development" phase focuses on overcoming fears and inhibitions through artistic exercises. It aims to build presence and expressive ability via movement, voice, and improvisation. Activities include rhythm and gait exercises, emotional expression, clowning games, and group work to foster spontaneity, trust, and confidence. Participants develop their expressive skills, stage awareness, and a playful sense of authenticity. Some of the exercises are:

The "WALKING WITH PURPOSE" exercise invites participants to explore speed, direction, and intentionality in space. Through developing diverse gaits and walking patterns, individuals investigate movement dynamics, spatial awareness, and traversal techniques. The exercise enhances coordination, proprioception, and creative expression by engaging with varied movement modalities and spatial orientations.

"STRIKE A POSE" is a movement exercise where participants adopt various artistic poses in sync with musical beats. This activity enhances rhythmic awareness, encourages quick improvisation, and fosters creative expression through spontaneous body positioning,

"WHITEMASK" is a movement exercise where participants explore emotional expression through body language, with facial expressions concealed behind neutral white masks. This practice emphasizes non-verbal communication, fostering awareness of subtle gestures and postures as they convey feelings, promoting introspection and empathetic understanding without facial cues.

The "FASHIONSHOW" exercise involves participants wearing imaginative, unrealistic costumes. Each individual sequentially presents their attire, demonstrating expressive movement and posture. This activity promotes creativity, body awareness, and confidence, encouraging participants to explore exaggerated gestures and presence, fostering spontaneity and playful engagement within a dynamic, collaborative environment.

3. RECOVERY

The final segment, “RECOVERY”, lasting approximately 20–30 minutes, is dedicated to cooling down and physical relaxation. Guided visualization, body scan meditations, gentle breathing exercises, and stretching routines are utilized to facilitate physical recovery, mental clarity, and mindfulness. An optional closing circle provides a space for reflection, sharing insights and establishing intentions for ongoing growth and development. Some of the exercises are:

"LIMBER STRETCHES" is a movement exercise promoting flexibility and mobility. Performers flow through guided stretches and positions, enhancing muscle elongation. Incorporating breath work, it facilitates parasympathetic activation, supporting rest, recovery, and relaxation while reducing tension and guiding the body towards its homeostatic state.

A guided “BODYSCAN” exercise involves participants lying on their back with closed eyes, systematically shifting attention across body parts. This mindfulness practice enhances body awareness, reduces stress, and promotes relaxation. It improves emotional regulation, alleviates tension, and fosters present-moment focus, contributing to overall mental and physical well-being.



**Hosting a movement workshop can benefit your organization by generating direct income through registration fees, upselling memberships and packages, increasing retail sales, securing sponsorships and partnerships with relevant brands, and attracting new potential clients who can convert into long-term members or new clients, thereby increasing foot traffic and future revenue.*

Location TBD

Date and Time TBD

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Discover the freedom of movement and unlock your boundless potential with this immersive and interactive experience! Inspired by the discipline of Olympic athletes and the grace of world-class stage performers, this workshop is perfect for anyone eager to enhance their stage and performance skills or simply explore an exciting and unique experience as a workout. Whether you're an aspiring performer, athlete or just someone curious to discover your inner talent, this is your chance to move your body, have fun, learn and grow. Join us for the lively and inspiring Whatalife Artistic Movement Workshop — a journey of discovery and self-expression that's sure to energize and empower you!

PHYSICAL & VOCAL EXERCISES: MOVEMENT DISCOVERY, VOCAL ARTICULATION, RHYTHM & DANCE, FACIAL MIMICS

BASIC PERFORMANCE SKILLS: EMOTIONAL EXPRESSION, STAGE PRESENCE, MOVEMENT QUALITY, IMPROVISATION

STRETCH & RELAX: TENSION REDUCTION, VISUALIZATION, BODY SCAN, BREATH WORK, CENTERING....and more!!!



IMRE LENGYEL

CREDITS: 2X OLYMPIC ATHLETE, ROYAL CARIBBEAN, CIRQUE DU SOLEIL, DRAGONE ENTERTAINMENT, + MORE..

ALL LEVELS WELCOME | NO EXPERIENCE NEEDED