

Juggling Act

OF LIFE

WELLNESS IN A COMPLEX WORLD



CONFERENCE-PERFORMANCE
BY

« *professor
Hanstein* »

EVERYTHING IS RELATIVE



Juggling Act

OF LIFE

In *The Juggling Act of Life* "professor Hanstein" fuses an inspiring conference based on the interdependency of various aspects of our being with spectacular juggling acts.

Hanstein invites each audience member to imagine that we not only have a physical body, but indeed a creative, emotional, mental and a social body as well. Just like our physical body needs varied sources of nourishment such as nutrition, exercise, fresh air and rest, so do our other, previously mentioned bodies. Hanstein dissects the phenomenon of interdependency between these bodies. Like the strands of a spider-web, the movement or stifling of one body affects all of the others.

Interdependency and relativity are the main themes of the conference. Hanstein treats a wide variety of topics that concerns all of us, while he always leaves the conclusions in the hands of his audience, because "everything is relative...!".

The Juggling Act of Life presents a multitude of innovative ideas in education, sports, personal development and modern science in entertaining and directly applicable ways.

The conference/performance can be presented with or without additional workshops. It can also be adapted to any audience: corporate companies, organizations, schools or any other type of groups.

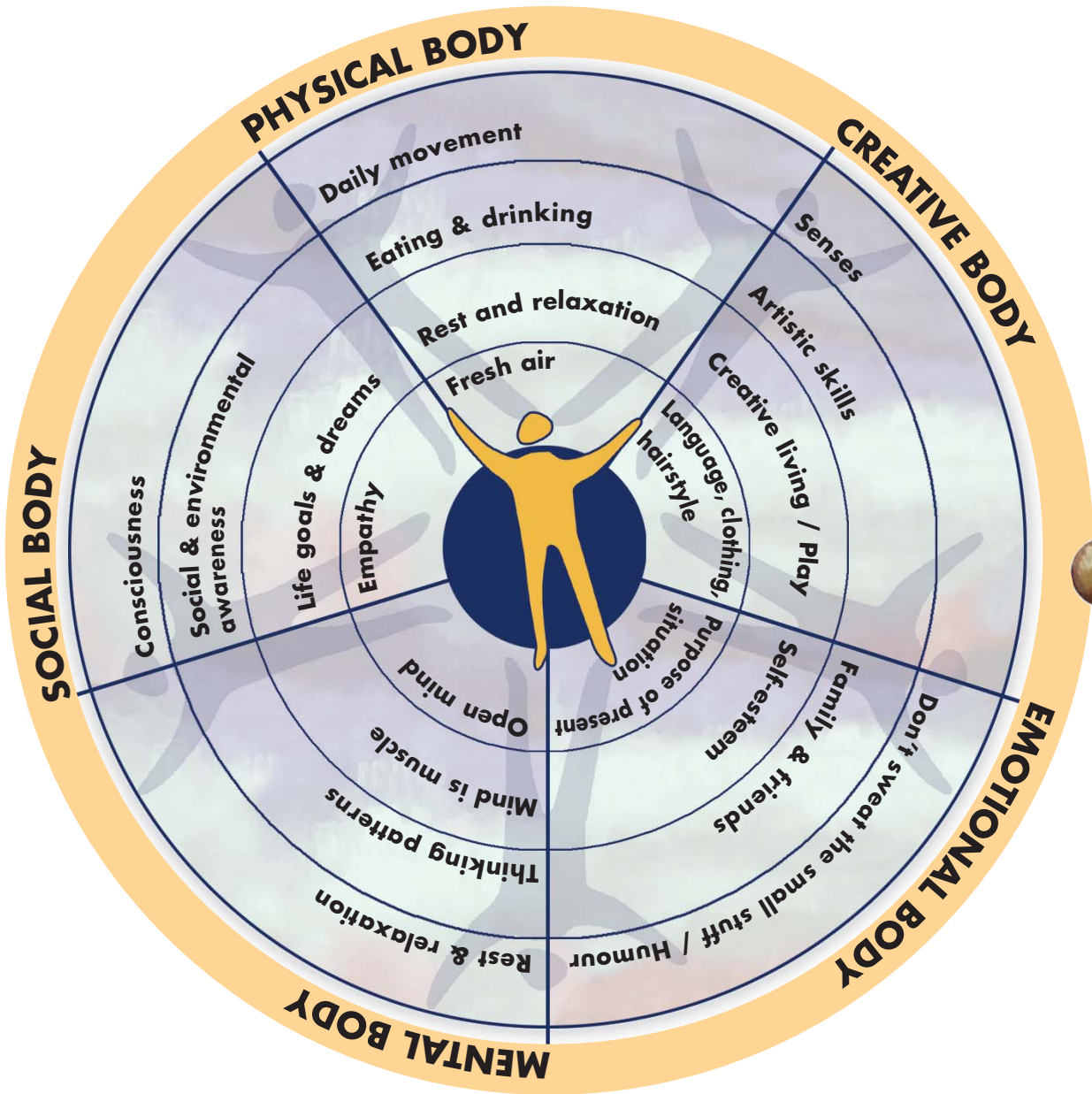


Conference-performance
available in French, English and Dutch.

The professor juggles up to five balls, juggling pins, basketballs, soccer balls and other objects. Though juggling is often perceived as a purely "physical" activity, when the first ball is tossed it becomes obvious that we juggle with our other bodies at the same time.



During The Juggling Act of Life, Hanstein creates a relaxed atmosphere in which a wide variety of topics, including delicate and complex ones, can be discussed.



THE JUGGLING ACT OF LIFE

Each one of us is a unique being. Yet, what we all have in common is the interdependency between the various aspects that shape our being. Whether you are a student or the Prime Minister, a half hour of skate-boarding or a long walk, not only strengthens your physical body, but clears your mind, puts you in a better mood, increases your creativity and makes you feel more like helping others. And if an artist is depressed, or a business-woman, they both lack energy and don't feel much like singing, their minds are filled with negative thoughts and they couldn't care less about others or the beautiful sunset in front of them.

Professor Hanstein always starts his lectures with a juggling performance that not only demonstrates his spectacular skills for handling flying objects; but also how his body, creativity, heart, mind and social alertness are totally interconnected while he juggles. *Interdependency* and *relativity* remain the focus throughout his lecture. Whether *Hanstein* discusses the importance of nutrition, exercise, art, PLAY, friendships, humour, positive mindsets, care for others and for the environment or any of the many pieces of the mosaic of our lives (see the "web of bodies"), it is always done from the perspective of *interdependency* ("everything is relative...!")

Injecting relativity into any discussion allows us to get a 360 degrees view on any topic or situation. Suddenly, the usual absolutism of "good" and "bad" and "do this" and "don't do that" loses its grip and opens space for new perspectives on issues.

Hanstein analyses with lots of humour the details of his own daily life, trying to keep his head above water, if possible with a smile, in our complex world. He also enjoys tackling delicate subjects such as unblocking creativity, finding back our sense of play, improving family and work relationships (team building = experiencing interdependency...!), taking care of self and then of others, optimism in a pessimistic world, addictions, sexuality, etc., always treating each topic from all angles of *The Juggling Act of Life*.

Throughout the lecture, the "professor" does short juggling acts to stay "in the zone" himself. He also aims to keep his audience away from being "in their heads" by organising (within the lecture...!) short, simple juggling workshops where everybody gets to chose from a suitcase filled with a variety of circus toys. The "feel-good music" during the workshops is always inspiring and it is never about "how good" we

juggle or handle the diablo or hola-hoop, but about experiencing interdependency on the spot. Everybody gets to PLAY...!

The Juggling Act of Life aims to apply Einstein's *Relativity Theory* and Quantum Physics *Chaos Theory* to our daily lives. Our world is a complex, at times chaotic scene in which a lot does not exactly unfolds the way we want. Even if we plan our day carefully, we are often met with unforeseen events and especially in our modern digital epoch, we are faced every day with an almost ongoing series of choices.

Looking at our life from the angles of our interdependent bodies will inspire us to develop a balanced and flexible center from which we can efficiently process our personal and professional challenges. This true "Juggling Act of Life" will help us to PLAY with our daily ongoing learning processes, including the painful ones. *Hanstein* certainly has no problem coming up with stories about his own mistakes and "slapstick moments".

Before each presentation, Hans Bongers always contacts the people in charge in order to get a good feel for his audience. He can have his lecture lean towards any theme that is suggested.

For "philosophical" audiences, *Hanstein* examines two more interdependent bodies (the "ideological body" and the "total body"), but always in the context of all other bodies.

The presentations can be for big or small audiences. The minimal length of a conference / show / workshop is 2 hours, but *The Juggling Act of Life* can be presented in various forms, including whole day retreats.

**For more information: (819) 322-3799
or in-the-zone@sympatico.ca.**

ABOUT PROFESSOR HANSTEIN

Following graduation from the Academy of Physical Education of Amsterdam (in 1979), Hans Bongers ("Professor Hanstein") left Holland with his backpack. After a few years of traveling he ended up in Canada, where he has been a professional soccer player, director of a summer camp and teacher at a university. Throughout the years he has worked mainly as an educator for youngsters (youth protection and young offenders), as a motivational speaker and consultant in schools and as a sports psychologist.

For 25 years, Hans has inspired people from all backgrounds to develop themselves in an auto-didactic and integral way in a wide variety of domains, like circus arts, sports, "The Zone", dance, "Play", music...

Through conferences / shows, documentaries and film he aims to present a multitude of innovative ideas in education, sports, personal development and modern science in entertaining and directly applicable ways.

Hans is an athlete, juggler, musician and actor. He lives with his family in Val-David, Quebec.

OUR FIVE INTERDEPENDENT "BODIES" AND THEIR "NUTRITION"

The physical body includes:

- Exercise; from walking the dog to playing sports.
- Nutrition; food, drinks, supplements.
- Air; the quality of the air we breathe.
- Rest & relaxation; stretching, massage, a hot bath, enough sleep, etc.

The creative body includes:

- Artistic skills; drawing, dance, playing music, juggling, crafts, etc.
- Creative living; decorating our bedroom, planting a garden, dressing up, way of saying things, etc.
- Ability to focus on our senses (kinesthetic, proprioceptive, the "five" senses...)
- PLAY, from playing games to treating the matter at hand with a playful attitude.

The emotional body includes:

- Self-esteem; how we feel about ourselves. Our ability to accept the fact that things don't always go the way we want is one of the main keys.
- Family (natural or extended), friends, everybody we meet in our daily live,
- Don't sweat the small stuff / Sense of Humour,
- Purpose of present situation.

The mental body includes:

- Our mind is like a muscle. When it is in shape, it can take in so much.

- Our mind also has the ability to "open" more and more; to embrace an ongoing and wider range of interests.
- Self-talk. Our "habits of thoughts" have a big influence on everything we do.
- Rest & relaxation. The ability to slow down and focus thought processes.

The social body includes:

- Consciousness. Our developing social (moral) body creates a sense of "doing the right thing" and a (healthy) sense of guilt when "doing the wrong thing".
- Our growing awareness of being an interdependent part of expanding circles (family, school, community, country, the whole planet) involves a growing sense of responsibility for our natural and social environment.
- Empathy. This emerging social awareness inspires a growing understanding for people with different backgrounds.
- Life purpose. When we look at both "the large picture" and our own potential, we will develop a sense of our particular role in the world.

Feel free to come up with more detailed or additional "nutrition" yourself. If you do so, speculate about the direct influences this has on all the other bodies. Sharing your findings with me by e-mail would be much appreciated...