

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.

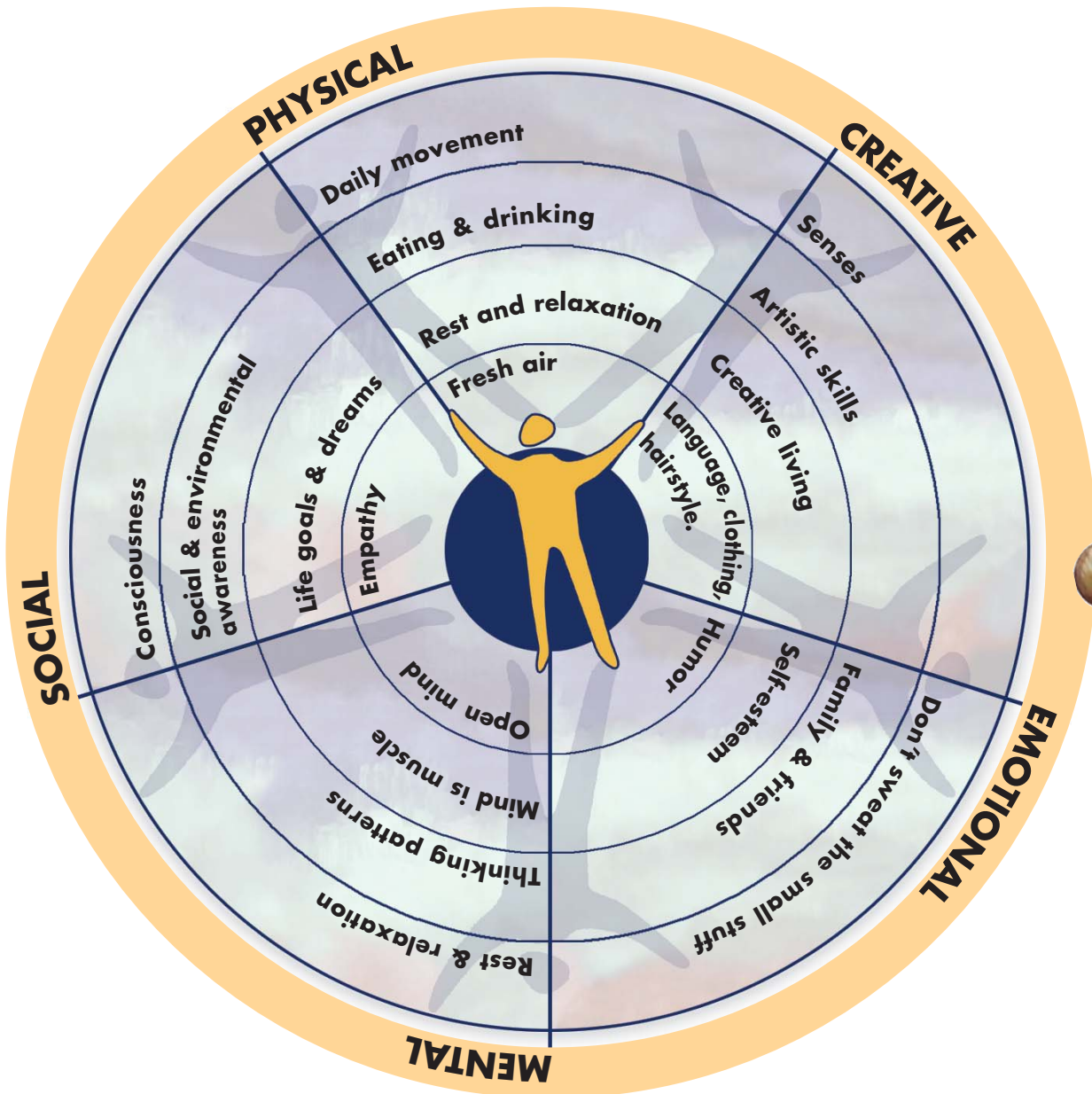


Conference-performance
available in French, English and Dutch.

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, friendships, humor, positive mindsets, care for others 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 opens up doors, windows, and sometimes even the whole roof! 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 puts relativity in many of our daily events, inspiring to transform the ordinary into extra-ordinary. He also enjoys tackling subjects such as depression, guilt, blocked creativity, sexuality, addictions, staying alive in a full-time job, relationships, always treating each topic from all angles of *The Juggling Act of Life*.

Throughout the lecture, the "professor" picks up various objects and juggles himself and his audience back into the here and now. He might even ask his audience to get up to stretch out, to toss a ball around or do an entertaining game to experience interdependency on-the-spot.

The Juggling Act of Life is inspired along the same philosophical lines as the film *What*

The Bleep Do We Know. Our world is a complex play in which a lot of scenes do not exactly go the way we want. Every day is filled with foreseen and unforeseen events and we are faced with an ongoing series of choices to make.

Hard as this sometimes is, trying to see our lives as a movie or a juggling act helps us to PLAY with our daily ongoing learning processes, including the painful ones. Hanstein certainly has no problem coming up with a few 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.

Professor Hanstein lectures for big or small audience. It can take about 2 hours or it can be a whole day conference, including workshops and/or private consultations. Whenever possible he seizes the opportunity to take people to the gymnasium in order to experience *The Juggling Act of Life* through juggling workshops, games or our favorite sports.

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

Hans
Bongers
(`Professor
Hanstein`)



ABOUT PROFESSOR HANSTEIN

Following graduation from the Academy of Physical Education of Amsterdam (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 (under the Quebec Youth Protection Act and the Canadian Young Offenders Act), 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 juggling, sports, "The Zone", dance, massage, "Play", music, mime, "the outdoors"...

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, actor and 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 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...
- Sense of humour. Sense of PLAY.
- Don't sweat the small stuff.
Happiness = what we have vs. what we desire

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.

The creative body includes:

- Artistic skills; drawing, dance, playing music, juggling, crafts, etc.
- Creative living; decorating our bedroom, planting a garden, etc.
- The ability to focus our senses on the sights, sounds, smells of Nature.
- All the other ways we express ourselves, through language, clothing, hairstyles, etc.

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.

**Feel free
to come up with more
detailed or additional
"nutritions" yourself.**

**In doing so,
think about the direct
influences this has on
all the other bodies.**