

**WILDHONEY**  
PERFORMING ARTS



## Introduction to STILTWALKING for Beginners Workshops in Wonderment



Ever wanted to try Stiltwalking?

Feel on top of the world with this exciting new workshop by WildHoney. Walk the edge, have some fun!

Stiltwalking is a life changing experience. It improves balance, co-ordination, cognitive and physical development, confidence, self-esteem, strength, and trust building, and is highly interactive.

Warning - once you are up you may never want to come down!

Introduction to Stiltwalking is perfect for beginners. It is recommended to sign up with a partner for a shared experience.

Ages 8 – 100 years

Maximum numbers – 20

Workshop cost \$ 700 + travel costs + accom if required

Running time – 2 x hours

Eloise Wood 0400 145 168



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### **Workshop Description**

In this session, participants will explore the art of stiltwalking, balance, movement and how to fall safely. The session is facilitated by WildHoney's lead stilt performance artists Eloise Wood and Hoya Wolfgang.

What you will learn

- Good grounding in stilt skills, balance and safety

What you will get

- Expert tuition from experienced stiltwalkers and facilitators

What to bring

- Enthusiasm, water bottle and healthy snack

What to wear

- Whatever you are comfortable and can move freely in. Closed footwear.

### **Stiltwalking Workshop History**

#### **2022**

March 06 - Apollo Bay

March 20 - Barwon Downs

April 03 - Gellibrand

August 28 - WinterWild Festival - Apollo Bay

#### **Testimonials -**

*"I found it challenging at first, but after facing my fears, I felt so comfortable and never wanted to take the stilts off again."*

Alex - Age 13

*"I really enjoyed stiltwalking, I felt so tall and powerful. I loved getting up on the higher stilts and I think it was a really special experience".*

Ellen - Age 12



### **Testimonial cont...**

*“Elle and crew were very supportive and helped me achieve something that I wasn’t sure I could do...they patiently encouraged me to elevate off the ground on stilts!! I’m not naturally a risk taker but once I started I felt comfortable learning how to fall, even from a height! It was a wonderful experience and I’m so grateful to WildHoney for their gentle guidance and support to try something like this even at my ripe age.*

*Kyla – Age 54*

### **Brief History of Stiltwalking**

*The ancient art form of stiltwalking has been striding through history and legend for thousands of years. Archaeological ruins and texts show stiltwalking practices dating back to the 6th century BCE in ancient Greece. Many cultures considered it a sacred practice for celebrating growth, blessing the crops, and warding off bad spirits, the term “Moko Jumbie” used for stilt dancers in Africa literally translates as healer spirit.*

*The seaside region of Les Landes became famous for stiltwalking due to the soggy nature of the land and surrounds. French Shepherds used them to tend their flocks, as well as entire villages as a means of transport.*

*Stiltwalking traditions continue to stride into the heart of carnivals and festivals globally where masses gather with wide eyes to watch the “tall people” tower above the crowd. “There’s magic in stilts” said Joe Bowen, a man who walked 5000 kilometres across America setting a world record in 1980. To this day Sri Lankan fishermen still use stilts to perch above the surf.*

*Whatever form it takes Stiltwalking is an extraordinary act of joy, and WildHoney is deeply committed and delighted to share this transformative experience.*





**GALLERY**



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