

**WILDHONEY**  
PERFORMING ARTS



# Workshops in Wonderment

**Introduction to Stiltwalking for Children & Adults**



*WildHoney is a humming hive of performers, artists  
and designers based in the Otways, Victoria.*

**Bookings and Enquiries**

**Eloise Wood 0400 145 168**

**wildhoneyperformingarts@gmail.com**



**wildhoneyperformingarts**



# ***“Stiltwalking is an extraordinary act of joy”***

## **Workshop Description**

Feel on top of the world with WildHoney's Introduction to Stiltwalking Workshop. Participants learn the ancient art form of balancing on stilts, a practice that improves coordination and core strength while fostering a sense of empowerment and energy. The workshop is led by skilled stilt performance artists Eloise Wood and Hoya Wolfgang who create a safe, supportive and engaging environment infused with fun, and wonderment. However, be warned, once you're up, you may never want to come down! It is recommended to sign up with a friend for a shared experience, partner, and spotter. Suitable for anyone between the ages of 8 and 80.

**Workshop duration: 2 hours.**



### ***Learn***

The principle and art of stiltwalking, including coordination and balance.

### ***Practice***

Falling Techniques to ensure safety while stiltwalking.

### ***Recieve***

Expert tuition from experienced stiltwalkers, dancers and facilitators.

### ***Play***

Fun and interactive warm-up games, peacock feather and scarf juggling, balancing on beams.

### ***Bring***

Your enthusiasm, water bottle, a healthy snack to keep your energy up.

### ***Wear***

Something comfortable that allows you to move freely. Closed-toe footwear and socks are essential.



WildHoney also offers...

Advanced Workshops;

Level One to Four

Minimum Requirement;

Graduation from Introduction Workshop





# WildHoney Stiltwalking Workshop History



- 2023** Jan 24 - Introduction to Stiltwalking, School Holiday Program, Gasworks Arts Park, Albert Park, Melbourne  
Jan 21 - Introduction to Stiltwalking, School Holiday Program, Camperdown Guide Hall, Camperdown, Victoria
- 2022** August 28 - Introduction to Stiltwalking + Level One, WinterWild Festival - Apollo Bay, Victoria  
April 03 - Introduction to Stiltwalking, ELEVATE Workshop Series, Cellibrand, Victoria  
March 20 - Introduction to Stiltwalking, ELEVATE Workshop Series, Barwon Downs, Victoria  
March 06 - Introduction to Stiltwalking, ELEVATE Workshop Series, Apollo Bay, Victoria

## 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 6th century BCE in ancient Greece. Many cultures considered it a sacred practice for celebrating growth, blessing crops, and warding off bad spirits, the term “Moko Jumbie” used for stilt dancers in Africa 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 has become a popular tradition that remains at the heart of carnivals and festivals around the world, drawing in crowds with wonder-filled eyes as they watch the “tall people” towering above them. Joe Bowen, who holds the world record for walking 3000 kilometres across America on stilts, proclaimed that there is “magic” in stilts. Even today, Sri Lankan fishermen continue to utilise stilts to elevate themselves above the waves. Whatever form it takes stiltwalking is an extraordinary act of joy, and WildHoney is deeply committed and delighted to share this transformative experience.





# 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**

*"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 to learn 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**



*What an incredible stiltwalking workshop with WildHoney Performing Arts on Saturday 21st January 2023. We are so fortunate to have access to a world-class act like WildHoney. It was incredible to watch everyone build their confidence, grow taller, literally, and begin to move around with ease and grace. We hope this will be the first of many opportunities like this that we can bring to Camperdown and share with the Corangamite community. Thank you to WildHoney for leading this experience with such sensitivity, expertise and for sharing your magic with us!*

**Emily Mercer**

**Coordinator, Community House  
Camperdown**





## Room & Surface Requirements

The ideal space for the workshop is a large, open room/ area with clear walls and enough space for two-three trestle tables and a registration area. WildHoney require a power supply for a music speaker, Wi-Fi, if available and a water station for drink bottles etc. The floors should either be wooden or carpeted. Access to a grassy outdoor area nearby is highly beneficial for those interested in exploring stiltwalking outside.

WildHoney provides stilts, shin guards, gym mats, balance beams, juggling scarves and peacock feathers for up to 15 participants.

## Insurance

WildHoney has Public Liability Insurance and Working With Children Checks.

## Fee

Please contact us for a full price list or quote.



## About Actoy

WildHoney uses Actoy stilts, Actoy is an eco-friendly and fair trade manufacturing company that produces unique walking stilt designs. Their wishbone frame stilts offer centralized balance with natural heel/toe movement.

Artists stilts are manufactured with respectful care for both humans and nature. This means that these stilts are not manufactured by children or in sweat shops. All workers and staff are insured and have regulated safe working conditions. The manufacturers are affiliated with the ILO conventions no. 138 and 182. They also have the ISO 14001 certificate, which means they are committed to environmental concerns in their management. This includes abiding by all laws and regulations in this area, preventing pollution, and committing to a plan of gradually lowering all possible environmental effects caused.

## Actoy Stilts



Yellow Stilts (Small) - age 8 - 12

height from floor to footplate: 35cm

distance between footplate to knee strap: 35cm

footplate length: 26cm

footplate width: 9cm

individual stilt weight: 1.25kg



Orange Stilts (Medium) - age 12-14

height - floor to footplate: 35cm

distance - footplate to knee strap: 35cm

footplate length: 29cm

footplate width: 10cm

individual stilt weight: 1.25kg



Red Stilts (Large) - weight up to 85kg

height - floor to footplate: 35cm

distance - footplate to knee strap: 40cm

footplate length: 29cm

footplate width: 10cm

individual stilt weight: 1.25kg

legs: 26cm long - extendable



Stilt extenders

Wanna go taller?

50cm stilt extenders are available for adventurers wanting to take it to the next level!

Orange and Red stilts only.

Recommended for - WildHoney Stiltwalking Workshops - Levels One to Four.





*To ride wild wings, and walk the edges...*

## About WildHoney

WildHoney was born out of the Otways in 2017. It is a small, magical, humming hive of creatives that produces highly visual and interactive acts for street theatre, workshops in wonderment and outdoor performances. Each member brings a unique and high level of skills, and together they share a deep commitment to creating wild beauty and manifestation of the divine. WildHoney was founded by creatives Eloise Wood and Hoya Wolfgang and has become a unique brand and wonderful way to showcase and develop the talent of the Otways.

For more info visit [wildhoney.net.au](http://wildhoney.net.au)

## The Mission

To develop a rich and transformative arts culture in regional communities, where artists experience the beauty of creative collaboration and diversify their practices and self-expression.

To create performance works that stretch the imagination, push the boundaries of reality and shine wonderment into the hearts of humanity.

## Offerings

WildHoney offers an extensive range of roving mobile acts, large and small-scale productions, collaborations, theatrical performance packages, and specialised workshops for artists in residence programs, festivals, events, and schools.

Also - corporate events meet and greet, media launches, and photoshoots.

## Workshops in Wonderment

*Interactive Workshops designed to enhance creativity, imagination, self-expression and joy.*



**STILTWALKING**



**CREATIVE DANCE**



**MASK MAKING**



**RITUAL DANCE**



**STORYTELLING**

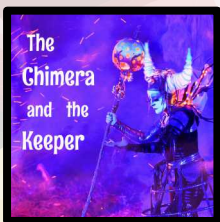


**WOMENS RETREATS**

*Workshops can be tailored to any age group*

## Mobile Acts

*Interactive and illuminated characters to add a shimmer or shine to your event or festival...*



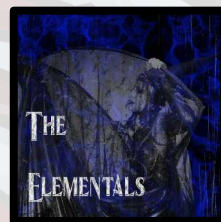
**The Chimera and the Keeper**



**THE GREENWOMAN AND THE GIANTS**



**The Illuminates**



**THE ELEMENTALS**



**Wild Blooms**



**SCULPTURES  
FIRE EFFIGY & SCRYING POOL**

## Creations

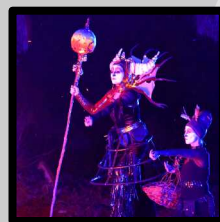
*Curated Production Packages for Events, Parades and Festivals*



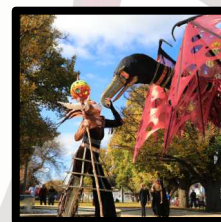
**Sirens**



**ELEVATE -  
Walking with Giants**



**The Chimerical**



**The Chimera &  
The Wishing Tree**



**Birth Of Light**



**enLighten Me**



**WILDHONEY ACKNOWLEDGES THE GADUBANUD AND GULIDJIAN COUNTRY AND PEOPLES OF THE LANDS UPON WHICH WE LIVE AND WORK. COUNTRY THAT HAS AFFORDED US THE PRIVILEGE TO DRAW INSPIRATION FROM THE DEEP DAMP LUSCIOUS VALLEYS AND SACRED PLACES SCATTERED THROUGHOUT THIS WILD TEMPERATE RAINFOREST. WE ARE BENEFICIARIES OF ALL THAT GROWS HERE THAT NOT ONLY FEEDS US PHYSICALLY BUT ALLOWS US TO PURSUE OUR CREATIVE PRACTICE WITH NOURISHED SOULS. WE PAY OUR GRATITUDE AND RESPECTS TO THE LOCAL ABORIGINAL COMMUNITY AND TO ANY ABORIGINAL PEOPLE VIEWING THIS DOCUMENT.**