

A woman with long brown hair is captured in a dynamic, athletic pose, performing a high kick. She is wearing a multi-colored long-sleeved top (pink, blue, and light green) and peach-colored pants. Her right leg is extended horizontally to the left, while her left leg is bent and kicked high towards the upper right. She is wearing white socks with black stripes and light-colored sneakers. The background is a smooth gradient from light blue on the left to light pink on the right. The word "PLAYGROUNDLX" is overlaid in large, white, sans-serif capital letters across the center of the image.

PLAYGROUNDLX

Join the

**PLAYGROUND**

05

ACTIVITIES

19

# CATALOGUE



# Visual Arts



# ART THERAPY

Art Therapy offers a wholesome blend of crafts, music, and movement that help emotional release and well-being. The class will be shared between moments dedicated to a variety of art forms, to stimulate the creativity and focus of participants.

6 to 99 years old (BASIC MATERIALS ARE PROVIDED)

# RECYCLING ART

Combining Ecology and Art, this course allows to rethink the use of ordinary objects into art pieces and provide tools to put creativity at play, inspired by major contemporary artists such as Portuguese visual artist Bordalo II.

6 to 99 years old (BASIC MATERIALS ARE PROVIDED)

# ART AND ME

Art and Me offers an unique introduction to the works of masters of Art such as Picasso, Monet... and famous contemporary artists. Using a wide variety of technics ( painting, drawing, collage...) the class will help develop individual creativity and build cultural sensibility with the major references of Art History.

3 to 99 years old (BASIC MATERIALS ARE PROVIDED)

## ORIGAMI

Origami is a Japanese art that refers to the art of paper folding. The objective of the class is to fold pieces of paper into pretty decorative objects that represent birds, flowers, animals, etc., or useful objects such as boxes, cups, etc .. Origami teaches concentration, patience and problem solving, all imperative to personal development.

6 to 99 years old (BASIC MATERIALS ARE PROVIDED)

## PHOTOGRAPHY

This class offers an introduction to digital Photography by providing with the opportunity to gain the theoretical, technical, conceptual, and visual aspects of this art form, while exploring personal creativity in a fun atmosphere.

8 to 99 years old (BASIC MATERIALS ARE PROVIDED)

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## STORYTELLING/ILLUSTRATION

In this course, participants will learn how to create a comic or a manga while developing their own storyline and using the artistic tools of illustration to create original visuals and imageries.

6 to 99 years old (BASIC MATERIALS ARE PROVIDED)

## STREET ART

Street art is a form of artwork that is displayed in public on surrounding buildings, streets, trains and other publicly viewed surfaces. This class covers the primary techniques of how to design and execute graffiti and painting to become a unique street artist.

6 to 99 years old (BASIC MATERIALS ARE PROVIDED)

## ARTISTIC MAKE UP

In this course, makeup will be taught as a form of art that can transform the ordinary into the extraordinary, using technical skills to create transformation and looks taken from themes like Halloween, fairy or animals, and ideas based on the student creativity.

8 to 99 years old (MATERIAL IS NOT PROVIDED)

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## FASHION AND FRIENDS

This course delves into the art of sustainable Fashion from A to Z, ie from designing to sewing. Led by a designer specialised in Upcycling, participants will be able to make items such as bags and clothes with recycling objects, developing their personal creativity and skills.

8 to 99 years old (BASIC MATERIALS ARE PROVIDED)

## CREATIVE JEWELLRY

With Creative jewellery, students will learn to grow their personal collections of jewels items using a variety of materials and tecnics, with the finality to be worn or to be offered to their friends and family.

6 to 99 years old (BASIC MATERIALS ARE PROVIDED)

# Dance & Movement





# BALLET

Ballet is the classical dance form that helps learning the fundamentals of dance through a refined technique and artistry. The classes emphasises proper and healthy body alignment, technical proficiency, and musicality. Classes begin at the barre, progress to the center, and culminate in travelling exercises across the floor, working through sequences that help develop strength and flexibility.

3 to 99 years old

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## CONTEMPORARY DANCE

Contemporary dance is a style of interpretive dance that embraces innovation, blending techniques from various genres. While allowing to explore the full range of physical and spatial perception, its primary goal is the focus on freedom of expression and individual creativity.

8 to 99 years old

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## CREATIVE DANCE

Creative Dance uses a range of tools to inspire the imagination through movement using music, props, textures and sounds. This style of dance is a fun and inspiring way to create dancing movement channeling energy in a healthy way while improving physical coordination and nurturing personal creativity.

3 to 99 years old

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## JAZZ/MODERN-JAZZ

Jazz and Modern jazz are dance styles characterised by fluidity, energy, and syncopated rhythms. It is an innovative form of dance that is known for its lyrical movements and high-energy performances. These styles help to build strength, flexibility, and coordination and also include choreography to develop performance skills and confidence.

3 to 99 years old

# HIP-HOP

Hip Hop is a style of dance characterised by bounces and rocks, executed to Hip Hop music. The focus in hip hop class will be on grounded movement, body awareness, basic rhythm, and personal style. This energetic class is designed to increase coordination, improve rhythm, and confidence in dancing.

6 to 99 years old

# BREAK DANCE

Breakdance, or breaking, is a style of street dance that is acrobatic, energetic, and improvisational. Breakdancers perform various moves such as footwork, spins, freezes, and drops, often to Hip-Hop music. Breaking is also a form of competition and expression among dancers during Battles.

6 to 99 years old

# POP DANCE/ K-POP

Pop dance is a distinct and eclectic style that focuses on expressing personality and attitude, exploring famous Pop music routines from 90s idols to present day stadium fillers. This energetic and supportive class allows to learn famous dance routines in a group. K-Pop is the Korean version of Pop dance and focuses on group routines taken from girls and boys bands of Korea.

6 to 99 years old

# HOUSE DANCE

House dance is a social dance primarily danced to house music that has roots in the clubs of Chicago and of New York. The main elements of House dance include Footwork, Jacking, and Lofting. House dance is often improvisational in nature and emphasises on fast and complex foot oriented steps combined with fluid movements in the torso, as well as floor work.

8 to 99 years old

# FLAMENCO

Flamenco is a graceful dance of expression characterized by intricate hand, foot, and body movements. This is a fun and insightful class that provides a broad understanding of this traditional Spanish dance and its music. It focuses on flamenco rhythms, the interaction between the guitarist, singer, and dancer, and the dance technique, which includes rhythmic footwork (zapateado), arm (braceo) and hand placement, and overall body placement.

8 to 99 years old

## LATIN DANCES

This class is an introduction to the Latin rhythms danced in North America. Dance styles include Salsa, Bachata and Kizomba. Designed to be fun and energetic, this class provide the fundamentals of partners dancing and a clear understanding of the steps and routines that will help develop confidence and social skills.

18 to 99 years old

## BRASILIAN DANCES

This fun and energetic class is a celebration of Brazilian rhythm and culture that allows to learn dances styles that draw from the rich cultural traditions of Bahia and Northeast Brazil, including Samba, Forro and Carnaval dances.

18 to 99 years old

## INDIAN DANCE

Whether it is Bollywood or more traditional styles like Kathak or Odissi, Indian dance is a unique cultural dance genre that tells a story through unique gestures and incredible music. These always festive, joyful, and colorful dances accompanied by dynamic sounds invite you to travel with body, heart and mind and to let go.

6 to 99 years old

## ROLLER-DANCING

Roller dancing is recreational and unique form of dancing taken from Rollers rings of the 70 s and 80 s that allows to learn fun steps and routines on rollers. This class helps develop skating and dancing technics in one, while improving balance, coordination and having fun.

6 to 99 years old (SKATES ARE NOT PROVIDED)

## PARKOUR

Parkour or Free-running is the sport of rationally overcoming obstacles and moving around a circuit path. In it, a person overcomes physical obstacles, quickly and without unnecessary movements, using the capabilities of his body and mind. It has been officially incorporated in Scandinavian schools' curriculum, as it has shown to provide physical and mental benefits, such as confidence and problem-solving responsibility.

6 to 99 years old



# Theatre and Music



# MUSICAL THEATRE

Musical Theatre is a jazz-based class filled with American Broadway style dancing and singing. This form of art emphasises learning great performance skills with an all-rounded use of technics, creating a unique story while having fun in a joyful atmosphere.

8-99 years old

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# CREATIVE DRAMA

Creative Drama offers a blend of games and role-playing exercises to create fun games and original stories, that will boost personal confidence and use imagination in problem-solving situations.

6-99 years old

# ORGANIC RYTHM

Blending musical games, language and movement, this fun activity explores the creativity of rythm in space and bodies, individually and in a group. Students will love playing with fundamentals of music while engaging their bodies and imagination.

3-99 years old

# DRAMA

From improvisation to theatre plays and movies, from acting to directing, the Drama activity aims to explore fun characters playing while improving stage confidence and communication skills. It will make you look at yourself and others differently asnd grow imagination and creativity.

6-99 years old

# CLOWN

Clowning class is designed to offer a broad introduction to clowning, with enough space to play and explore. The class will allow to find ways to play with laughter and failure onstage and learn more about how to develop one's unique clown.

8-99 years old

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# CREATIVE POETRY

Creative poetry class takes on the arts of spoken word and literature to create a unique art which incorporates elements of creative writing and





School  
offer



## EXTRA-CURRICULAR ACTIVITIES AT YOUR SCHOOL

DURATION: 1H

LOCATION: SCHOOL PREMISES

MINIMUM NUMBER OF STUDENTS : 5

MAXIMUM NUMBER OF STUDENTS : 12-20 DEPENDING ON ACTIVITY

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- Our classes are taught by experienced and certified artists, speaking at least 2 languages : ENG + PT/FR/JP/RUS
- Our pedagogy encourages a body positive and competition-free approach.
- Our classes welcome children with learning difficulties.
- Our kids-artists can perform during a yearly show and parents can attend the class during Open Day.
- Our teachers are guaranteed a fair-pay and a contract, to improve the status of artists in Portugal.



Corporate  
offer

UNLEASH TALENTS

Emotions

Wellness

CONNECT

Sharing

Performance.

TEAM BUILDING

# A R T

Party.

RELEASE

Theatre

VISUAL ARTS

Dance

ENJOY

Events

## CLASSES AND WORKSHOPS

For your special event, or as a team building activity, we provide a rich offer taught by professional teachers.

LOCATION: COMPANY SITE

DURATION: 1 OR 1,5 HOURS

MAXIMUM NUMBER OF PARTICIPANTS : 20

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## PERFORMANCES

We are excited to provide great performances with the best dancers for your special event, anniversary and celebrations. Our performances are created to fit the concept of the event and the design of the space.

STYLE: AS DESIRED

LOCATION: COMPANY SITE OR OTHER

DURATION: FROM 15 MINUTES +





Playgroundlx

THESE

COMPANY

PlaygroundLX Is An Artistic Platform Based In Lisbon Since 2019.  
Our works Focuses on Innovative Ideas for Dance And Arts.  
The Playground Is A Symbolic Urban Space That Promotes  
Artists of LX And Rethinks The Relation Between Art, Business  
And the City.

[Eve Artak ZANDI](#) is the director of  
Playgroundlx. Her training and work both  
encompasses Philosophy (Sorbonne  
University) and Dance. Originally from  
Paris, she lives in LX since 2019, where  
she created Playgroundlx.

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We Are The Largest Artistic Company  
In Lisbon Area With More Than 50  
Artists-Collaborators.


# Our partners since 2019:




# CONTACT


Eve ZANDI, director.


 00351 961074664

 0033 782109002 (Whatsapp)

 eve@playgroundlx.com

 www.playgroundlx.com

 lx.playground

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