

ASSOCIATION ASPHYXIE CIRQUE

HANDI-CIRQUE









LOCATION: Blanquefort, France




TARGET GROUP: Young people with disabilities

The Handi-Cirque program, developed by the Asphyxie Cirque association, is an innovative initiative aimed at making the world of circus arts accessible to individuals with disabilities. This program reflects the association's core values of inclusivity, creativity, and cultural accessibility.

The Handi-Cirque workshops are structured to provide a wide variety of circus-related activities, all of which can be tailored to the specific abilities and needs of the participants. Each session emphasizes the exploration of different circus disciplines in a supportive and adaptable environment. Some of the key activities include:

-  Juggling and Object Manipulation
-  2. Balance and Acrobatics
-  Adapted Aerial Arts
-  Clowning and Expressive Arts
-  Group Performances and Collaboration
-  Sensory and Cognitive Stimulation

The Handi-Cirque program is not only focused on artistic exploration but also aims to achieve various educational and therapeutic outcomes. The combination of physical activity, creativity, and social interaction makes circus arts a valuable tool for personal and social development. Key objectives of the program include:

-  **Physical Development:** Participants improve their gross and fine motor skills, balance, coordination, and strength. Circus activities involve dynamic movements that help participants build muscle, enhance flexibility, and improve overall physical health.
-  **Emotional and Psychological Well-being:** Engaging in creative activities allows participants to express themselves in a way that may be difficult through other means. Circus arts can build self-esteem and foster a sense of accomplishment, particularly when participants master new skills or perform in front of an audience.
-  **Social Inclusion and Interaction:** One of the central goals of the Handi-Cirque program is to promote social inclusion. Participants work in groups, which helps

develop social skills such as communication, empathy, and teamwork. The program encourages integration by offering mixed-ability workshops where people with and without disabilities collaborate on circus routines, performances, and exercises. This model helps break down barriers between individuals, fostering greater understanding and acceptance of disabilities in the broader community.

What makes the Handi-Cirque program particularly effective is its focus on individualized support. Each workshop is tailored to the specific needs of the participants, and instructors are trained to modify techniques, equipment, and activities to ensure accessibility. Whether a participant uses a wheelchair, has limited mobility, or requires sensory adaptations, the program is flexible enough to accommodate a wide range of abilities. This personalized approach helps participants feel empowered and ensures that they can fully engage in the experience at their own pace.

The Handi-Cirque program employs inclusive teaching methods, ensuring that the learning process is accessible to everyone. Instructors use visual aids, physical demonstrations, and hands-on assistance to guide participants through the activities, ensuring that everyone understands and feels comfortable with the exercises.

Find out more on their [website](#).

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