



SKYSHOT ARTS AND ENTERTAINMENT

Bringing **You** Closer to Art, and to **Yourselves!**

DETAILED OFFERINGS DOCUMENT



Our Offerings

A MENTAL HEALTH AND HAPPINESS, CREATIVE THINKING

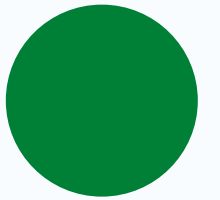
Workshops focused at enhancing creativity, fostering mindfulness.

Expressive Arts Therapy

Painting Art

Pottery

Dot Mandala



B TEAM BUILDING, INCLUSION & SENSITISATION

Engaging workshops focused at creating a healthy and inclusive culture at workplace.

Theatre

Short Filmmaking

upcycling

Mural Art

C ENTERTAINMENT

Big events or small celebrations? Make it lit with out our super performers.

Musical Performances

Magic Shows

Standups

Drum Circles



MENTAL HEALTH, CREATIVE THINKING

EXPRESSIVE ARTS THERAPY



SKYSHOT

Expressive arts therapy focuses on creative expression and uses a variety of activities, from poetry to music to dancing, to allow the individual to connect and recognize their emotions and create positive change.

Benefits:

Art therapy has many benefits, from boosting your self-esteem, and providing you a safe outlet to relieve your emotions, to giving you a sense of control over your life and helping you to get to know and understand yourself better.

A 2 hour workshop typically involves breath work, some visual arts indulgences followed by movement practices and group exercises.

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MOVEMENT THERAPY



SKYSHOT

A form of expressive therapy- dance looks at the connection between the mind, body and soul. The aim of movement therapy is to enhance a person's cognitive, physical, mental and emotional wellbeing.

Benefits :

Decrease stress and increase happiness.

Release the toxic burden of stuck emotions

Restore energy for greater levels of healing and well-being

Increase emotional awareness and intelligence

A 2 hour long workshop Includes :

Story telling through hand gestures and facial expression-

Emotion and Motion(Movement)

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VISUAL ART



Indulging into activities like painting or sculpting from time to time keeps your mind strong and may improve your overall quality of life. There are a variety of activities that you can try like fluid art, decoupage, journaling, doodling, and more.

Benefits :

Decrease stress and anxiety.

Expands Creative Growth and bolsters memory

Builds a sense of healing and well-being

Enhances Problem-Solving and Motor Skills

Duration: could be anywhere between 1-2 hours.

POTTERY



SKYSHOT

At Skyshot, we offer an pottery experience to allow participants to experience the extraordinary healing power of clay work. Within a supportive space and guided by experienced facilitators, you are introduced to this remarkable creative process and given the opportunity safely investigate and give expression to your inner self through artistic production.

Benefits:

A 2 hour tactile experience of pottery can be meditative in nature and invite a deep sense of relaxation and well-being. your heart rate and blood pressure lower, your breathing regulates, and your stress level naturally sinks as your mind and body become enveloped in the world of creativity.

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MANDALA



Mindfulness with Mandalas is a unique workshop designed to integrate art and mindfulness into one harmonious experience.

Benefits:

Extremely calming and therapeutic, in-turn reducing stress and anxiety

Improves focus and attention regulation

Significantly improves sleep cycles

Triggers non-linear part of the brain (right hemisphere), thus increases creative thinking.

A 2-3 hour workshop engages a participant in a high-vibrational environment that uses a sense of sight, sound and smell, making it a wholesome, multisensory experience.

CANDLE MAKING



SKYSHOT

The tools and methods of candle making are almost as simple today as they were five thousand years ago.

Benefits:

Candles emit scents and notes into our space, making us control the energy of our mind and pace of our environment. The warm glow of a candle has numerous benefits for someone working to improve their sleep hygiene, too.

A 2 workshop offers a practical hands on approach to the whole process of making scented, colourful candles in creative shapes.

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TEAM BUILDING, INCLUSION, SENSITIZATION

UPCYCLING



Most of the things that we consider waste can be turned into creative products.

Benefits:

An upcycling art workshop focuses on raising awareness and educate participants about waste management. Our workshops are fun, informative and engaging, and help to change people's approach towards waste, making conscious choices and learning to upcycle their own waste.

THEATRE



We use theatrical performances that raise awareness and sensitize people on topics around culture and Inclusion.

The performances highlight a range of issues around diversity and inclusion that one could face in their everyday life at work such as Generational Diversity, Gender bias, LGBT bias, Differently abled, Regional bias.

A theatre-based intervention delivers a strong message while continuing to be fun, light and engaging.

The idea is to introduce employees with some fresh ideas that can go a long way in creating inclusive workplace.

SHORT FILMMAKING



SKYSHOT

Video are the best way to tell a story. And today- everyone can tell stories through videos.

Have us engage your teams into a short film making competition. Have them create videos around a select theme and see them get creative with topics & issues you always wanted them to think about.

Such creative initiatives are some of the best ways to build an open and creative culture at workplace.

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WALL MURALS



SKYSHOT

Murals on walls can be a great way to showcase your brand and company culture. In addition to this, wall murals help transform an office space from a sterile dull one to a lively and inspiring space.

Curated wall murals serve as a daily boost for the company's workforce. We spend 40% of our time in a day, average 50 hours a week in office.

Talk to one of our wall mural artists and add a soul to your office walls. "After all, walls can be more than just a means of creating boundaries".

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ENTERTAINMENT

DRUM CIRCLES



SKYSHOT

The idea of a drum-circle is about coming and drumming together. The drums are provided by us. And littrealY ANYONE can drum and EVERYONE drums. It is not about learning how to play drum, it is about feeling the power of the 'collective'

Participants don't need previous musical experience, and the action of drumming can feel good.

hosting a big event like a conference? A 30 minute drum circle event might be the best activity to bring back the charm and energy among the audiences.

When everyone is playing together, and in the groove, they're relaxing and relieving stress.

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MUSICAL PERFORMANCES



SKYSHOT

Music is a fundamental piece of our lives. There's in no way like a powerhouse music band to add life and vitality to your next big corporate event.

From annual meetings to industry conferences to professional seminars—music matters. It sets the mood, cues up key moments, and energizes attendees.

Select from our list of some of the most entertaining bands in India.

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INTERACTIVE MAGIC EVENTS



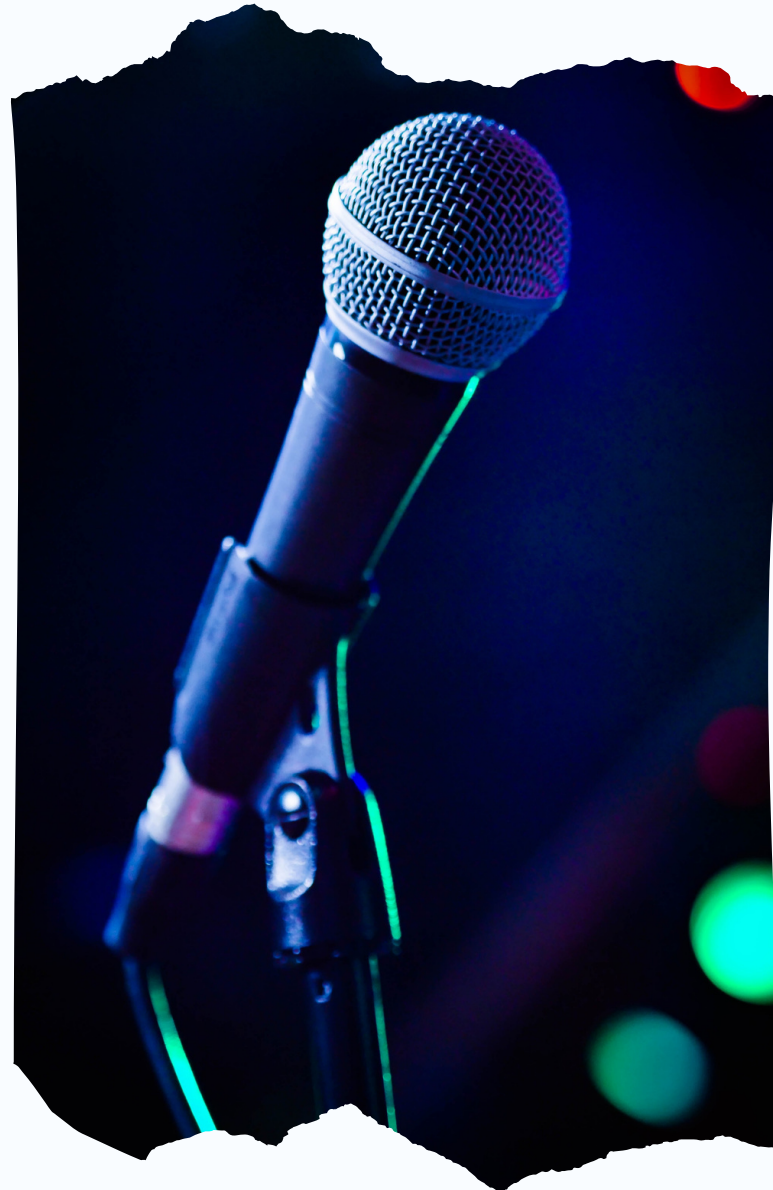
SKYSHOT

An Illusion-Magic show is sure to electrify your next Event, whether you are planning a Dealers Meet, a Product Launch, In house Awards, Annual Celebration for your employees, Product presentations or entertaining your clients on a cocktail dinner, an interactive magic show is sure to leave them spellbound.

Host an hour long online event or a full fledged in-person stage magic show- an entertaining evening is guaranteed by our celebrated magician.

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STAND UP EVENTS



SKYSHOT

Comedy shows are a great stress-buster for corporate employees. People are also able to relate to the jokes

The right comedian can liven up any party. It is a great way to make your party fun, memorable and unique.

Comedy is one remedy that every single person needs. That alone is reason enough to hire a stand-up comedian to perform at your next corporate event.

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Have any questions?

Contact Us



+91 9999 268 933

Hello@skyshot.in



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