

THE BAG LADY WORKOUT

Black bin liners humanely inflated by hand create a back line of visual splendour and playing a simple bass pulse.

In front of the bass line occupies the 'Reggae line' of carrier bags, easily undertaking their rhythm with a flick of the wrist.

Finally we have a front line of extra black bin liners with their own contrasting bass rhythm. Once we have the rhythms cooking each section stands to play on its turn creating a spellbinding sound and a 'liquorice allsort' visual effect.



All this is put together by a team of rhythm specialists orchestrated to be an instant and hilarious icebreaker/refresher. It's completely on the spot, requires very little set up time and guarantees to get the conference motivated for anything.

An amazing sound that is simple but yet highly entertaining.



*Designed as a conference ice-breaker/refresher
Or a warm-up session*

Fantastic for getting that recycled message across or just educating people to the extraordinary things one can do with a simple bag!!