

PERCUSSION & DANCE TEAM BUILDINGS

TOCART PERCUSIÓN

We bring the power of rhythm to the heart of your team.

At Tocart Percusión we create memorable experiences that turn teams into cohesive, motivated groups in sync through rhythm, fun and connection, building synergies that break down barriers —no previous experience needed, just the desire to vibe as a team.

REQUEST A QUOTE



BATUCADA



RECYCLED PERC.



AFRICAN PERC.



CAJÓN



BODY PERC.



IMPROV THEATRE



SALSA



Ideal for

1

Companies looking for a fresh, fun way to strengthen their team

2

Teams facing new challenges who need to improve their adaptability

3

Groups who want to break the routine and renew their creative energy

Benefits for your team

Boosts communication and coordination

Breaks down hierarchies and connects people

Activates listening and group cohesion



Reduces stress and improves productivity

Strengthens team belonging

Stimulates creativity and self-expression

Features

Flexible duration

- 1 hour
- 1 hour 30 minutes

Language options

Spanish, Catalan, English

Tailor-made

Aligned with your company's goals and culture.

Inclusive activities

No experience or fitness level required.

Unlimited participants

From 10 to 250+ participants per group.



Methodology

TOCART PERCUSIÓN

Opening briefing: connecting with purpose

The facilitator introduces the activity with a short group reflection exercise, sparking curiosity and a playful mindset. The purpose of the session is linked to key team values: trust, communication and synergy.

1

Playful warm-up: releasing tension and activating group energy

Movement exercises and games set to music that help release tension, break the ice and awaken the group's creativity. Through rhythm, laughter and play, participants activate their bodies and attention, creating a relaxed and receptive atmosphere.

2

Basic steps and connecting with the rhythm

The whole group learns the basic salsa steps individually, following the rhythm of the music. No previous experience or partner is needed: everything is taught in a dynamic, practical and accessible way.

3

Partner dancing: leading and following

Participants move on to dancing in pairs: one leads and the other follows, and partners keep rotating. This builds non-verbal communication, active listening, trust and respect for each other's role.

4

Final choreography

The whole team dances a simple choreography together that combines everything they've learned, feeling the energy of shared work. An experience where every member has been key to the final success.

5

Reflective closing and bringing it back to work

We finish with a feedback session where the team shares what they experienced: trust, shared leadership, overcoming barriers, adapting to change... Everyone is invited to bring that energy and mindset to their everyday professional challenges.

6

Travel

We travel to your event venue with everything needed for the activity. All we need is an open space to move in. If you don't have a venue, we can offer a room for the event (subject to availability).

Sound

The activity includes a sound system and microphone for the instructor, so every participant can hear the music and instructions clearly, whatever the group size.



SALSA

Description

Salsa Team Building isn't just a dance class: it's an experience that takes your team out of the routine, breaks down barriers between departments and builds trust between colleagues. We use salsa, the dance of Cuban origin now danced all over the world, as a powerful tool to work on non-verbal communication, listening and coordination.

We start with simple individual steps and gradually move on to partner dancing: listening to each other, leading clearly, being led and adapting on the go. Partners keep rotating, so by the end everyone has danced with everyone. Because here dancing isn't the goal, it's the path to connecting, collaborating and enjoying teamwork.

An experience full of rhythm and smiles that brings the team together and leaves its mark long after the last song.

REQUEST A QUOTE



3 Languages available

Spanish, Catalan, English



Flexible duration

1 hour or 1 hour 30 minutes



Unlimited capacity

Suitable for large and small groups



Sound system included

Sound system and microphone for the instructor



Optional 1 - Venue

Venue hire for the event (subject to availability)



Optional 2 - Video

Video recording of the event to keep as a memento (subject to availability)



Your team will improve in:



Camaraderie

It will foster closer, more genuine relationships between colleagues, breaking down hierarchical and departmental barriers and strengthening teamwork in a supportive, collaborative environment.



Communication

It will communicate clearly and effectively, developing active listening and non-verbal communication, essential skills in the workplace.



Creativity

It will awaken lateral thinking and self-expression, solving challenges creatively.



Cohesion

It will strengthen the sense of belonging and team identity.



Adapting to change

It will improve the team's ability to adapt to change with agility, confidence and synchrony.



Trust

It will build self-confidence and mutual trust between colleagues.

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For more information:

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