

Federico Moro



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“Jugglers can find their own special metaphors for their own brand of metaphysics”

Born in Milan in 1979, I started to learn juggling and acrobatics quite late during the summer of 1999.

From that moment I've focused lots of energy and passion for all kinds of performing arts that involve contact with people and body work.

With juggling and acrobatics I began studying eastern philosophy and meditation. In 2003, I begin to teach using Yoga and juggling techniques for a class of kids with social problems. From this experience I developed coaching techniques for youth and adults which focus on self understanding, time management and personal balance. Presently, I am teaching a new training concept called [“Body Foundation – The Roods of Movement.”](#)

Work Experience: Shows

Since 2002, my performances have been entertaining audiences of all ages and sizes in Europe and China.

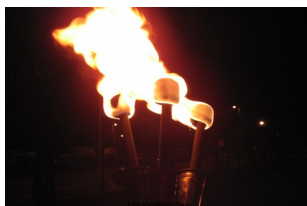
From street shows to corporate events, private parties, and public events, my act features a variety of different kinds of juggling performances, humor, acrobatics, audience interaction and participation.

Download Videos:

[Street Performance Showreel](#)

[Juggling Promo with Oli and Ines Brunn](#)

Pictures: [\(more pictures...\)](#)



Work experience: Teaching Class And Workshops

June – July 2009	Ole' Sport – Sport Center in Beijing 5 weeks summer camp. Juggling and acrobatics training for 2 hours a day: Up to 12 participants per day.
March 2009	Ombre nel Mondo – cooperation project in Uganda. Juggling, Acrobatic and theater training for local street kids in the municipality of Moroto, 6 hours a day for 5 weeks.
June 2006 – Now	Beijing Jugglers Open Training. Free weekly training organized in various locations in Beijing to promote juggling and support the local juggling community.
February-June2005	Lycee Francais de Pekin, Beijing Juggling and acrobatic training for students 2 hour course per week
September- February 2005	Ivy Academy Beijing Body movements classes for international pre-schoolers
March 2004	Before srl Milan Two hour workshop “Balance and Communication” during the management course entitled “Communication and Transitional Analysis”
January 2004	H3G srl Milan Acrobatic Workshop for Human Resources Development.
March-April 2003	SiD'Art Milan Pedagogy for children two hours per week, 1 month course
January-June 2005	Alternative Media srl Milan Youth club entertainment Three day intensive workshop
Years 2003 - 2004	Milan Circus School (Piccola Scuola di Circo di Milano) Juggling and acrobatic trainer Teacher assistant for different groups of children
School year 2002-'03 2003-'04	Public School of Mombretto di Mediglia Milan Juggling and acrobatic training for troubled children. 2 hour course per week

Training

April - May 2008	Intensive training in Katakomben Circus Space, Berlin
August-September 2005	High wire and juggling course, Beijing Circus School
September – April 2004	Ballet dancing course, organized by Arcobaleno Dance School in Milan
2003/2004	Gymnastics course organized by CUS Milano, Saini Sport Center Milan
October 2004 - February 2005	Dance Workshops in Milan e Bergamo organized by Marco Marchetti
2001/2003	Three year acrobatics course, organized by Valter Zucchi, Saini Sport Center Milan
March 2003	High wire course organized by Salvatore Mereu in private space
1999/2008	Active presence at European and Italian Juggling Conventions
1997/1998	Theater Course at Oxford Institute (Milan)