



SWISS PARKOUR ASSOCIATION

Swiss Jam 2026: Workshop Experts

WORKSHOP CONCEPT

Swiss Jam 2026 aims to offer a diverse workshop experience reflecting the many dimensions of parkour. On Sunday, 7 workshops will be hosted following a curated energy curve throughout the day.

Workshop-Topics:

- **Physical training & movement skills:** strength, conditioning, movement efficiency, etc.
- **Mental training & mindset:** fear management, confidence, flow state, performance mindset, etc.
- **Training methods & concepts:** specific training systems, playful learning, progressions, etc.
- **Creativity & movement exploration:** movement quality, improvisation, creativity-based approaches, etc.
- *Parkour culture & community: values, philosophy, community projects, media, artistic perspectives, etc.*

Depending on the topic, workshops will be scheduled to create a balanced and well-designed learning experience throughout the day, respecting participants' physical and cognitive energy.

Workshop Format:

- Approx. 45 minutes per workshop
- Designed as a short movement snack - focused on inspiration and practical ideas.
- Intended to complement participants' personal training and the jam experience

Final details and content will be discussed individually with selected experts

Target Group:

- Parkour practitioners with prior experience (mainly teens and adults)
 - Experts may specify a preferred target group or level
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WHO WE ARE LOOKING FOR

2 of the 7 workshop spots are reserved for Switzerland-based practitioners.

- Have significant parkour experience (typically 10+ years)
 - Bring teaching, workshop or coaching experience
 - Offer a clear workshop idea aligned with the workshop concept
 - Enjoy sharing knowledge, movement and inspiration with the community
 - Embody parkour values through respectful and open-minded behaviour
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WHAT WE OFFER

- CHF 75 workshop compensation
 - Travel reimbursement up to CHF 50
 - 2-day Swiss Jam pass
 - Optional accommodation from 28.-30.08 in shared rooms at a scout lodge
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Links & Contact

[Swiss Jam Website](#) | [Instagram](#) | [SPKA Website](#)

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