

FOR IMMEDIATE RELEASE

CONTACT INFORMATION

James Bustar

Email: info@jamesbustar.com

Aus Phone: 0432 954 368

UK Phone: 07476 091 768



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It is that time of year again. The time of year, when everyone pulls out their balls and shows them to the world. It is the time when there is no shame, no gimmicks, and no humiliation. Regardless of how big or small - June 20th, you are expected to lay aside your pride. You are expected to join millions around the world.... and juggle.

This year, James Bustar and his wild antics will be hosting a juggling workshop, where he will be going [LIVE via FACEBOOK](#). Bring your own balls and not someone else's! Join James for a laugh where he teaches dexterity when ball handling!

For the first time in his juggling career, Bustar has been faced with global challenges. Like many around the world, these challenges have broken each of us. Throughout his quarantine and isolation, not only has he sank farther into quirky madness- but he has brought other entertainers with him!

Bustar saw the need internationally to begin freeing people's minds. He saw how despair had befallen the entertainment community and felt he had to get to work. Throughout ISO, Bustar has created a series of videos that promote: mental health, community awareness and highlight the struggles of global entertainment. Videos like "An Apple a Day" or "Stripped Bare" may be seen on his Facebook or at Youtube.com.

Although most people won't be out in the streets playing with their balls, let's hope not! Bustar encourages people to continue sharing in the art of juggling while getting a "full-body workout!" That's right, Leeds University determined that an hour of juggling is equal to one hour at the gym, which can be fact-checked!

World Juggling Day was first started by The International Juggling Association in the 1980s, to help spread the fun and centuries-old-sport of juggling. Join us June 20 in celebration of this age-old art of throwing up... and hopefully catching them!

On World Juggling Day he will also be releasing a video of jugglers from all over the world collaborating together on his fan page.

Instagram : <http://www.instagram.com/jamesbustar>

Facebook : <http://www.facebook.com/jamesbustar>

Twitter : <http://www.twitter.com/jamesbustarlive>

Youtube : <http://www.youtube.com/jamesbustar>

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References:

Facebook Live Juggling Lesson

Midday 20th June 2020 - <https://www.facebook.com/watch/?v=259277711967098>

An Apple A Day Part One - https://www.youtube.com/watch?v=hwVdHfG0D_c

An Apple A Day Part Two - <https://www.youtube.com/watch?v=v47O375bvgY&t=6s>

Stripped Bare Part One - https://www.youtube.com/watch?v=Bb_JOwkRvEg&t=7s

Stripped Bare Part Two - <https://www.youtube.com/watch?v=2sBQlpQsai0>

Synchronized Swimming - <https://www.youtube.com/watch?v=zFXCkLhDxCY>