

Fidget Feet's Irish Aerial Dance Fest 2011

In association with An Grianán Theatre and Donegal County Council
Mon 6th - Sat 18th June 2011 - Letterkenny, Co. Donegal, Ireland.

Fidget Feet in association with Donegal County Council and An Grianán Theatre are pleased to announce a 2-week Aerial Dance Fest **Mon 6th - Sat 18th June 2011 in Letterkenny, Co Donegal, Ireland.** This event takes place following the success of 3 Aerial Dance Forums with Dance Ireland at Dance House, Dublin from 2008 - 2010, and the first ever Irish European Aerial Dance Forum (IEADF) at An Grianán Theatre, Letterkenny (Donegal) in June 2010. Fidget Feet, established in 2004, is Ireland's foremost Aerial Dance Theatre Company, creating spectacular contemporary circus work suspended from cranes, trees, buildings and boats! Fidget Feet also specialise in aerial dance, making site-specific work for theatres and festivals, touring their work both nationally and internationally.

Aerial Technique Classes and Aerial Labs will be taught by Chantal McCormick and Lee Clayden from Fidget Feet (IR), Lindsey Butcher from Gravity & Levity (UK), and Jacques Bertrand from Cie Drapés Aériens (FR). We have exciting new teachers and classes to offer with Jennifer Paterson (All or Nothing, UK), Amy Ell (USA), Dawn Pascoe (Natural Wings, Australia) and Rachel Strickland (Madam Rex, USA).

Fidget Feet's **IADF** is part of a consortium between three extremely successful Aerial Dance companies, and takes place in three different Countries. The French Encounters, which is being hosted by Cie Drapés Aériens, takes place from Monday 4th - Saturday 16th July in La Baule, France and the final event is held in August 2011 hosted by Gravity & Levity in Brighton, UK.

Fidget Feet's **IADF** is a unique opportunity to experience the joy of dancing in the air and will include classes for beginners through to advanced aerial dancers and circus aerialists. The main aim of the Fest is to bring international and national circus teachers to the Fest and offer high quality classes to aerialists, dancers, actors and anyone that might want to give it a go. There are classes to suit all levels of experience, and for any young person over 16 yrs who is interested in pursuing Circus as a career we can advise you on the most suitable classes to book. We also offer open performance platforms for participants so as to offer opportunities to show work at any stage of development.

To book a place on Fidget Feet's 2011 Irish Aerial Dance Fest, **please download the booking form here** and return to **An Grianán Theatre, Port Road Letterkenny, Co Donegal** or email it to **Martin McIntyre (groups@angrianan.com)**. You can make your payment at **An Grianán Theatre Box Office (07491 20777)**. VISA, Mastercard and Laser cards are accepted. Only when the fee has been received will your booking be confirmed.

If you need help deciding on which classes are most suitable for you please contact Chantal McCormick (Chantal@fidgetfeet.com) or +353 (0) 857411098

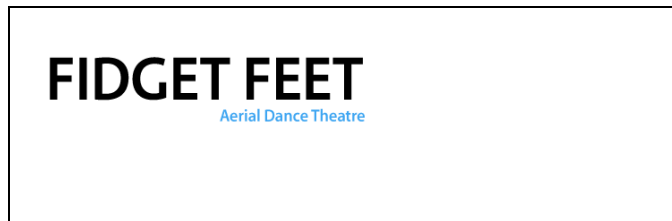
Important to note: Fidget Feet advises to not book more than 3 circus technique classes and any person booking all 3 circus technique classes must do a warm up and a warm down. If you are only doing 1 or 2 classes then you must do either the warm up or warm down. This is compulsory.

Fidget Feet's 2011 Irish Aerial Dance Fest is funded by The Arts Council / An Comhairle Ealaíon, An Grianán Theatre, Donegal County Council, Fidget Feet Aerial Dance Company, Aura Leisure Centre and Regional Cultural Centre.

Info www.fidgetfeet.com

www.angrianan.com

Please note that places are limited so early booking is advisable. All classes are for 16yrs plus.



WEEKLY CLASSES - MON 6th - FRI 10th & MON 13th - FRI 17th JUNE 2011

EARLY BIRD 2 WEEK PASS for only €350 if you book and pay in full before 8th April 2011.

Up to 3 circus technique Classes a day plus a warm up and warm down from Mon 6th - Fri 10th & Mon 13th - Fri 17th and if you book into the Aerial trapeze lab you will be required to perform on Sat 18th June 2011.

This 2-week pass will also include free tickets to Fri 10th and Sat 11th performances at An Grianán Theatre.

2 WEEK PASS (When booking after 8th April) - €450

Up to 3 technique Classes a day plus a warm up and warm down from Mon 6th - Fri 10th & Mon 13th - Fri 17th and if you book into the Aerial trapeze lab you will be needed to perform on Sat 18th June 2011. You can pay 50% on booking (non refundable) and the remaining 50% will be due on 15th May.

This 2-week pass will also include free tickets to Fri 10th and Sat 11th performances at An Grianán Theatre.

ONE WEEK PASS - €220

Up to 3 technique Classes a day plus a warm up and warm down .You can pay 50% on booking (non refundable) and the remaining 50% will be due on 15th May. This one-week pass will include a ticket for Fri 10th or Sat 11th June performances at An Grianán Theatre.

INDIVIDUAL CLASSES.

1 technique class plus warm up or warm down 1 week = €100

2 technique class plus warm up or warm down 1 week = €160

3 technique class plus warm up or warm down 1 week= €220

4 technique class plus warm up or warm down 1 week= €280

3 technique class plus warm up and warm down 1 week= €260

4 technique class plus warm up and warm down 1 week= €320

PERFORMANCES

Fri 10th Fidget Feet double bill **Hang on & Catch me** = €12

Sat 11th **Open platform** including performances from some of the IADF teachers = €6

Sat 18th **Emma Insley circus night** including an open platform and performances from some of the IADF teachers plus a circus conference with guest speakers = €20

Registration

Please note that places are limited so early booking is advisable. All fees must be paid before 3rd June and those who are booked into the 2 weeks must arrive at An Grianán Theatre on Mon 6th June at 9am for registration and intro talk.

Those who are booked for only week two need to arrive Mon 13th June at 9am for registration and intro talk.

BEGINNERS TASTER WEEKEND

THIS IS YOUR CHANCE TO TRY AERIAL IN FUN, BITE-SIZE CLASSES!!!! (Limited to only 20 places)

Sat 11th & Sun 12th June 2011 Beginners Weekend pass for €100 must be paid in full at time of booking.
This Event will take place in the Aura Leisure centre, Letterkenny. (Staff from Aura can get a 10% discount)
This weekend pass will also include free tickets to Fri 10th and Sat 11th performances in An Grianán Theatre.

ONE-DAY MASTER CLASS IN AERIAL FABRIC

Sat 11th June. Advance Fabric Master class with Jacques Bertrand - €60 must be paid in full when booking, Only 9 places available. Please note you cannot book this class until you have sent a C.V to Chantal to assess experience. This one-day pass will also include a free ticket for Sat 11th performance at An Grianán Theatre.

ONE-DAY WORKSHOP IN ART OF CREATING CONTEMPORARY CIRCUS AND AERIAL DANCE

Sat 18th June. One-day workshop with guest teacher. €70 one day pass for professional and non-professionals, circus performers, actors and dancers on the art of mixing circus, dance and theatre. This includes soup and sandwich at the café in An Grianan Theatre after the workshop.

AN EMMA INSLEY CIRCUS NIGHT

Sat 18th. Conference and open platform plus teachers show. €20

This is a great opportunity to show your support for the future of Aerial dance with speakers from all over the world and great performances. All performers will receive a complimentary ticket but we would encourage you bring along as many friends and family as possible to support this new fest!! Fidget Feet hope to make this an annual event and dedicates this night to their friend Emma Insley.

DISCOUNT

Anyone taking part in Fidget Feet's Aerial Dance Fest 2011 can use Aura Gym and pool for only €5 !!!!

Week One Mon 6th – Fri 10th June

Day & Date	Time	Teachers	Description	Ref	No's
Mon 6th - Fri 10th	9.30 - 10.30	Lee Clayden IRE	Stretching and body conditioning to prepare for the day	C1	All
Mon 6th - Fri 10th	11.00-12.30	Jacques Bertrand FR	Fabric technique class for intermediate & advanced	A2	16
Mon 6th - Fri 10th	11.00-12.30	Chantal McCormick IR	Aerial dance trapeze technique for beginners	A3	12
Mon 6th - Fri 10th	13.30 - 15.00	Jacques Bertrand FR	Fabric - technique class for beginners	A1	16
Mon 6th - Fri 10th	13.30 - 15.00	Chantal McCormick IRE	Counter weight flying harness work all levels	A4	10
Mon 6th - Fri 10th	15.30-17.00	Jacques Bertrand FR	Fabric Lab working on choreography intermediate & advanced	A5	16
Mon 6th - Fri 10th Mon 13th - Sat 18th	15.30-17.00	Chantal McCormick IRE	Aerial dance trapeze Lab beginners & intermediate Must book 2 weeks & perform on 18th June	A8 B8	12
Mon 6th - Fri 10th	17.30 - 19.00	Lindsey Butcher UK Lee Clayden IRE	Vertical dance & harness wall running Beginners learn technique Intermediate & Advance learn a wall routine	A6	22
Mon 6th - Fri 10th	17.30 - 19.00	Rachel Strickland USA	Aerial Hoop essentials for beginners & intermediate	A7	12
Mon 6th - Fri 10th	19.00 - 20.00	Lindsey Butcher UK	Injury prevention warm down class	C2	All

Week Two Mon 13th – Fri 17th June

Day & Date	Time	Teachers	Description	Ref	No
Mon 13th - Fri 17th	9.30 - 10.30	Amy Eil USA	GYROKINESIS®: exercises to prepare for the day	C3	All
Mon 13th - Fri 17th	9.30 - 10.30	Jennifer Paterson UK	20min warm up Run with Jennifer and stretching	C4	10
Mon 13th - Fri 17th	11.00-12.30	Amy Eil USA	Vault Aerial fabric class for beginners	B1	16
Mon 13th - Fri 17th	11.00-12.30	Lindsey Butcher UK	Fabric technique class for intermediate & advanced	B2	16
Mon 13th - Fri 17th	11.00-12.30	Dawn Pascoe AUS	Aerial dance trapeze technique for intermediate	B3	12
Mon 13th - Fri 17th	13.30 - 15.00	Lindsey Butcher UK	Fabric Lab for intermediate & advanced	B5	12
Mon 13th - Fri 17th	13.30 - 15.00	Chantal McCormick IRE	Counter weight flying harness work all levels	B4	10
Mon 13th - Fri 17th	15.30-17.00	Jennifer Patterson UK	Rope technique intermediate	B7	16
Mon 6th - Fri 10th Mon 13th - Sat 18 th	15.30-17.00	Chantal McCormick IRE	Aerial dance trapeze Lab beginners & intermediate Must book 2 weeks & perform on 18th June	B8	12
Mon 13th - Fri 17th	17.30 - 19.00	Lindsey Butcher UK Lee Clayden IRE	Vertical dance & harness wall running Beginners learn technique Intermediate & advanced learn a routine	B6	22
Mon 13th - Fri 17th	17.30 - 19.00	Jennifer Patterson UK	Rope Lab & choreography for intermediate & advanced	B9	12
Mon 13th - Fri 17th	17.15- 18.30	Amy Eil USA	Injury prevention warm down all levels	C5	All
Mon 13th - Fri 17th	19.00 - 19.30	Lindsey Butcher UK	Some short warm down exercises For €5 you can have swim and sauna in Aura!!	C6	All
Mon 13th - Fri 17th	19.30 - 20.30	Amy Eil USA	Aerial yoga using hammocks all levels	B10	20

Beginners Taster Weekend tasters Sat 11th & Sun 12th June

Day & Date	Time	Teachers	Description	No's
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Sat 11th & Sun 12th	10.00-10.45	Jennifer Paterson Uk	Contemporary Dance Class	20
Sat 11th & Sun 12th	11.00-11.45	Amy Ell USA	GYROKINESIS®: exercises	20
Sat 11th & Sun 12th	12.00 -13.00	Jennifer Paterson	Aerial Rope and trapeze for beginners	20
Sat 11th & Sun 12th	14.00- 15.00	Ruth Battle AUS	Hula hoop for fun and fitness	20
Sat 11th & Sun 12th	15.30- 16.30	Amy Ell	Aerial yoga in Hammocks and Aerial Conditioning- fitness and yoga in air	20
Sat 11th & Sun 12th	17.00 -19.00	Amy Ell	THAI MASSAGE: involves stretching and deep massage. Amy teaches the students how to give Thai Massage.	20

1-Day Master class in aerial fabric for **ADVANCED ONLY** with Jacques Bertrand Sat 11th June

Day & Date	Time	Teachers	Description	No's
Sat 11th	11.00-11.45	Jennifer Paterson Uk	Dance Class as warm up	9
	12.00-13.30	Jacques Bertrand	Technique on fabric	9
	14.30-16.30	Jacques Bertrand	Rep and some lab work on choreography	9
	17.00-19.00	Amy Ell	THAI MASSAGE: involves stretching and deep massage. Amy teaches the students how to give Thai Massage.	9

1-Day workshop on the art of creating contemporary circus and Aerial Dance all levels with Guest Sat 18th June

Day & Date	Time	Teachers	Description	No's
Sat 18th	10.00-16.00	Gavin Marshall	Workshop for professional and non professionals - circus performers, actors and dancers on the art of mixing circus, dance, theatre	20
	17.00- 18.00	Theatre café	Soup and sandwich tea or coffee for workshop participants	20

Performances and post show talks.

Day & Date	Time	Shows
Fri 10th June	21.00	Fidget Feet Present Double bill 'Hang on' and 'Catch Me'
Sat 11th June	21.00	Open Platform part 1 Teachers Jacques Bertrand & with perform along side participants who want to perform as part of the open platform
Sat 18th June	18.00	An Emma Insley Circus Night - Open Platform part 2 Teachers and students perform and post show talk on Aerial dance Teachers Jennifer Patterson, Dawn Pascoe, Amy Ell will perform and students from Aerial dance Trapeze Lab and Vertical Dance lab. Participants who want to perform as part of open platform
	19.30	Post show talk – <u>Speakers:</u> Lindsey Butcher (Uk), Guest speaker, Chantal McCormick (IR) Dawn Pascoe (AUS) and Amy Ell (USA) <u>Facilitated</u> by Verena Cornwall – international circus consultant
	20.30	Theatre bar open for after show drinks

CLASS DESCRIPTIONS:

22 different Circus technique classes and labs are available over 2 Weeks.

A1 - Fabric beginners. Teachers: Jacque Bertrand & Lindsey Butcher

Aerial technique in silks/fabric: open to dancers and aerialists at beginners stage must be able to climb the fabric comfortably and be happy holding your own weight and have a reasonable amount of core stability. We will work on specific strengthening exercises, different climbs, basic keys, and short sequences. The goal is to be able to express ourselves with ease, using a clear technique as a foundation and our bodies within the fabric as the medium.

A2 - Aerial technique in silks/fabric for intermediate and advanced with: Jacques Bertrand and Lindsey Butcher

Open to dancers and aerialists with experience. If you are interested in this class it is important to contact Chantal to make sure you have enough experience. You must be able to climb the fabric comfortably and be able to invert into straddle and straddle knee climbs. We will work on specific strengthening exercises, different climbs, keys, some drops and long sequences.

A3 - Single point aerial dance trapeze technique for beginners- with Chantal McCormick

Learn beautiful tricks and sequences on the trapeze whilst it's static, and then whilst spinning and swinging. Choreography and Creativity is encouraged with an emphasis on safety and technique.

A4 - Flying Counter weight Harness class. Teachers: Chantal McCormick and Lee Clayden

Counter balance flying using side and back pick harnesses used in most of Fidget Feet's shows This class will be structured around learning basic harness techniques. We will be working both close to the ground and higher in the air. The vocabulary taught will be combined with guided solo and group improvisations as part of the exploring process. Suitable for dancers and aerialists and people with no aerial experience are welcome. Please wear multiple snug layers around your hips and waist for your comfort. If you have a bungee harness, please bring it with you.

A5 - Aerial Fabric Lab. Teacher Jacques Bertrand & Lindsey Butcher for intermediate and advance only

This is an opportunity to work on your own choreography on fabric and also exploring other ways of creating material on fabric. Jacques will mentor and advise

A6 - Vertical dance and Harness work. Teachers: Lindsey Butcher, Chantal McCormick and Lee Clayden -

All Levels welcome.

You can book week one or week two. Or you can book the 2 weeks; if you do the 2 weeks you will learn a short sequence that will be performed on Sat 18th June in Theatre.

Beginners - we will use a sit harness and abseil equipment, we'll begin with basic kit familiarisation & a short daily intro covering specific core stability strengthening & preparation on which we'll build. We'll then move through basic orientation & build towards more dynamic vocabulary, choreography & creative play. Please wear multiple snug layers around your hips and waist for your comfort. If you have a harness, please bring it with you.

Intermediate and advance - Lee will take a small group on one of walls and teach a rep piece, which is a short aerial sequence to music.

If you book for week one as a beginner you maybe be ready in week 2 to join the rep group.

A7 - Aerial Hoop Essentials: for beginners & intermediate.

Teacher: Rachel Strickland (www.madamrex.com)

A thorough intensive workshop heading up tips, tricks, transitions, and hangs on the hoop. Appropriate for beginners and intermediate students, we will expand choreography and apply the magic ingredient...spinning! Students should be able to straddle up from the ground. Emphasis will be on correct, efficient, and safe technique as well as aesthetic integrity...and fun! Did I mention it was fun?

A8 / B8 - Single point aerial dance trapeze Lab for beginners and intermediate - with Chantal McCormick & Lee Clayden

You MUST book 2 weeks and be available for performance on Sat 18th June.

This is a Creativity lab working on choreography that will be performed on June 18th in An Grianán Theatre. If you are a beginner you are advised to take Chantal's single point aerial dance trapeze class (A3) to prepare you for this class. In this lab we will NOT be teaching technique. We will be playing with counter weight, doubles, solos, duets and using dance to find new ways of moving with the trapeze.

B1 - Vault Aerial Fabric™ for beginners. Teachers: Amy Ell & Lee Clayden

A systematic approach to teaching fabric to beginners. A little bit o' circus and a little bit o' dance. In the beginners class you will acquire a connection to the fabric on and off the floor as your upper body and core strength gradually increase. You will learn climbs, locks/keys, and other skills. This class is good for the aerial fabric beginner and teachers interested in bringing aerial fabric into their facility.

B2 - Aerial technique in silks/fabric for intermediate and advanced with: Lindsey Butcher and Jennifer Paterson

Open to dancers and aerialists with experience. If you are interested in this class it is important to contact Chantal to make sure you have enough experience. Must be able to climb the fabric comfortably and be able to invert into straddle and straddle knee climbs. We will work on specific strengthening exercises, different climbs, keys, some drops and long sequences.

B3 - Single point aerial dance trapeze technique for advance & intermediate - with Dawn Pascoe

Learn beautiful tricks and sequences on the trapeze whilst it's static, and then whilst spinning and swinging. Choreography and Creativity is encouraged with an emphasis on safety and technique.

B4 - Flying Counter weight Harness class. Teachers: Chantal McCormick and Lee Clayden

Counter balance flying using side and back pick harnesses used in most of Fidget Feet's shows. This class will be structured around learning basic harness techniques. We will be working close to the ground as well higher in the air. The vocabulary taught will be combined with guided solo and group improvisations as part of the exploring process. Suitable for dancers and aerialists but anyone with no aerial experience is also welcome. Please wear multiple snug layers around your hips and waist for your comfort. If you have a bungee harness, please bring it with you.

B5 - Aerial Fabric lab .Teacher Lindsey Butcher for intermediate and advance only

The aim of this lab will be to use structured improvisation together with guided physical exploration & compositional tasks to offer a varied range of stimuli for choreographic play & exploration.

B6 - Vertical dance and Harness work. Teachers: Lindsey Butcher, Chantal McCormick and Lee Clayden - All Levels welcome.

You can book week one or week two. If you do the 2 weeks you will learn a short sequence that will be performed on Sat 18th June in An Grianán Theatre.

Beginners - we will use a sit harness and abseil equipment, we'll begin with basic kit familiarisation & a short daily intro covering specific core stability strengthening & preparation on which we'll build. We'll then move through basic orientation & build towards more dynamic vocabulary, choreography & creative play. Please wear multiple snug layers around your hips and waist for your comfort. If you have a harness, please bring it with you.

Intermediate and advance - Lee will take a small group on one of walls and teach a rep piece, which is a short aerial sequence to music.

If you book for week one as a beginner you maybe be ready in week 2 to join the rep group.

B7 - Aerial rope intermediate - Teacher: Jennifer Paterson & Stevie Boyd

Focusing on pushing skills climbs and tricks further with emphasis on correct technique and alignment. We will look at more complex choreographies, transitions between moves and fluidity in the air. For those at intermediate standard, you must be able to knee climb comfortably and have a basic understanding of rope or fabrics.

B8 - Single point aerial dance trapeze Lab for beginners and intermediate - with Chantal McCormick & Lee Clayden

You MUST book 2 weeks and be available for performance on sat 18th June.

This is a Creativity lab working on choreography that will be performed on June 18th in theatre. If you are a beginner you are advised to take Chantal's single point aerial dance trapeze class (A3) to prepare you for this class. In this lab we

will NOT be teaching technique. We will be playing with counter weight, doubles, solos duets and using dance to find new ways of moving with the trapeze.

B9 - Rope Choreography / Lab - Teacher: Jennifer Paterson & Stevie Boyd

A chance to play, explore and create with the equipment without having to worry about tricks. The session will start with games, moving onto different creative tasks and exercises. Let your imagination run riot. We may / may not work towards an end choreography, we'll see where the week takes us.

The creative session is open to those with a little bit of experience - as long as you can get on the equipment and be safe and are up for being involved.

B10 - VAULT AERIAL HAMMOCK™ Aerial cocoons yoga stretching all levels with Amy Ell

A full body toner utilizing the aerial hammock. Gyrotonic teachings, Pilate's exercises, aerial yoga, and body alignment principles tossed together. This class can be used as a fitness class or for a way of warming down after a day of aerial work.

Warm Up & Warm Down Classes

Any person booking all 3 circus technique classes must do a warm up and a warm down. If you are only doing 1 or 2 classes then you must do either the warm up or warm down. This is compulsory.

C1 - Stretching and body conditioning class with Lee Clayden - Compulsory

Mixing stretching with strengthening this is a fantastic class for preparation for any of the aerial classes and anyone doing any of the first aerial classes **MUST** take this class. Please bring yoga mat.

C2 - Injury prevention and body conditioning - compulsory. Teacher: Lindsey Butcher

A conditioning, strengthening and stretching programme specifically tailored towards the promotion of healthier aerial dance practice and suitable for practitioners at all levels.

C3 - GYROKINESIS®: taught by Amy Ell suitable for all and compulsory to join her or Jenny for warm up.

Exercises allow one to work on the entire body through seven natural elements of spinal movement: forward, backward, left side, right side, left twist, right twist and circular, as well as all other joint articulation. This approach systematically and gently works the joints and muscles through rhythmic and undulating movements. These movements stimulate the body's internal organs while different corresponding breathing patterns are integrated along with the movements. Fluidity is the key. Postures are not held for long periods of time. Instead, postures are smoothly and harmoniously connected through the use of breath, making exercises appear and feel more like a dance and

swimming than like traditional yoga.

C4 - Running stretches and body conditioning - taught by Jennifer Paterson for all and compulsory to join her or Jenny for warm up.

The session will start with a warm up then run outside (please be prepared for all weathers - it is Ireland!). The run will be taken at a pace to suit the group. This will be followed by cool down stretches and body conditioning specific to aerial arts. Make sure you have proper running shoes and meet At RAC

C5 - INJURY PREVENTION YAMUNA BODY ROLLING: with Amy Ell suitable for all levels

A movement based class that discusses the importance of warm up, cool down, and basic rehabilitation exercises to keep you up in the air. Yamuna Body Rolling works the way a hands-on massage practitioner works -only using a ball. The ball replaces hands as it moves on muscles to stretch them, dislodge tension and discomfort, increase blood flow, and promote healing.

C6 - Warm down for those that do the vertical dance with: Lindsey Butcher also Aura offer a discount of €5 for use of pool and saunas.

A stretching programme specifically tailored towards the promotion of healthier aerial dance practice.

WEEKEND TASTER CLASSES FOR BEGINNERS

Dance warm up class - Jennifer Paterson beginners

Focusing on moving from the centre of the body, this class will combine floor work and releasing into the joints, building into dynamic sequences that not only push strength, stamina and alignment but will get you dancing into the day with abandon...

GYROKINESIS®: taught by Amy Ell beginners

Exercises allow one to work on the entire body through seven natural elements of spinal movement: forward, backward, left side, right side, left twist, right twist and circular, as well as all other joint articulation. This approach systematically and gently works the joints and muscles through rhythmic and undulating movements. These movements stimulate the body's internal organs while different corresponding breathing patterns are integrated along with the movements. Fluidity is the key. Postures are not held for long periods of time. Instead, postures are smoothly and harmoniously connected through the use of breath, making exercises appear and feel more like a dance and swimming than like traditional yoga.

Trapeze and aerial rope beginners - Jennifer Paterson beginners

An introduction to aerial rope and trapeze. Starting with how to get on and off the equipment, you will learn to climb, descend, basic wraps and locks and how to stay up there!

Hula Hoop for fun and exercise with Ruth Battle for beginners

Give your Aerial arms a wee break and get your groove on the ground with the hoop, as you've never experienced it before! Learn a whole lot of circus tricks and fuse it together with your own style of contemporary hoopdance."

VAULT AERIAL HAMMOCK™ Aerial cocoons yoga-stretching beginners with Amy Ell

A full body toner utilizing the aerial hammock. Gyrotonic teachings, Pilate's exercises, aerial yoga, and body alignment

principles tossed together. This class can be used as a fitness class or for a way of warming down after a day of aerial work.

THAI MASSAGE: beginners with Amy Ell - (Jacques advance fabric students can join in on this class)

A type of [massage](#) in [Thai](#) style which involves stretching and deep massage. This form of bodywork is usually performed on the floor, and the client wears comfortable clothes that allow for movement. No oils are used in Thai massage.

ONE-DAY CLASSES SAT 11TH & SAT 18TH

1 day Fabric intensive for advance ONLY with Jacques. Only 9 places available.

We wanted to offer advance circus performers the opportunity to work intensively with Jacques on technique [This will be different to the course taught during the week](#), as it will be more advanced. Please contact Chantal to make sure you are of a high standard to do this class. Those taking the 2-week class are welcome to also do this. Jennifer Patterson will teach a 45min warm up with dance, if you need to have time before the dance class to warm up you can. You can join in with the Thai Massage class as your warm down

1-day workshop on the art of mixing contemporary circus, dance and Theatre all levels with Guest Sat 18th June this includes a meal before the show and conference in theatre. More info to follow.

Teachers Biographies

Lee Clayden graduated from London Contemporary Dance School. He has worked with choreographers: Mark Baldwin, Siobhan Davies, Wayne McGregor, Sue McLennan and Janet Smith. He has toured with Ricochet Dance Company, Darshan Singh Bhullers', The Charnock Company, Companhia Portuguesa de Bailado Contemporeano, Random Dance Company, Kerry Nicholls, Vincent Dance Theatre, Aletta Collins, Richard Alston Dance Company, Scarabeus, Walk the Planks, Rafael Bonachela's. He danced with Walker Dance Park Music 2000-2007. Lee has been nominated twice for Outstanding Male by the Critics Choice Circle 2005-2007 and for the Time Out Live Awards. In 2008 Lee performed in the West End show Lord of the Rings. Lee Moved to Ireland in 2008 to work with Fidget Feet, CoisCeim, Rex Levitates, Oprea Ireland and will soon begin work with Junk Ensemble. Lee teaches and choreographs regularly for various companies and dance establishments across the United Kingdom and Internationally.

Jacques Bertrand Aerial Artist & Production Manager for **Cie Drapés Aériens**

After a career as a dancer, Jacques chose to invest his extensive movement knowledge in aerial practice, beginning with trapeze and rope, and then in aerial fabric.

He has since participated in every project and creation of the Drapés Aériens Company as an artist, scenographer or technician. Alongside Fred, he has taught aerial fabric, (Tokyo, Costa Rica, UK) and has helped to mount new choreographic works.

In July 2009, he taught at the first Aerial Dance Encounters in La Baule and participated in the filming of Aerial Fabric: Volume 1, a bilingual pedagogical DVD on the technique of teaching and learning aerial fabric. In 2001, Fred Deb' created La Compagnie Drapés Aériens following a long career as a circus artist. At the end of 2006, the Company moved to Saint-Nazaire and ever since has actively worked to develop circus arts in the Pays de Loire region.

Lindsey Butcher's career as a dancer, aerialist, teacher, choreographer & director spans over 26 years during which time she has worked with numerous dance, opera, physical, street theatre & circus companies both in the UK & internationally.

In 2003 she founded her own aerial dance company 'Gravity & Levity' who have to date toured two major productions - 'Taking Flight' & 'Shift'. This summer G&L will rework their outdoor aerial dance production 'Siren Song' & begin

research on their next middle scale touring production - 'The Wall' directed by Darshan Singh Bhuller.

Chantal McCormick is artistic director of Fidget Feet Aerial Dance and has been working for thirteen years as an aerial dancer and choreographer, mixing her skills in contemporary dance with circus to define aerial dance, a new art form in Ireland. Fidget Feet create spectacular contemporary circus suspended from cranes, trees, buildings and boats. Fidget Feet also specialise in aerial dance, making site-specific work for theatres and festivals. Our mission is to "Invoke the imagination, Provoke the senses and Evoke the emotions" of our audience. Founded in 2004 by choreographer [Chantal McCormick](#) (Donegal) and musician [Jym Daly](#) (Cork), they work with top contemporary dancers, aerialists and aerial technicians from Ireland and abroad while collaborating with an outstanding production team to create work that is both original and fresh.

Rachel Strickland Classically trained in ballet since the age of three, Rachel is a ballerina turned aerialist, showgirl, and variety performer. Modern, belly dance, and lyrical jazz make up some of her versatile background, as well as three years of aerial acrobatic training at the Circus Center of San Francisco and in Seattle, WA at Emerald City Trapeze Arts. Rachel's cross training gives her the ability to deliver a wide range of movements from lithe and ethereal to earthy and visceral. Rachel is a satellite the Nekyia, belly-dance/circus fusion troupe, and the illustrious dark circus phenomenon, the Vau de Vire Society. She has been featured as an aerial and dance soloist on the National tour of The Queensryche Cabaret with the world-renowned musicians.

Rich, extravagant movements and strong, multifaceted technique are her trademarks. Captivating audiences with an eloquent musculature and a capacity to deliver roles from comedy to mystery, she is based out of Seattle, Washington.

Jennifer Paterson trained at London Contemporary Dance School, going on to perform internationally in dance, aerial arts, theatre and film over the past 12 years. She has choreographed, taught and performed with companies such as Catherine Wheels/National Theatre Scotland, Curious Seed, Fidget Feet, Gravity & Levity, Iron-Oxide, Off Kilter, Plan B Collaborative Theatre and Ramesh Meyyappen. Jennifer is presently artistic director of All or Nothing Aerial Dance Theatre based in Edinburgh. As well as being at the forefront of establishing aerial arts in Scotland, All or Nothing are currently touring and collaborating with Strange Bird Zirkus, with 'Uncharted Waters' company member

Amy Ell has been performing dance professionally for over 20 years and choreographing for nearly that long. She was exposed to the wonderful world of aerial dance in May 1989 (bungee off the side of a loading dock). Since then she has studied with aerial dance and circus arts professionals in the United States and Europe. To date Amy has created work on a custom made climbing wall, fabric, single point trapeze, and pole. Currently she is working with harness and bungee.

Amy is the artistic director for Vault (www.amyell.com), the director of GYROTONIC® Houston (www.gyrotonichouston.com), and the creator of Vault Aerial Arts™. She is an Exercise Physiologist, Thai Massage Therapist, GYROTONIC®/GYROKINESIS® Master Trainer, ball rolling practitioner, and long time Pilates Instructor.

Stevie Boyd A native of West Cork, Stevie moved to Galway where his interest in circus and theatre began to develop. He started training aerial skills with Malabaracirco (S), has attended various courses with Fidget Feet (IRE), Fred Deb (FR) - Aerial Fabric, Sarah Poole (CAN) - Dance Trapeze, Romain Fedin (RU) - Corde Lisse and Trapeze, Elody Donaque (FR) Corde Lisse.

He has completed studies in Scuola Romana di Circo in Rome, and is currently attending the Scuola di Circo FLIC in Turin (IT).

Dawn Pascoe (OZ) has a Diploma in Circus Arts (CircoArts, New Zealand) and BA in Theatre Arts (WAAPA). In 2005 she set up Natural Wings, where she constantly uses her training to create performances that merge circus and theatre. Her Circus Theatre work includes 'Eileen' which won Best Solo Show at the Wellington Fringe Festival in 2006, has been performed in Christchurch and Perth in 2007 and has been revised in 2010. Self devised shows 'Catch ME!' and 'Chicks with Tricks' have appeared at various festivals throughout WA including Fremantle Street Arts Festival, Joondalup Festival, Perth Royal Show, Little Nippers Festival, Darlington Arts Festival and many more. She has performed in festivals such as Westend Festival, Wanneroo Shows, WA Circus Festivals 2007 - 2010. Dawn creates lyrical Aerial acts, She is Perth's favourite Aerialist for corporate and gala balls, appearing at numerous events Dawn recently performed in Norway's Sirkus Landsby in 'So there's a blonde a brunette and a red head' which is now set to perform at the National Circus Festival in Tasmania.

Ruth Battle Happy Hoopz 'aka Ruth Battle' is a professional Physical Theatre, Hula-Hoop and Circus artist from little

old Western Australia. Her unique style of hoop performance blends traditional circus hoopla, beautiful hoopdance with a big dollop of comedy and character. Ireland, is Ruth's' first stop in conquering the European world...one hoop at a time!"

Gavin Marshall (UK) As well as over 20 years experience as a performer, Gavin has worked variously as a teacher, aerial choreographer and director, most notably with the Royal Shakespeare Company. He was responsible for the aerial work on Greg Doran's *Midsummer Nights Dream* as well as Michael Boyd's *Tempest* and Olivier Award winning *Henry* cycle. He assisted on *Hamlet* and *Romeo* at Stratford-upon-Avon and directed *Nowhere to Belong* for the RSC New Works Season and *Alls Well That Ends Well* for the Complete Works Festival. Last year he was movement director on *Faustus* for the Royal Exchange in Manchester and *Sailing to Britain* for Tara Arts. His circus direction has included work for *Genco*, the Millenium Dome project, the *Circus Space* and *Fidget Feet* in Ireland. Teaching includes workshops for National Youth Theatre, Royal Festival Theatre, Scottish Youth Theatre, Royal Scottish Academy of Music and Dance.