

FABRIC/SILKS/TISSU

Inversion Clinic- 1.5 hours/ 8 person (beginner-advance)

The “straddle up” is one of the most fundamental movements on aerial silks. It is the first step for many exciting wraps and drops, and when done correctly is a thing of beauty in and of itself. Yet, for many aerialists, it is an elusive devil that can bring the most determined to tears. This workshop is dedicated to the “straddle up” and other aerial inversions (the action of going upside down in the air). There are a million different ways straddle up, and, as a result, a million different approaches, and a million mistakes to be made. In this hour and a half will be packed with drills on and off the silks that will enable you to master the inversion.

Prerequisites: A desire to work on your inversion, or a desire to do one for the first time. Please be able to climb the silks to the top and tie a foot lock in the air.

Ground Movement for Aerialists- 2 hours/8 person max (beginner-advance)

That moment when you come to the floor from your fabric and think, “ok... now what?” Let’s answer that question! In this workshop, we will explore maintaining contact with the floor and the fabric to explore new wraps, movements, and exciting creative ways to enhance your next routine. This is a safe and fun workshop for all levels.

Prerequisites: At least 3 months of consistent fabric practice.

Drop Stop & Roll (Fabric Drop Workshop)- 2 hours/6 person max (adv. beginner-intermediate)

As aerialists, we seek control over our bodies at every moment we are in the air. When we are climbing and posing, this control is relatively easy to master. However, it gets more complicated when we begin to look at “drops.” In this workshop we will look at several basic drops which cause us to rotate forward or sideways. We will explore how the wrap, the body positioning in the set up, and the body positioning during the drop can change the speed and shape of the skill. This clinic is great for those who are looking to clean up their drops and ensure they are executing these rotations in the safest way.

Prerequisites: Must be able to cleanly invert and hold oneself upside down in the air.

Standing on Air: Advanced Foot Locks- 1.5 hours/8 person max (adv. beginner-advanced)

Think you know everything about foot locks? I promise you, you don't. We will start simple, with the traditional foot lock, and expand to look at more creative and surprising way to freshen up this vital component to vertical aerial apparatus.

Prerequisite: Be able to do the following skills in the air: basic foot locks, double foot locks, dancer wraps, a straddle up/inversion.

Breaking Down Break Beat Positions (The OTHER Leg Hooks)- 1.5 hours/8 person max (intermediate-advanced)

"Surely," the aerialists thought, as they gazed out their windows to the stars above, "there must be more ways to invert and hook a leg than just the same side or opposite side." Those aerialists can stop dreaming, because this workshop will show them the way! We will explore the outside and inside "break beat" positions, as well as fun transitions and climbs that will expand your aerial vocabulary!

Prerequisite: Solid windmill hip keys in the air.

***THIS WORKSHOP CAN BE OFFERED ON BOTH FABRIC AND ROPE

Rising to the Top: Climbs that are Fun 2 hours/8 person max (intermediate/advanced)

To quote Joseph Pinzon, one of the top aerial performers in the world, "climbing is the death of a fabric act." Take this workshop to help your ascents come alive! We explore many sequences that cause you to gain height and improve your choreographic abilities to create your own!

Prerequisites: At least one year of fabric training. Must be able to go upside down. Be comfortable climbing to the top of the fabric.

CORDE LISSE/AERIAL ROPE

At the End Start of Your Rope- 2 hours/6 person max (adv. beginner)

This workshop will look at climbs, basic resting poses and their variations, and essential sequencing that can be used as a springboard for creative movement. It is designed for both those who are just beginning and for experienced practitioners who want to brush up on the basics.

Prerequisites: Must be able to climb to the top of either rope or silks and tie a foot knot in the air.

Rope Momentum Clinic- 1.5 hours/6 person max (intermediate)

Come fly through an exploration of movement that takes us off the rope and back to it again! We will look at beats: how to do them, why we do them, and what we do with them.

Prerequisites: At least one year of experience on any vertical apparatus and be comfortable cleanly inverting in the air.

Intro to Spanish Web- 1.5 hours/6 person max (adv. beginner-adv.)

Love to spin? Spanish web is for you! A Spanish web is a rope with a hand loop attached to it. The aerialist hangs by the wrist or the ankle in the loop fluidly changing positions while spinning through the air. We will learn not only the art of being spun, but also the important job of "setting," or being the person below who generates the spin. Don't miss the opportunity try this traditional circus apparatus!

Prerequisites: Must be able to climb to the top of the rope or silks and tie a foot knot in the air.

AERIAL STRAPS

Straps For Aerialists- 2 hours/8 person max (adv. beginner-advanced)

This workshop uses aerial straps to address fundamental movements and muscle activation for any aerial apparatus. We will explore concepts for smoother inversions, comfortable one-arm positions, and shoulder stabilization exercises. The goal is to learn to use the straps as a conditioning tool for any aerialists to gain greater mobility and strength.

Prerequisite: Ability to comfortably invert in the air.

Essential Straps Skills- 2 hours/6 person max (advanced)

For those curious about the tools and technique necessary to begin or deepen their training for skills such as flags (also known as reverse meathook/arm breaker/side planche), roll ups, and other advanced straps vocabulary.

Prerequisite: 3 consecutive straight arm inversions

MISCELLANEOUS WORKSHOPS

Mixed Apparatus Conditioning Jam- 1.5 hours/ 6 person max

Some people come to aerial classes for a creative outlet, to feel graceful, and access the beauty of flight... this hour and a half is NOT for those people. In this jam, we will look at proper technique for essential drills on trapeze and silks. We look at muscle groups that must be accessed and learn exercises to enhance your training when you don't have aerial equipment around. The workshop will culminate in a grueling circuit that will ensure that you get your sweat on!

Prerequisites: A familiarity with trapeze and silks (one session of classes in either apparatus) and a willingness to work hard. You do not have to be in great shape to condition- that's what conditioning is for!

Leg Flexibility Training- 1 hour/12 person max

Come for a hip opening, hamstring lengthening, toe cramping good time. This workshop is great for people looking to improve their leg lines in the air or on the ground.

Prerequisites: the ability to breathe in, then out again multiple times. Also, must have legs.

Back Flexibility Training- 1 hour/12 person max

Come for a chin lifting, rib cage widening, pelvis tilting good time. This workshop is great for those who want to strengthen and stretch their backs safely, and learn proper techniques to safely gain flexibility.

Prerequisites: the same as for "Leg Work." Additionally, you must also have a spine.

*These two workshops are often offered right next to each other, with "Leg Work" coming first and "Back Work" after. Participants get a discount for taking both.

TEACHER ENRICHMENT OPPORTUNITY

A hybrid of traditional circus apprenticeship and contemporary consulting, this is an opportunity to work with Shannon one on one to grow as an aerial teacher. The program should not be publicly announced, but rather made available to current teachers or advanced aerial students who are looking to enhance their skills as an instructor. The program offers an audit of any workshops being taught and two private lessons. The first lesson will be informational and cover topics such as spotting technique, class management, progression teaching, and student level assessment. The second lesson begins with a thirty minute "sample lesson" in which the teacher provides a short lesson to a student and a feedback session. The set rate for this offering is \$150 and it is limited to two teachers per studio.