

European Aerial Dance Forum

Hosted by Gravity & Levity in association with South East Dance

SCHEDULE FOR EADF Friday 27th – Monday 30th August 2010

SCHEDULE Mon - Fri	Space A		Space B		Dance Space (non-riggable)
	Class	Cost	Class	Cost	
9 - 10	Pilates + Injury prevention, conditioning <i>KM + LB</i>	£40	Intensive stretching techniques <i>FD + JB</i>	£40	NB Participation in one of the morning warm up classes is compulsory for everyone attending
10.15 -11.45	Beg vertical dance & harness work <i>LB + JC</i>	£72	Int /Adv Fabric <i>FD + JB</i>	£72	Aerial dance films available until 13.30
12.00 -13.30	Int/Adv vertical dance & harness work <i>LB + JC</i>	£72	Beg fabric <i>JB +FD</i>	£72	
13.30 -14.30	Rig / Lunch		Rig / Lunch		Talks & debate - live lunch space
14.30 -16.00	Beg - Swings, slings & cocoons <i>LB (JB)</i>	£72	Int/Adv Static & rotating hoop <i>FD</i>	£72	Aerial dance films available until 18.00
16.00 -16.30	Rig		Rig		
16.30 -18.30	Creative lab (3 days) <i>LB/FD</i> All levels Sharing on final day	£72	Aerial fabric rep (3 days) <i>JB Int/Adv</i>	£72 (Mon)	

NB: Warm up classes are compulsory for everyone attending morning classes and for all beginners. Choose from either 'injury prevention and conditioning' or 'intensive stretching techniques'.

CLASSES IN DETAIL

Injury Prevention and Conditioning for Aerialists

Tutors: Lindsey Butcher & Kieran Mellikof (Sunday & Monday)

Fri 27th - Mon 30th Aug, 9-10am | Corn Exchange, Space A

A conditioning, strengthening and stretching programme specifically tailored towards the promotion of healthier bodies & aerial dance practice. Suitable for practitioners at all levels. On Sun/Mon advanced Pilates practitioner Kieran Mellikof will lead the sessions - its Pilates but not as you know it!

Intensive Stretching Techniques

Tutors: Fred Deb & Jacques Bertrand

Fri 27th - Mon 30th Aug, 9-10am | Corn Exchange, Space B

A class designed to promote greater flexibility and particularly suited to working on fabric. Not suitable for beginners unless you have a dance/gymnastic background.

Beginners: Vertical Dance and Harness Work

Tutors: Lindsey Butcher & Jonothan Campbell (rigger)

Fri 27th - Mon 30th Aug, 10.15-11.45am | Corn Exchange, Space A

Beginning with a short daily intro on specific core strengthening & preparation for harness and an introduction to the rigging kit. We'll then work through basic orientation & build towards learning jumps, somersaults, 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 & Advanced: Fabric

Tutors: Fred Deb & Jacques Bertrand

Fri 27th - Mon 30th Aug, 10.15-11.45am | Corn Exchange, Space B

Open to dancers and aerialists with experience. To attend this class you must be able to climb the fabric (or rope) confidently and invert into straddle/pike with ease. Be prepared to work on specific strengthening exercises, technique, different climbs, keys, some drops & long sequences.

Intermediate + : Vertical Dance and Harness Work

Tutors: Lindsey Butcher & Jonothan Campbell (rigger)

Fri 27th - Mon 30th Aug, 12-1.30pm | Corn Exchange, Space A

Using sit harnesses, we'll move quickly 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.

Beginners & Improvers: Fabric

Tutors: Jacques Bertrand & Fred Deb

Fri 27th - Mon 30th Aug, 12-1.30pm | Corn Exchange, Space B

Open to dancers and aerialists at beginners or improvers level. You should be able to climb the fabric (or rope), be confident holding your own weight and have a reasonable amount of core stability. We will work on specific strengthening exercises and basic techniques learning different climbs, basic keys, and short sequences. Wear close fitting, stretchy clothing - nothing too restricting or baggy. Barefeet and no jewellery.

Beginners: Slings, Swings and Cocoons

Tutor: Lindsey Butcher

Fri 27th - Mon 30th Aug, 2.30-4pm | Corn Exchange, Space A

An opportunity to try out working on low aerial dance trapeze, slings and cocoons and discover new vocabulary where the equipment offers a greater degree of support - so less hanging on! You'll be taught new moves building to short sequences and have a chance to explore creating vocabulary for yourself. Wear close fitting, stretchy clothing - nothing too restricting or baggy. Barefeet and no jewellery.

Intermediate & Advanced: Static and Rotating Hoop

Tutors: Fred Deb & Jacques Bertrand

Fri 27th - Mon 30th Aug, 2.30-4pm | Corn Exchange, Space A

For practitioners with some experience of working in hoop, trapeze or similar. Participants must be able to invert, execute pull ups and leg raises. Working on technique and alignment to learn new vocabulary and building short sequences.

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All Levels: Creative Aerial Lab.

Tutors: Lindsey Butcher & Fred Deb

Fri 27th - Mon 30th Aug, 4.30-6.30pm | Corn Exchange, Space A

An opportunity to work on choreography and devising, using guided improvisation exercises to focus on quality, texture etc, building towards an informal showing of the work created on the final day. If there is a piece of equipment you particularly want to work with please discuss with Lindsey beforehand and we'll endeavour to incorporate it.

Intermediate & Advanced: Aerial Fabric Rep.

Tutor: Jacques Bertrand

Fri 27th - Mon 30th Aug, 4.30-6.30pm | Corn Exchange, Space B

An opportunity to work on choreographic rep taught by Jacques Bertrand, building towards running longer sequences of vocabulary and with an opportunity to share the work covered on the final day.

Booking

Please mark clearly which classes you wish to attend from the timetable above and return it with your code of conduct agreement and payment in full to:

EADF, c/o South East Dance, 28 Kensington St, Brighton, BN1 4AJ

Cheques should be made payable to 'Gravity & Levity'

Alternatively you can pay by BACS to:

Nat West

Acc no 15646548

Sort code 010123

Special offers - EARLY BIRD

If you book **before June 30th** a pass which covers you for 5 classes a day over all 4 days will cost only £ 240

A 4 day pass after this date costs £ 275

Individual classes are at prices stated on page 1: £40 - £72

Total amount due to Gravity & Levity: £

Sign _____ Date _____

Name in print: _____

If you would like a receipt confirmation, please send an SAE with your payment or email emily.james@southeastdance.org

NB: All participants must complete a medical questionnaire and code of conduct disclaimer available (from the South East Dance website) and send it with their payment.

Please ensure you return to us:

- Completed schedule & booking form document
- Signed Code of Conduct
- Completed Health Questionnaire
- Payment in full (cheque or BACS transfer)

Please book early. The class you want to attend may become unavailable as we have to work on a first come, first served basis with PAYMENT to secure your place.