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WORKSHOP AT SPAZIO EUPHORIA

DAY 1 - Thursday 25th April 2024

○ (10-12 am) HOOP - Hanging or suspended? with Nicolas

We will learn how to use our center and our shoulder blades in order to be suspended in the air and not being hanged. It will be a class of the basic aerial foundations of how not to injure and use correctly our shoulders in different positions. We will develop coordination and body awareness.

Level: beginner, intermediate

○ (10-12 am) SILK - Movement, breath and sequencing with Ariadna

In this workshop, we will focus on the aerial dance technique essentials, so that we can move our body with precision, awareness, and with connection to our breath, that shall support and deepen the movement quality. My approach within aerial dance is more somatic based, developing connection to your self while you deepen your aerial practise. The goal of my classes is to eventually be able to find your own dance in the air, being able to express one self, while also growing strong roots to your body with clean technique. I try to bring dance to aerial acrobatics, and focus more on the quality of movement and expression and less on plane tricks. The second part of the workshop will be devoted to sequence composition and tools for developing organic movement phrases. We will play with verticality, with climbs & descents - exploring the vertical axis of the silks in relation to space.

Prerequisites (silks base/interm.): climb up, foot lock, a few basic figures on silks, being able to invert would be great

Level: beginner, intermediate

○ (12am - 2pm) TRAPEZE - Intro to dynamic with Javier

The workshop will develop in 2 blocks:

1) Warm-up: the body will be ready for the trapeze from a physical, sensitivity and intuition point of view through dance and acrobatic exercises which will allow the body to warm up and discover the different directions in a larger space . The exercises that will be proposed on the ground will be the preparation for what will be worked on in research and on the tool. Introduction to dynamic work on the trapeze: specific preparatory exercises will be proposed to approach the dynamic aerial technique, meeting the needs of each individual student and then moving on to more specific technical work.

2) Introduction to dynamic work on the trapeze: specific preparatory exercises will be proposed to approach the dynamic aerial technique, meeting the needs of each individual student and then moving on to more specific technical work.

Level: open level

○ **(12am - 2pm) HOOP - Strappy Cow with Freya**

Want to do more with the strop and open up your hoop choreography options? This workshop is for you. Expect a series of moves within and above the hoop, using the strop to expand our shape-making options.

Prerequisites: (1) ability to invert in the air, (2) ability to split the strop. Prior experience working with a twisted/flamenco grip is also beneficial.

Level: intermediate, advanced

○ **(3 - 5pm) SILK - Dynamic movement with Manuel**

In this workshop I will put my focus on the basics of climbing, knots and dynamic movements. The idea is to learn how to save energy using the right muscles when doing silks, being able to improve your endurance when you need it to perform or not. Besides that, I will teach specific and simple exercises and routines that will allow the student to keep in shape for this type of art, longer in growth.

Warm-up

- First on the floor: Cardio for blood activation and explosiveness, and coordination/balance exercises applied to aerialists.

- Second in the air: Shoulders and core activation with specific climbs and descents.

Training

- Basic's check: posture, alignment, dynamic corridors and resting knots.

- Depending on the level we will advance into linking moves to create sequences, add drops and figures.

Physical preparation

- In the air: different exercises to improve strength and endurance.

- On the floor: stretching and relaxation.

Level: intermediate, advanced

○ **(5.30- 7pm) DANCE & STRETCH - Meet yourself with Ariadna**

This dance class will offer a thorough whole body warm up inspired by preparatory classical,

modern and contemporary dance exercises on the floor as well as in space. The class will follow on with floor work exercises and progress with a dance sequence on the boundary of contemporary and lyrical dance. This class should bring us closer to ourselves, so we can meet our bodies, hearts and souls in self expression through dance, feeling held and supported by the group. We will close the class with gentle, slow stretching to release and soften.

Level: open level

DAY 2 - Friday 26th April 2024

- **(9-11 am) TRAPEZE & HOOP - C-shaping with Nicolas**

We will research and analyze the biomechanics inside the C-Shaping movement, a technique that is inherent to any aerial apparatus and its a way of moving through the air, in this case applied to horizontal apparatuses. We will learn the basics and develop movement and sequences using this technique.

Level: intermediate, advanced

- **(11.30-1.30 pm) ROPE - 35 ways of climbing with Manuel**

In this workshop I will put my focus on the basics of climbing, knots and dynamic movements. The idea is to learn how to save energy using the right muscles when doing rope, being able to improve your endurance when you need it to perform or not. Besides that, I will teach specific and simple exercises and routines that will allow the student to keep in shape for this type of art, longer in growth.

Warm-up

- *First on the floor: Cardio for blood activation and explosiveness, and coordination/balance exercises applied to aerialists.*
- *Second in the air: Shoulders and core activation with specific climbs and descents.*

Training

- *Different ways of climbing (around 35 different ways)*
- *Basic's check: posture, alignment, dynamic corridors and resting knots.*
- *Depending on the level we will advance into linking moves to create sequences, add drops and figures.*

Physical preparation

- *In the air: different exercises to improve strength and endurance.*
- *on the floor: stretching and relaxation.*

Level: beginner, intermediate

- **(11.30-1.30 pm) HOOP - Gremlin hoop with Freya**

Does traditional floaty aerial not feel very "you"? Perhaps you're a hoop gremlin at heart. Taking a contemporary approach where flexed-feet will often be encouraged, we'll aim to stray away from aerial convention as we work through a twisty sequence of more unusual hoop shapes, with various limb-based brain teasers along the way. We'll learn the moves in static but build up to spinning with some spin technique included in the class plan.

Prerequisites: (1) single elbow hang, (2) 10 second single arm dead hang, (3) ability to invert in the air.

Level: intermediate, advanced

- **(2 - 4 pm) SILK - Squat the silk: s-wraps, locks and open silks sequencing with Ariadna**

This aerial silks workshop will be about deepening our aerial movement practice. It will focus on choreographic explorations, expression, relationship to time and space. It will also question our conceptual stereotypes about what aerial dance is and should be. It will partly be a research class, while also offering individual guidance for each student to develop their own practice, answer any questions and support their own unique movement language and expression, pushing gently across the boundaries of the comfortable and into the space of mystery and the unknown. We will include some interesting open silks sequencing, and less conventional entries into s-wrap, and other locks on our feet and hips, creating compositional parallels between them and developing our „silks brain“ logic.

Prerequisites: climb up and footlock, hip-key, inversion/straddle up on the silks, being able to stay and work on aerial silks for at least 3 continuous minutes

Level: intermediate, advanced

- **(4.30- 6.30 pm) TRAPEZE - Dynamic moves with Javier**

We will start working on specific preparatory exercises to approach the dynamic aerial technique and meet the needs of each individual student. We will focus on both hands, elbow, knees and armpit swing, for introducing students to specific technical work based on each level.

We could use security mats and a security belt to learn a new dynamic trick with no worries.

Level: intermediate, advanced

- **(4.30- 6.30 pm) STRAPS - Static Technique with Teo**

In this workshop we will go through the basics of static technique on straps. We will start from the biomechanics of shoulder rotations with preparation drills on the floor, and build it up to the apparatus all the way to one-armed static drills for meathook and flag switches.

Level: beginner, intermediate

DAY 3 - Saturday 27th April 2024

- **(9-11 am) ROPE - Tail Tangles and Rope Frames with Freya**

In this workshop, we'll focus on using the rope tail (rather than just ignoring it!) to create visually satisfying tangles and large space-filling shapes. We'll also aim to further develop your awareness on rope, sensing which parts of the rope and your body are needed in each position for support and which are free to manipulate and move.

Prerequisites: (1) Able to comfortably climb and descend (any climb), (2) invert in the air, (3) catchers wrap, (4) standard foot lock.

Level: beginner/intermediate

- **(11.30-1.30 pm) SILK - 75 ways of climbing with Manuel**

In this workshop I will put my focus on the basics of climbing, knots and dynamic movements. The idea is to learn how to save energy using the right muscles when doing silks, being able to improve your endurance when you need it to perform or not. Besides that, I will teach specific and simple exercises and routines that will allow the student to keep in shape for this type of art, longer in growth.

Warm-up

- First on the floor: Cardio for blood activation and explosiveness, and coordination/balance exercises applied to aerialists.

- Second in the air: Shoulders and core activation with specific climbs and descents.

Training

- Basic's check: posture, alignment, dynamic corridors and resting knots.

- Different ways of climbing (around 75 different ways)

- Depending on the level we will advance into linking moves to create sequences, add drops and figures.

Physical preparation

- In the air: different exercises to improve strength and endurance.

- On the floor: stretching and relaxation.

Level: intermediate, advanced

- **(11.30-1.30 pm) HOOP - Dancing hoop with Ariadna**

This aerial hoop workshop will aim at precision of our movement and the connection of breath with the movement, which we practice upon a variety of technical exercises and inspiring sequences – flows on hoop, including spinning (gentle or fast). We will play with the idea of using „less hands“, with imagery our body creates on hoop, as well as exploring qualities of movement dynamics, making our movement expression on aerial hoop more artistic and expressive, seemingly less technical and more dance-like.

Level: beginner, intermediate

- **(2 - 4 pm) STRAPS - Spin and waist roll up with Teo**
 - In this workshop we will approach the spinning techniques on straps. We will cover, for basics, flares and center spins, and build on top of it figures, tricks and sequencing for two hands. With more advanced participants we will work through one-arm spins, reverse spins and flare to flag and full.

Level: intermediate, advanced

- **(2 - 4 pm) TRAPEZE - Research your harmonic movement with Nicolas**
 - Through games and tasks we are going to research different types of movements, positions and concepts where there is no right or wrong, just playing and challenging yourself to find new possibilities and places that might help you when you come to create a performance.

Level: Open level

- **(4.30- 6.30 pm) ACRODANCE - Impro & movement with Javier**

The workshop is divided into 4 phases:

1- Warm up: this means that different rules of the game will be proposed, alone or in pairs. We will start the Movement little by little so that the body takes its time to warm up and be more agile. alongside the movement and rules shared with a couple. Therefore, stimulating the ability to find new movements different from what our bodies usually do on a daily basis, both consciously and unconsciously, happens normally. Through the loss of the notion of space you find new lines and positions.

2.- technical floor / vertical / jumps: in this block, the technique will be performed at different levels in the behavior of the body either from the floor or standing or from hands and jumps, to perfect or increase the acrobatic language.

3.- choreography: finishing the technical part, a small choreographic phrase will be set to begin connecting a movement with the Other with its different possibilities and therefore promoting greater awareness of. motion

4.- improvisation: with different rules the Movement will be improvised thus leading to. Person to him. Path of his style and language

Level: Open level

DAY 4 - Sunday 28th April 2024

- **(9-11 am) SILK - Plasticity, spirals & wraps with Ariadna**

This silks workshop will be devoted to movement plasticity. We will explore the idea of spirals and transitions which actively involve the use of our spine, joints and pelvic

mobility. We will explore efficient work with our gravity center and breath, moving softly, with ease and release, so the class doesn't make us exhausted, but rather connected, energized and relaxed.

The class will be a play with wraps, knots, locks and sequences on silks, which will make us curious, playful and alive. The sequencing we will work on will focus on various, less traditional s-wrap entries & exits as well as on rolling.

Prerequisites: climb up, foot lock, a few basic figures on silks, being able to invert would be great

Level: beginner/intermediate

- **(9-11 am) HOOP - Hands free hoop with Freya**

Description: Introduction to hanging off the hoop from different body parts: elbows, armpits, knees, toes, and heels, with the intention of freeing up your hands to expand choreographic, shape-making, and body-twisting options. If you're getting the hang of the holds, we'll also look at some shape-making variations.

Prerequisites: None.

Level: beginner/intermediate

- **(11.30-1.30 pm) HOOP - Swing & harmonic movement with Nicolas**

With concepts of biomechanics, and using the laws of gravity, momentum and harmonic motion, we are going to learn different dynamics tricks, how to optimize the technique and how to make your body lighter and economical during different types of swings.

Dynamics are for lazy people, we need for sure strength but it is better when we can use our coordination to not waste energy.

Level: intermediate, advanced

- **(11.30-1.30 pm) ROPE - Dynamic moves with Manuel**

In this workshop I will put my focus on the basics of climbing, knots and dynamic movements. The idea is to learn how to save energy using the right muscles when doing rope, being able to improve your endurance when you need it to perform or not. Besides that, I will teach specific and simple exercises and routines that will allow student to keep in shape for this type of art, longer in growth.

Warm-up

- First on the floor: Cardio for blood activation and explosiveness, and coordination/balance exercises applied to aerialists.

- Second in the air: Shoulders and core activation with specific climbs and descents.

Training

- Basic's check: posture, alignment, dynamic corridors and resting knots.

- Depending on the level we will advance into linking moves to create sequences, add drops and figures.

Physical preparation

- *In the air: different exercises to improve strength and endurance.*
- *on the floor: stretching and relaxation.*

Level: intermediate, advanced

○ **(2-4 pm) FAVORITE PROPS - Projection of imagination with Javier**

This course seeks to offer the student the freedom and technique to be able to materialize, create the different games, imaginaries or qualities that we would like to realize in a creation that sometimes when you try to create it becomes complex. through play and accompanied by guidance and awareness of the use of different transitions and spaces in the air as a method to discover new movements and give the possibility to better use such qualities or imaginations in the air.

Thus finding a clear and precise research method. find simple and expressive movements, an original quality and thus, step by step, find your own style

Level: intermediate, advanced

WORKSHOP AT ALL VOLANTE

DAY 1/2 - Thursday 25th and Friday 26th April 2024

- **(10-12 am) FLYING TRAPEZE - From the beginning to the hardest trick with Adrian**

This workshop will let you discover the feeling of flying in the air, starting from the first position for those who have never tried this amazing discipline to a professional teaching for flyers and catchers.

Level: Open level

- **(1-3pm) (3.30-5.30pm) CLOUDSWING - Masterclass with Lalla**

We will become familiar with the sensation of flight, we will learn to feel our weight in the air and become aware of it, then we will work on the basic ballant technique and on different flying movement sequences.

Level: Open level

- **(1-3pm) (3.30-5.30pm) TRAPEZE BALLANT - Swing in the air with Costanza**

The workshop is intended both for those who already practice trapeze ballant and for anyone who wants to start approaching the technique of this piece of equipment. During these days we will start with a specific warm-up on the ground and in the air and continue with the study of basic technique on trapeze ballant: swings, basic movements, timing. For the intermediate/advanced level it will also be possible to work on more complex elements such as falls and jumps.

If you have gaiters it is recommended to bring them.

The work will be done in maximum safety through the use of a security belt and an anchoring system to the frame.

Level: Open level

DAY 3 - Saturday 27th April 2024

- **(10-12 am) FLYING TRAPEZE - From the beginning to the hardest trick with Adrian**

This workshop will let you discover the feeling of flying in the air, starting from the first position for those who have never tried this amazing discipline to a professional teaching for flyers and catchers

Level: Open level

- **(10-12 am) HAIR HANGING 1 - First session with Teo**

In the first session of the hairhanging workshop, we'll learn the specific hairdo, and go through the necessary warm up for safe practice. Then we'll start exploring the hanging sensation, feet on the ground for a safe build up of the tension. We'll use improvisation guidelines to explore the newer possibilities and constraints of movements and put them in favor in a creative way.

Level: Open level

- **(1-3pm) (3.30-5.30pm) CLOUDSWING - Masterclass with Lalla**

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For the intermediate/advanced level it will also be possible to work on more complex elements such as falls and jumps.

If you have gaiters it is recommended to bring them.

The work will be done in maximum safety through the use of a longia, and an anchoring system to the structure.

Level: Open level

DAY 4 - Sunday 28th April 2024

- **(10-12 am)(1-3 pm) FLYING TRAPEZE - From the beginning to the hardest trick with Adrian**

This workshop will let you discover the feeling of flying in the air, starting from the first position for those who have never tried this amazing discipline to a professional teaching for flyers and catchers

Level: Open level

- **(10-12 am) HAIR HANGING 2 - Second session with Teo**

In the second session of the hairhanging workshop, we'll take the time to do the hairdo helping each other to get the necessary precision for a safe practice. We'll do a guided warm-up and hopefully have more time to explore different levels of hanging on the floor and, for most comfortable participants, off the ground.

Level: Open level