

European Aerial Dance Festival

5th - 17th August at The Point, Eastleigh

The EADF is an inclusive festival providing engagement with aerial dance for people of all levels & abilities.

Week 1 5 day courses: Monday 5th - Saturday 10th August

All levels
Explorers only
Explorers / Improvers
Improver Upwards
Intermediate Upwards
Skilled / Advanced

Times	SPACE A Stage	SPACE B Auditorium	SPACE C Dance Studio	SPACE D Creation Space	SPACE E School Hall	Weekend Specials
9.00- 10.00am	Warm Up Free Space	Warm Up VAYU Aerial Yoga LC	Warm Up Yoga KJ	Warm Up Dance ML	Cyr Wheel (Tech) 8.30am - 10am MG/SB	Saturday
10.15 - 11.45am	Multi Corde (Tech) SR	Counterweight Harness (Tech) CMC/KC	Gyrokinesis LC	Fabric (Tech) SP/SH	Cyr Wheel (Tech) MG/SB	Dance Class Pic n mix options Sat 9am - 10am ML
12.00 - 1.30pm	Vertical Dance (Tech) LB/ML	Counterweight Harness (Tech) CMC/KC		Fabric (Tech) DP/LL	Cyr Wheel (Tech) Improver - intermediate upwards MG/SB	Multi Corde Pic n mix options Sat 10.15am - 12.15pm SR/SH
1.30 - 2.30pm	LUNCH	LUNCH	Warm Up Dance LC	LUNCH		Cyr Wheel Workshop Pic n mix options Sat 10.15am - 1.15pm MG/SB
2.30 - 4.00pm	Vertical Dance Doubles (Tech) LC	Fabric (Tech) LB/SH	Acrobatics & Hand Balance SB/MG	Corde Lisse (Tech) DP/LL		Counterbalance Aerial Fabric Pic n mix options Sat 12.30pm - 2.30pm CMC/ANC
4.15 - 5.45pm	Vertical Dance (Tech) KC/SG	Aerial Dance Trapeze (Tech) SP/SG	Massage & Stretch Suitable as a Warm Down ML	Aerial Dance Harness (Tech) LB		Double Cloud Swing Pic n mix options Sat 2.45pm - 4.45pm SR
6.00 - 7.30pm	Vertical Dance & Aerial Dance Harness Act Creation LB/KC	Aerial Dance Trapeze (Tech) SP/SG	Contact Improv Suitable as a Warm Down ML	Performance & Act Creation CMC/DP		Stretching & Massage Pic n mix options Sat 4.45pm - 5.45pm ML
7.30 - 8.30pm		Warm Down VAYU Aerial Yoga LC	Warm Down Flex + Stretch SP			Upside Down Noise Voice and Aerial/Acro Sat 10am - 4pm MW

Tutors

CMC Chantal McCormick	ML Magalie Lanriot	SE Simon Edward
KC Kat Cooley	SB Sacha Blanchard	DP Danilo Pacheco
KJ KJ Mortimer	SG Suzon Gheur	LC Lee Clayden
LB Lindsey Butcher	SH Shereen Hussain	BD Bryan Donaldson
LL Lydia Lara	SP Sarah Poole	MW Mish Weaver
MG Mark Glover	SR Saar Rombout	GC Gary Carter

Saturday & Sunday

Rigging Fundamentals
for Aerial Performance
Sat 10am - 3pm & Sun 10am - 4pm
BD

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Week 2 5 day courses: Monday 12th - Saturday 17th August

All levels Explorer Improver Upwards Explorers / Improvers Intermediate Upwards Skilled / Advanced

Times	SPACE A Stage	SPACE B Auditorium	SPACE C Dance Studio	SPACE D Creation Space	SPACE E School Hall	SPACE F Conference Rm
9.00- 10.00am	Warm Up Body Conditioning for Harness KL	Warm Up VAYU Aerial Yoga CMC		Warm Up Dance ML	Warm Up Cyr Wheel Clinic MG/SB	James Wellington Physio 12noon - 6pm Pop up clinic to be booked via goggle docs with James.
10.15 - 11.45am	Vertical Dance (Tech) KL/ML	Lyra/Hoop (Tech) ANC/LL	Injury Awareness (Tech) JW	Aerial Dance Harness LB	Cyr Wheel (Tech) MG/SB	
12.00 - 1.30pm	Vertical Dance (Tech) KL/KC	Lyra/Hoop (Tech) ANC/SH	Contact Dance (Tech) ML	Corde Lisse (Tech) SP/SR	Cyr Wheel (Tech) Improver - intermediate upwards MG/SB	
1.30 - 2.30pm	LUNCH	LUNCH	Warm Up Yoga KJ	LUNCH		
2.30 - 4.00pm	Vertical Dance Rep/ Creative LB	Counterweight Harness (Tech) CMC/KC	Acrobatics & Hand Balance MG/SB	Fabric (Tech) SP/LL		
4.15 - 5.45pm	Vertical Dance & Aerial Dance Harness Act Creation LB/KC	Counterweight Harness (Tech) KMC/KC	Massage & Stretch Suitable as a Warm Down	Fabric (Tech) LH/SH		
6.00 - 7.30pm	Cocoon Tech & Creative KC/SG	Aerial Dance Trapeze (Lab) SP	Hula Hoop (Tech) SH	Performance & Act Creation CMC		
7.30 - 8.30pm		Warm Down VAYU Aerial Yoga LB	Warm Down Flexibility SP			

Weekend Specials: Week 2

Sat 10th from 6.45pm	Social event & Performance
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Tutors

CMC Chantal McCormick	SB Sacha Blanchard
JW James Wellington	SG Suzon Gheur
KC Kat Cooley	SH Shereen Hussain
KJ KJ Mortimer	SP Sarah Poole
KL Kate Lawrence	SR Saar Rombout
LB Lindsey Butcher	SE Simon Edward
LL Lydia Lara	AnC Aisling ni Cheallaigh
MG Mark Glover	BD Bryan Donaldson
ML Magalie Lanriot	MW Mish Weaver
	GC Gary Carter