

## 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	<b>Warm Up</b> Free Space	<b>Warm Up</b> VAYU Aerial Yoga LC	<b>Warm Up</b> Yoga KJ	<b>Warm Up</b> Dance ML	<b>Cyr Wheel (Tech)</b> 8.30am - 10am MG/SB	<b>Saturday</b> <b>Dance Class</b> Pic n mix options Sat 9am - 10am ML
10.15 - 11.45am	<b>Multi Corde</b> (Tech) SR & ANC	<b>Counterweight Harness</b> (Tech) CMC/KC	<b>A GYROTONIC® BASED MOVEMENT CLASS</b> LC	<b>Fabric</b> (Tech) SP/VM	<b>Cyr Wheel</b> (Tech) MG/SB	<b>Multi Corde</b> Pic n mix options Sat 10.15am - 12.15pm SR/SH
12.00 - 1.30pm	<b>Vertical Dance</b> (Tech) LB/ML	<b>Counterweight Harness</b> (Tech) CMC/KC		<b>Fabric</b> (Tech) LL/LB	<b>Cyr Wheel</b> (Tech) Improver - intermediate upwards MG/SB	<b>Cyr Wheel Workshop</b> Pic n mix options Sat 10.15am - 1.15pm MG/SB
1.30 - 2.30pm	<b>LUNCH</b>	<b>LUNCH</b>	<b>Warm Up</b> Dance LC/ML	<b>LUNCH</b>		<b>Counterbalance Aerial Fabric</b> Pic n mix options Sat 12.30pm - 2.30pm CMC/ANC
2.30 - 4.00pm	<b>Vertical Dance Doubles</b> (Tech) LC	<b>Fabric</b> (Tech) LB/SH	<b>Acrobatics &amp; Hand Balance</b> SB/MG	<b>Corde Lisse</b> (Tech) DP/VM		<b>Double Cloud Swing</b> Pic n mix options Sat 2.45pm - 4.45pm SR
4.15 - 5.45pm	<b>Vertical Dance</b> (Tech) KC/SG	<b>Aerial Dance Trapeze</b> (Tech) SP/CMC	<b>Massage &amp; Stretch</b> Suitable as a Warm Down ML	<b>Aerial Dance Harness</b> (Tech) LB		<b>Stretching &amp; Massage</b> Pic n mix options Sat 4.45pm - 5.45pm ML
6.00 - 7.30pm	<b>Vertical Dance &amp; Aerial Dance Harness</b> Act Creation LB/KC	<b>Aerial Dance Trapeze</b> (Tech) SP/SG	<b>Contact Improv</b> Suitable as a Warm Down ML	<b>Performance &amp; Act Creation</b> CMC/DP		<b>Sunday</b> <b>Upside Down Noise</b> Voice and Aerial/Acro Sun 10am - 4pm MW
7.30 - 8.30pm		<b>Warm Down</b> VAYU Aerial Yoga LC	<b>Warm Down</b> Flex + Stretch SP			<b>Anatomy of an Aerialist</b> Practical Anatomy in the air Sun 10am - 4pm GC/LB

**Tutors**

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

**Social Supper**  
Sat 8pm onwards

**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	<b>Warm Up</b> Body Conditioning for Harness KL	<b>Warm Up</b> VAYU Aerial Yoga CMC		<b>Warm Up</b> Dance ML	<b>Warm Up</b> Cyr Wheel Clinic MG/SB	
10.15 - 11.45am	<b>Vertical Dance</b> (Tech) KL/ML	<b>Lyra/Hoop</b> (Tech) ANC/LL		<b>Aerial Dance Harness</b> LB	<b>Cyr Wheel</b> (Tech) MG/SB	
12.00 - 1.30pm	<b>Vertical Dance</b> (Tech) KL/KC	<b>Lyra/Hoop</b> (Tech) ANC/SH	<b>Contact Dance</b> (Tech) ML	<b>Corde Lisse</b> (Tech) SP/SR	<b>Cyr Wheel (Tech)</b> Improver - intermediate upwards MG/SB	<b>Katy Chambers</b> <b>Physiotherapist</b>  10am - 6pm  Sunday 11th Monday 12th Tuesday 13th
1.30 - 2.30pm	<b>LUNCH</b>	<b>LUNCH</b>	<b>Warm Up</b> Yoga KJ	<b>LUNCH</b>		
2.30 - 4.00pm	<b>Vertical Dance Rep/ Creative</b> LB	<b>Counterweight Harness</b> (Tech) CMC/KC	<b>Acrobatics &amp; Hand Balance</b> MG/SB	<b>Fabric</b> (Tech) SP/LL		
4.15 - 5.45pm	<b>Vertical Dance &amp; Aerial Dance Harness</b> Act Creation LB/KL	<b>Counterweight Harness</b> (Tech) KMC/KC	<b>Massage &amp; Stretch</b> Suitable as a Warm Down ML	<b>Fabric</b> (Tech) LL/SH		
6.00 - 7.30pm	<b>Cocoon</b> Tech & Creative KC	<b>Aerial Dance Trapeze</b> (Lab) SP	<b>Hula Hoop</b> (Tech) SH	<b>Performance &amp; Act Creation</b> CMC		
7.30 - 8.30pm		<b>Warm Down</b> VAYU Aerial Yoga LB	<b>Warm Down</b> Flexibility SP			

#### Weekend Specials: Week 2

Sat 10th from 6.45pm	<b>Social event &amp; Performance</b>
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Tutors	
<b>CMC</b>	Chantal McCormick
<b>JW</b>	James Wellington
<b>KC</b>	Kat Cooley
<b>KJ</b>	KJ Mortimer
<b>KL</b>	Kate Lawrence
<b>LB</b>	Lindsey Butcher
<b>LL</b>	Lydia Lara
<b>MG</b>	Mark Glover
<b>ML</b>	Magalie Lanriot
<b>SB</b>	Sacha Blanchard
<b>SG</b>	Suzon Gheur
<b>SH</b>	Shereen Hussain
<b>SP</b>	Sarah Poole
<b>SR</b>	Saar Rombout
<b>SE</b>	Simon Edward
<b>AnC</b>	Aisling ni Cheallaigh
<b>BD</b>	Bryan Donaldson
<b>MW</b>	Mish Weaver
<b>GC</b>	Gary Carter