

gravity & levity

In partnership with One Dance UK & The Point
'Dissecting Aerial', 2 - day healthier aerial/dance symposium - Jan
19th/20th 2019

Practice, pedagogical and personal approach presentations from aerial
artists, researchers, body workers, medical and sports science
practitioners.

Day 1 - Sat 19th Jan

Intro by Lindsey, The Point & One Dance UK

1, Prof Matt Wyon PhD: (Research Centre for Sport Exercise and Performance & Institute of Human Sciences and School of Performing Arts).

Presentation: 'Preparing to perform: managing load'

The presentation will look at how you can prepare optimally for performance, how to juggle training, work, rehearsals, home life and rest to make sure you are optimally prepared to perform. This isn't a magic formula but an ever-changing experimental art form

2, Serenity Forchion Smith: (New England Centre for Circus Arts founder,)

Presentation (practical): 'Inverting, we all do it but what are we doing?'

We'll get curious together about how to go upside down and ways to get there when the going is tough. It's more than that though -- using this simple movement pathway that all aerialists go through, we'll analyse and experience 'all the things' to consider when asking your body to invert and eventually do 'all the things' you want it to do once it gets there. Wear your moving clothes and we'll have horizontal and vertical apparatus for defying gravity.

3, Ana Prada: (Aerial & somatic practitioner, creator of Vayu aerial yoga)

Film/video presentation: 'Hanging with Awareness'

In this presentation Ana Prada will share her research and approach, on how to work in the air in a sustainable way for a longer healthier career and healthy body for life.

Ana's work derives from an education in consciousness relating to the hanging body where connection, breath and awareness, are principal ingredients.

Thinking and feeling the body as a whole rather than as separate parts and using the ideas of tensegrity and opposition to connect to the fluid, malleable body.

Initiating movement from the spine and dissecting the relationship between, the mobility of the pelvis, the front space, the midline, psoas and the backspace and

the lats, working with the shoulder, arm and leg connection. Making a conscious choice in how to work the body in the air, listening and feeling the internal pulse and to what we truly need to have a healthy practice and enjoy the dance in the air.

4, Gary Carter: (Yoga practitioner, body worker, Practical Anatomy lecturer)
Presentation: (practical) 'Gravity in Practice and Life; 'Finding economy of Movement'.

Gravity has structured the development of our body, so it's programmed to respond to it.

Gary demonstrates how a knowledge of practical anatomy and the myofascial map of the body can help practitioners make intelligent choices about the way they use their bodies and give us the potential to create a new way of body reading to inform our own practise and that of our students.

Since our kinaesthetic points of reference as aerial practitioners differ from those of everyday life, how can we as teachers and artists find a better language to offer more useful directions to create the conditions that maintain a balance of lightness, space and ease of movement as a foundation for your practice and life.

Day 2 - Sun 20^h Jan

Intro by LB to VDF

5, Katy Chambers: *BSc (Physiotherapy), MSc (Dance Science), MHCPC, MCSP*
Presentation (practical): 'Artists with Hypermobility'

In the performing arts sector, hypermobility is both prevalent and little understood. Considered in some regards an asset and in others a liability, in this session participants will explore the range of physical and psychological factors associated with hypermobility and hypermobility spectrum disorders. The aim will be to offer participants insight into the interrelated factors associated with hypermobility and to consider holistic management strategies for aerial artists with respect to performance enhancement, injury risk reduction and overall wellbeing.

6, Miriam King: (Independent choreographer, dancer and live artist)

Contribution: On a life creating, performing and living with Ehlers Danlos syndrome.

7, James Wellington: (Perform Health Physiotherapy - Specialist Circus and Paralympic artist physio).

Film/Video presentation: 'What is the game plan? A bespoke physiotherapy service for the disabled aerial performers at the London 2012 Ceremonies'.

A video made by the project lead, James Wellington, reflecting on a complex 6-

month endeavour. Highlighting some of the challenges that he was faced with - culminating in a hugely successful outcome for all of the cast and therapy team involved.

8, Amelia Cavallo: (blind theatre practitioner and phd candidate at the Royal Central School of Speech and Drama)

Presentation: *The “trouble” with access: creative possibilities of access and inclusion in circus.*

My practice looks at intersections of identity and performance. For this conference, I am particularly interested in exploring how the disabled body in a performance space (whether on stage or in the audience) brings questions of access that “trouble” or disrupt the status quo of otherwise non-disabled spaces. This “trouble” carries masses of creative potential that has yet to be tapped into in depth by arts makers. Making access an integral part of performance practice can challenge the status quo, build political and creative layers onto a performance that would otherwise be lost, and perhaps most importantly, allow those who are otherwise excluded from the arts to be active participants.

9, Rachel Freeman: (Artistic director of Everybody Dance)

Presentation: *Community based inclusive aerial and dance work.*

I'd like to share a little of my 40 years' experience of creative practice with a broad spectrum of ages (5 to 105 years) and abilities (non-disabled, sensory impairment, learning or physical disability, those living with a mental health condition or dementia) in local, national and international, education, training and performance contexts.

My aim is to push the boundaries of inclusion and facilitate a sense of 'community' through creative aerial and dance based activity.

My current interest lies in moving from a role of creative *enabler* to find a more satisfying and effective way to be a creative *collaborator* within my inclusive practice. Access issues seem to have been thoroughly highlighted, unpacked and steadily are being addressed but under the surface I find that little has changed in the actual practice of inclusion and diversity.

Twitter: @everyBODYdancin

Biogs:

Biography: **Matthew Wyon, PhD**, is a Professor in Dance Science at the University of Wolverhampton, UK. He is the course leader for the MSc in Dance Science and Director of Studies for a number of dance science and medicine doctoral candidates. He is a founding partner of the National Institute of Dance Medicine and Science, UK and has just retired as the President of International Association for Dance Medicine & Science. He has worked with numerous dancers and companies within the UK and Europe as an applied physiologist and

strength and conditioning coach. His research focuses on injury epidemiology and performance enhancement in dance; presently he has published over 100 peer-reviewed articles in dance medicine and science.

Facebook: <https://www.facebook.com/dancesci>

Biography: **Serenity Smith Forchion** and her twin sister, Elsie, are award winning aerialists & founders of Nimble Arts and the New England Center for Circus Arts (NECCA). Serenity's resume includes Cirque du Soleil, Ringling Bros and Barnum and Bailey, Special Award at Wuqiao Festival, Governor's Award for Excellence in the Arts and American Circus Educators Award for Excellence in Education. Her students grace the stages of the world including Circa, 7 Fingers, Soap, Pippin and Cirque du Soleil. Serenity's expertise brings detailed concepts of technique to each student focusing on fundamental body awareness in order to expand the student's capacity to explore new movements and accomplish higher-level skills and creativity. When Serenity isn't out on a gig as aerial performer or instructor, she resides in a small town and is jungle gym to her 3 children. Serenity hopes to inspire the current and next generations of circus performers and improve the opportunities for creative movers and the teachers who elevate them.

Website: <http://nimblearts.org/>

Biography: **Ana Prada** was born and raised in Colombia. She has been an aerial dancer and yoga practitioner since 1998. She studied contemporary dance in New York where she started to explore dance trapeze and rope. She then moved to Montreal specialising in aerial silks and hoop and went on to work with companies and shows like La Esquina Desplazada, Triknia dance company, Colombia, Cirque du Soleil, "El despertar de la Serpiente" for the Expo 2008 in Spain, the show 'Ulalena (Maui, Hawaii) working as an acrobat, dancer, and aerial coach.

She also has developed her own solo work, presented in different festivals and venues.

Ana developed the Vayu Aerial Yoga system and teaches workshops and teacher training all around the world. She's a certified yoga, GYROKINESIS® and GYROTONIC® instructor, and Pre-trainer and applies all of this knowledge to the Aerial Dance technique creating a project called The sustainable body project. She has shared her talents at many different studios in Montreal, and also at several international workshops and festivals like ADF in Boulder, Colorado, Les Rencontres de Danse Aérienne - France, Air to Floor Aerial Dance festival in Santa Barbara and workshops in places such as Hawaii, British Virgin Islands, Greece, Miami, Brazil, Costa Rica and Colombia.

In her work, she is always interested in finding a deeper balance and a real organic connection: "aerial roots" to be grounded wherever she goes.

Website: www.ana-prada.com www.vayuaerialyoga.com

Facebook: Ana Prada and Vayu Aerial Yoga

Instagram: vayu.aerialyoga

Biography: **Gary Carter** has over 30 years of experience in movement physical training, anatomical study and bodywork practices. With a background in athletics, competition cycling, bodybuilding, martial arts, yoga and manual therapies, he himself has studied with many inspiring teachers, trainers and masters in their fields.

From this background he has created his own unique way of working and 'seeing' which he incorporates into his teachings, trainings and practices, where students learn techniques and methods of training that bring long term results to the feel, movement and look of the body*

He started the Natural Bodies Centre in 1991 to teach, train and encourage kinesthetic awareness, ease of movement and efficient body use in exercise, sport and many other movement disciplines; Yoga, Pilates, Gyrotonics, Martial Arts and Fascial Movement practices.

He studied Yoga with Mary Stewart, Sophy Hoare, Peter Blackaby and Fascial movement Genius John Stirk and, after a brief time with Vanda Scaravelli, with Diane Long in Florence and Rome.

He also studied in Shiatsu, Chi Kung & Chi Ne Tsang, CranioSacral Therapy.

Over the past 15 years he has lectured in Movement Anatomy and Fascial Anatomy for Yoga, Yoga teacher trainings, Pilates teacher trainings and massage schools, Hospital Physiotherapists, Dance Trainings and Martial Arts trainings all over the UK and Ireland, running the Science of Movement course at Middlesex university from 2007- 2011.

He hosted Tom Myers 1st ground-breaking 'Anatomy Trains' courses in the UK from 1998 - 2003 and co taught in the UK and USA after studying Dissection at the Institute of Anatomy in Vienna with Todd Garcia.

He now runs Dissection studies for the student teachers of his Anatomy of Movement Courses with Julian Baker alongside several yoga teacher trainings and continues to run his Anatomy Yoga and Pilates courses in the UK and Internationally.

Website: <https://www.naturalbodies.co.uk/>

Facebook: gary.carter

Biography: **Katy Chambers** is the Senior Dance Specialist Physiotherapist at Trinity Laban Health, London and a Lecturer in Dance Science for the Royal Academy of Dance. Katy completed an MSc in Dance Science at Trinity Laban, prior to which she was working as a Dance Specialist Physiotherapist, Ballet Teacher and Pilates Instructor in the private and vocational dance training sectors. This wealth of experience gives Katy an in depth understanding of what is required of performing artists and subsequently their unique needs when it comes to injury prevention and rehabilitation. She is a recognised healthcare

practitioner on the One Dance UK directory and an active member of the International Association for Dance Medicine & Science.

Email: kchambers@rad.org.uk

Website: www.royalacademyofdance.org

Biography: Miriam King is an Artist/Choreographer/Dancer/Live Artist/Filmmaker born in London, living in Brighton and working internationally. Her professional performance career commenced in 1984. Moving from circus, to visual theatre through to dance, and to live art and film, her most significant training was with Anton Adasinsky & his performance company DEREVO at their former studio in Leningrad, Russia in 1990.

Miriam's work is influenced by Butoh dance and she has been creating her own unique performances since 1992, taking her to dance and live art festivals and artist-in-residences around the World. She has researched, lectured and presented work in many countries including France, Belgium, Germany, Czech Republic, Finland, Italy, Portugal, Greece, Iceland, USA, South Korea, China, New Zealand and Australia. Her award winning dance film work has been shown at Lincoln Centre/ New York, Pompidou Centre/Paris, ICA/London, the Venice Biennial and at the Sydney Opera House.

Miriam has a continuing performance relationship with Gallery Kruh, Kostelec nad cernymi Lesy, nr Prague, Czech Republic which commenced in 1992 and an ongoing performance relationship with SoToDo Gallery, Berlin and the Congress of Visual and Performance Art.

Miriam is on the editorial panel for Total Theatre Magazine, regularly contributing articles and reviews. She was a founder member of Movement 12 and also BUTOH Brighton. She is a visiting lecturer teaching Performance and Choreography. She is currently head of Movement at Academy of Creative Training and additionally lectures regularly, leads tours and gives workshops on art for The Hayward Gallery, Southbank Centre, Tate Modern and Tate Britain.

Website: <http://www.mimking.com/>

Biography: James Wellington is the Director of Perform Health LTD with clinics operating in London and Barcelona and an industry leader in the area of physiotherapy for the Circus World.

James was the provider of therapy service to the National Centre for Circus Arts for 9 years and is now the physiotherapy provider at La Central del Circ in Barcelona.

He has over 16 years experience as physiotherapist, transforming a clientele that includes stars of circus performance, dancers, musicians, pro and Olympic athletes and was physiotherapy consultant for London 2012 Olympic & Paralympic Ceremonies.

James holds an MSc in Sports Physiotherapy and BSc(Hons) Physiotherapy and conducts research to bolster evidenced based practice in the performing arts world.

Website: <https://www.performhealth.com/>

Facebook james wellington

Biography: **Amelia Cavallo** is a blind performer from the USA with experience in acting, singing, dancing, aerial circus and burlesque. She is also a multi-instrumentalist and composer. Recent stage performances include *Into Blanche and Butch* (Birds of Paradise Theatre), *Tommy* (Ramps on the Moon) and *Into the Woods* (Royal Exchange Manchester). She also has a one woman show *Sailing Through The Dark* made in conjunction with the Liberty Festival. This summer, Amelia can also be seen in *What Am I Worth* with Extraordinary Bodies. Amelia was a sway pole performer in the London 2012 Paralympic Opening Ceremony, and also performed at the cultural Olympiad in Rio with Graeae Theatre's production of *The Garden* in September, 2016. When not on stage, behind a musical instrument or dangling from a height, Amelia can be found working towards her Phd in disability politics and theatrical performance at the Royal Central School of Speech and Drama. She is also co-writing a book on creative access and audio description with Dr. Louise Fryer to be published in 2020.

Website: www.ameliacavallo.com

Facebook: Amelia Cavallo

Instagram: @bad_ass_blindy

Twitter: @badassblindy

Biography: **Rachel Freeman** is an independent dance artist based in rural Herefordshire, interested in somatic work, inclusive practice and interdisciplinary collaboration. She is a leading exponent of inclusive aerial dance and aerial yoga, with 40 years' experience of directing, producing and managing aerial and dance projects with people with and without physical or learning disabilities and sensory impairment. Rachel's work includes local and international touring and teaching, creating large-scale community work, site-specific and aerial dance. She is drawn to researching and making work in unusual settings, mostly outdoors, with a range of artists. Rachel founded and led inclusive company Blue Eyed Soul Dance for 18 years, has been working as lead artist with EVERYBODY DANCE since its inception in 2011 and has been teaching Vayu Aerial Yoga since 2016.

Website: www.everybodydance.org.uk & rfvayu.yoga

Facebook: rfeverybodydance & RFVayuYoga

Instagram: vayuaerialyoga_withrachelf

Timetable - Sat 13th

Dissecting Aerial - Towards Healthier Aerial/Dance Practice

10am - Arrival, registration and tea/coffee.

10.30 -10.45 Welcome, introduction with Lindsey with One Dance UK and The Point.

10.45 -11.15 Speaker 1, (**Prof Matt Wyon**). Presentation: 'Preparing to perform: managing load'

11.15 -11.30 Questions and discussion

11.30 - 12.30 Speaker 2, (**Serenity Forchion Smith**). Presentation (practical): 'Inverting, we all do it but what are we doing?'

12.30 - 12.45 Questions and discussion

12.45 - 1.45 Lunch (available to buy in foyer)

1.45 - 2.15 Speaker 3, (**Ana Prada**). Film/video presentation: 'Hanging with Awareness'.

2.15 - 2.30 Questions and discussion

2.30 - 3.30 Speaker 4, (**Gary Carter**). Presentation: (practical) 'Gravity in Practice and Life; 'Finding economy of Movement'.

3.30 - 3.45 Questions and discussion

3.45 - 4.00 Tea/coffee

4.00 - 5.45: Round table discussions - Short introductions and provocations followed by a 15 min discussion on each.

5.45 - 6.00 Summing up and final thoughts for the day introducing tomorrow and website timetable release for European Aerial Dance Festival 2018.

6pm Finish, bar open!

Timetable - Sun 14th

Dissecting Aerial and Accessible Aerial

9.45am - 10.15 Registration for new attendees, tea/coffee

10.15 - 10.30 Intro

10.30 -11.30 Speaker 5, (**Katy Chambers**). Presentation (practical): 'Artists with Hypermobility'

11.30 - 11.45 Contribution from dance artist Mim King on Ehlers-Danlos syndrome.

11.45 - 12.00 Questions and discussion

12.00 -12.15 Speaker 6, (**James Wellington**) Film/Video presentation: 'What is the game plan? A bespoke physiotherapy service for the disabled aerial performers at the London 2012 Ceremonies'.

12.15 - 12.30 Questions and discussion

12.30 - 1.30 Lunch (available to buy in foyer).

1.30 -2.00. Speaker 7, (**Amelia Cavallo**). Presentation: 'The "trouble" with access: creative possibilities of access and inclusion in circus.'

2.00 - 2.15 Questions and discussion

2.15 - 2.45 Speaker 8, (**Rachel Freeman**). Presentation: 'Community based inclusive aerial and dance work'.

2.45 - 3.00 Questions and discussion

3.00 - 3.15 Tea/coffee

3.15 - 5.00 Round table discussions continued from yesterday.

NB If you have a burning topic/question for discussion please propose it to Lindsey at the start of the day and we'll find time for it during this session.

5.00 - 5.30 Summing up/ final thoughts for the day. Dates for next years symposium Jan 25th/26th 2019

5.30 pm Finish