

'Dissecting Aerial', 2 day healthier aerial practice symposium, Attenborough Centre for the Creative Arts, Brighton UK, Jan 15th/16th 2022

All presentations will be live captioned

Sat 15th	What	Who	Topic	Activity	Equipment required
9.30 am	Doors open, registration. Plus tea, coffee				
10am	Gravity & Levity welcome & housekeeping				
10.15 - 10.55am UK	Speaker 1 30 mins + 10 Q&A	Dan Edwardes	Longevity in movement practice	Presentation	Notebook & pen. Or whatever note taking works for you
11.05 - 12.05	Speaker 2	Mel Stevens	Accessibility and Inclusion.'	Presentation	Notebook & pen.
12.15am (Diff +1 hr)	Speaker 3 60 mins inc Q&A	Saar Rombout & Francesca Hyde	Relationship with aerial apparatus - how the objects have agency.	Presentation/practical	Notebook & pen Or whatever note taking works for you
1.15 - 2.15	Lunch UK Informal lunch box discussion with Mel Stevens on UK funding thoughts for access and inclusion			Not streamed	Lunch
2.15 - 2.55pm UK	Speaker 4 30 mins + 10 min Q&A	Maira McCormack	Recognising Hypermobility Spectrum Disorder and Hypermobility Ehlers-Danlos Syndrome.	Presentation	Notebook & pen Or whatever note taking works for you
3.05 - 4.05 (Diff -5 hrs)	Speaker 5 60 min incl Q&A	Serenity Smith Forchion	Proprioception Exercises for Hypermobility Humans	Presentation/practical	Trapezes, yoga mat or towel/ blanket. Wall for handstands.
4.15 - 5.15pm (Diff -6 hrs)	Speaker 6 45 mins +10 Q&A	Gingersnaps Burlesque	Attracting and Fostering Plus Size Aerial Students	Presentation	TBC
5.15 - 5.20	Closing UK meeting for the day from LB. Recordings available for International participants				
5.20 - 6pm	Networking, informal chats in café/bar area - participants out by 6pm.				
7 - 9pm	Dinner in Brighton TBC				

Sun 16th	What	Who	Topic	Activity	Equipment required
9.30 am	Doors open, registration. Plus tea, coffee.				
9.55am	Gravity & Levity welcome & housekeeping				
10 - 11.25am UK	Speaker 1 75mins + 10 Q&A	Kim and Adrian Wildborne	M.A.D c-shaping. The science of the c-shape by My A	Presentation/ practical	Yes - fabric Non-dynamic
11.30 - 12.10 UK	Speaker 2 30 mins + 10 Q&A	Dr Nicky Key	Harnessing hormones for older aerialists' - The Mend maintaining optimal training.	Presentation	Notebook & pen Or whatever note taking works for you
12.15 - 12.55 UK	Speaker 3 30 mins + 10 Q&A	Stuart Waters	Approaches to building advocacy for diversity, mental and emotional wellbeing'	Presentation	No
1 - 2pm	Lunch Informal lunch box discussion with Kim Charnock re aerial training, during & post pregnancy			Not streamed	Lunch
2 - 3pm (Diff -5 hrs)	Speaker 4 45mins + 10 Q&A	Erin Ball	Aerial Fabric Explorations for the Disability communi points to engage with aerial fabric for non-typical bodies (and everyone).	Practical	Fabric
3.10pm - 4.10pm (Diff -5 hrs)	Speaker 5 60 mins incl Q&A	Rachel Strickland	POSER: Navigating Imposter Syndrome and reclaimi your future as an artist	Presentation/practical	Notebook & pen Or whatever note taking works for you
4.15 - 5.15pm (Diff -6 hrs)	Speaker 6 60 mins incl Q&A	Ana Prada	Hanging with Awareness - applying the principles of opposition, mobility and connection'.	Practical	Fabric and chairs for gyro Non-dynamic
5.15 - 5.20	Closing for the day from LB - recordings available for International participants				
5.20 - 6pm	Networking, informal chats in café/bar area .				

KEY
UK speaker
International speaker
Not live streamed - no captioning required