

Presenters Biographies- Day 1:

Biography: My journey into movement, training and personal development began around the tender age of eight years old when I unknowingly embarked upon what would become a lifelong study of the fighting arts. That journey took me around the world, learning as much as I could from as many sources as possible – always with the aim of understanding more about the self and our ability to positively impact the world and the people around us.

I started training in parkour in 2001, when the discipline was still young and only a handful of people around the world knew of it. I was fortunate to meet and learn from many of the French pioneers and added that knowledge and approach to my own experience, creating what is now the global organisation [Parkour Generations](#), which now teaches, disseminates and displays parkour internationally from grass-roots coaching to performing on the Silver Screen. I'm lucky now to be able to travel extensively, helping others find their way in movement, coaching and life, and regularly give keynotes, presentations and workshops around the world with a particular interest in encouraging a holistic approach to movement and personal development and harnessing the positive benefits of managing risk and fear.

When not training I spend my time exploring, riding motorbikes, writing and remembering to breathe.

Website: www.danedwardes.com

Facebook: Facebook.com/DanEdwardes

Instagram: @dan_edwardes

Twitter: @danedwardes

Biography: *Aerial Mel Stevens is a deaf, disabled, Queer, N-B., BIPOC aerial artist, rigger, and circus show director, and Accessibility and Inclusion Consultant with NoFit State

Circus and Artistic Directors of The Future (ADF) CircusWorks Director &

NASAUK Director and Board Member

Founder of Aim to Fly UK.

They began their performing career in the early '80s as a dancer.

After breaking their back, Mel initially believed that they would have to let go of performance.

They trained in Holistic Therapy *NVQ, Sports *BTEC, Teacher training *City and Guilds levels 3-5, and became a Health and Social Care Consultant with West Berkshire council and advising nationally with Skills for Care and The Grey Matter Learning, as well as Chair Person for west Berkshire Councils' HealthWatch England. A decade later, Mel was invited by Graeae to perform aerially for the GIDF in 2012, and PALI 3013 as part of the Paralympic aerial troupe.

In 2014 they gained their aerial teacher training qualifications, as well as their rigging certification, & founded Aim to Fly UK. Later that year they trained full time at Circomedia, & then began teaching accessible aerial with Circomedia's ICAN classes.

More recently Aerial Mel has written risk assessments for NASAUK and Outdoor Arts UK (OAUk) and works with Bristol Old Vic (BOV) with Empowering Black Female Voices.

Facebook: [Facebook.com/aimtoflyuk](https://www.facebook.com/aimtoflyuk)

Twitter: @aerialmel & @aimtoflyuk

Biography: Saar Rombout is a circus artist and rigger who works with Rope Design, she builds installations that she moves with and explores the connection she has with the ropes. From 2018 until 2020 Saar did research at the MA Contemporary Circus Practices at DOCH (Dans och Cirkus Högskolan) in Stockholm (SE), then she continued her research in a advanced course in Narrative Design (2020-2021) at UNIARTS departments for film & media and scenography & costume design.

Her research is about Rope Design and Rigging Design as artistic practice. Since the age of 5 Saar has been sailing and doing circus, through both she became fascinated by ropes, knots and forces. Rope seems like a very simple material that you maybe don't notice directly, but many variations of rope and string are essential to our life and it would look drastically different without them. We wouldn't have clothes without string and thread, no toothbrushes or electricity cables and no string instruments!

Saar mainly works with cotton rope with which she builds different installations, she explores how they affect her movement, thoughts and way of looking at the world. The attraction and connection she feels to them is deepened by the memories, fantasies and metaphors they carry with them. They have the ability to change the perception of time while pulling, and pulling, and pulling to get meter after meter through a knot. Listening to the ropes and other objects to enter into dialogue with them and experimenting with her relationship to them by means of improvisation and play are the main methods she is working with.

Facebook: @saarrombout

Instagram: @saarrombout

Biography: Francesca K Hyde - With a background in circus (having trained in duo cloud with partner in crime Lucie N'Duhirahe & hair suspension), Francesca K Hyde plays between different identities who do different jobs (a writer called Benji, a performance artist called Shipley, a project manager called Fran etc.) In

this way, Francesca K Hyde becomes more of a space, or the legal entity in which these identities reside. This has led them to make different kinds of artistic interventions with their collective Collectif and then... such as chaotic cabarets aboard their circus boat in London & France, performance installations in places such as BigCi (NSW Australia) or SKH (DOCH, Stockholm - as part of their MA in circus practices), performance lectures in places such as The Berlin Circus Festival or Smells Like Circus (Ghent) and of course good old circus acts such as their performance at Cirque de Demain 2020 with Laura Stokes. As well as their (dis)organisation Collectif and then... Fran is currently working with The Circus Dialogues (continued). Frans main concerns are complicating and investigating the problematics they find nestled in their own circus practice, making a mess & having some fun along the way. www.fallingineverydirection.com

Facebook: @collectifandthen

Instagram: @collectifandthen

Biography: Moira McCormack MSc MCSP

Moira has been working for many years as a dance specialist physiotherapist. She is an ex professional classical ballet dancer and teacher. She has worked with all age groups at the Royal Ballet School and spent 13 years as Head of Physiotherapy at the Royal Ballet Company.

Her main interest is hypermobility in performing artists and screening for hypermobility. Recognising the particular physique allows performance enhancement and injury prevention. She lectures regularly on the subject and treats dancers of all genres. She is currently completing a PhD at University College London.

Website:

Facebook:

Biography: Serenity Smith Forchion and her twin sister are award winning aerialists, founders of Nimble Arts & New England Center for Circus Arts (NECCA). Serenity's resume includes Cirque du Soleil, Ringling Bros and Barnum and Bailey, Pickle Family Circus, Special Award at Wuqiao Festival, Bronze Medal at Albacete Circus Festival, Governor's Award for Excellence in the Arts and American Circus Educators Award for Excellence in Education.

Website: www.nimblearts.org

Biography: Ginger Snaps, The Tastiest Tease in Texas, is an award-winning burlesque performer, aerialist, and producer from Austin, TX. Voted Austin's "Best Burlesque Performer" by the 2016 - 2021 Austin Chronicle Reader's Poll, she is renowned for her unique approach to burlesque and aerial performance infusions. Ginger has been seen on stages and screens across the globe including on America's Got Talent, Das Supertalent in Germany, performing at

the illustrious Burlesque Hall of Fame Weekender in Las Vegas, and numerous viral social media videos and articles.

She is the Performance Manager for Sky Candy aerial arts, the founder of Legislate THIS - a series of burlesque fundraiser shows for Planned Parenthood, as well as the founder and lead producer of the Buxom Blaze Festival - the world's first plus size burlesque, drag, and variety fest. Ginger is also very passionate about spreading the gospel of plus size inclusion in circus arts and dance. As such she teaches a series of professional development workshops to studios and instructors across the globe.

Facebook: @gingersnapsburlesque

Instagram: @gingersnapsburlesque

Presenters Biographies- Day 2:

Biography: Kim Wildborne, MAD co-founder is an aerialist with twelve years experience, the Director of West Midlands Circus Centre, Producer of TILT Festival and devoted Mum of two. Kim's journey through aerial has always been driven by a thirst for knowledge, understanding what the body is capable of in the air, and training her socks off. She is known for her strong dynamic technique on the most romantic of the aerial apparatus; silk, but she is a lover of all things vertical and her style carries through into her passion for rope, straps, hoop and trapeze.

Kim has been teaching for many years, learning many of the common problems and developing a huge series of exercises to help overcome them. Her teaching practice focuses on building stronger, more efficient bodies without injury and promoting safe practice.

She is dedicated to sharing that practice and helping others learn.

Biography: Adrian Wildborne, MAD co-founder is a level 5 qualified Remedial Therapist specialising in working with circus artists. He graduated from the Active School of Complementary Therapy (ASCT) gaining a Diploma in clinical sports and remedial massage, which is currently the highest qualification that can be held in the UK. Adrian's primary concern is to educate and enable people to keep training whilst reducing their pain, helping them to recover quickly and equip them with the knowledge they need to move their practice forwards.

He has had a varied sporting life playing Basketball, Rock Climbing and

Capoeira. This sporting life gives Adrian a genuine understanding of the body and how important it is to keep it in good shape in order to continue doing what you do. His primary concern is to help people keep training and keep working, whilst reducing their pain and help them to recover quickly.

Website: www.rogueplay.co.uk

Facebook: rogue.play

Instagram: rogueplaytheatre

Twitter: @_rogueplay

Biography: Dr Nicola Keay BA, MA, MB, BChir (Cantab), MRCP

Nicky is a medical doctor with clinical and research experience involving high performance dancers and athletes spanning 30 years which includes international attachments in Australia and Switzerland and on-going international collaborations. Nicky is a lifelong dancer herself, still taking at least 4 classes per week.

She is currently medical advisor to Scottish Ballet and researching ways to optimise the health and performance of dancers. Nicky is listed on the One Dance UK and IADMS healthcare practitioner list for clinical medicine and Pilates.

Nicky is a speaker on dance endocrinology and has been invited to present at numerous international conferences on exercise endocrinology.

She is the author of British Association of Sport and Exercise Medicine educational website on relative energy deficiency in sports (RED-S). She is also the author of numerous published research studies on dancers to examine training, hormones, nutrition and bone health, which involved collaborations with several dance companies and schools.

Nicky is Chief Medical Officer of Forth Edge offering blood monitoring and profiling for dancers and athletes.

Facebook: @nickykeayfitness

Twitter: @nickyKfitness

Biography: Stuart is a queer, neurodiverse dance artist who advocates for diversity, mental health and emotional safety through safe practice awareness, training and public speaking. Having worked as performer and maker for 23 years with Protein Dance, Motionhouse and Wired Aerial Theatre, Stuart has become a dance maker in his own right, underpinning biographical art making with a therapeutic approach. Stuart effects sector change inter/nationally whilst creating powerful, inclusive audience experiences. His mission is:

- to create dance theatre work that draws on human experience and story-tells in a manner that is relevant and resonant to diverse audiences, encouraging them to reflect on choices and judgements.
- to embed therapeutic models and safeguarding techniques into practice, advocating inter/nationally for mental health safeguarding and best practice
- to challenge ablism and heteronormativity by centring diversity, inclusivity and intersectionality; working collaboratively to help disseminate and exchange knowledge
- to develop and share an empowering approach that is liberating, challenging the limitations that self-doubt can impose.

Website: <https://stuartwaters.info/>
Facebook: @rockbottomdancetheatre
Instagram: @stuart_waters

Biography: Erin Ball identifies as a white, Mad and Disabled circus artist living on the traditional territory of the Mississaugas of the Ojibwe; Katarokwi, also known as Kingston, Ontario. She runs Kingston Circus Arts and is the co-founder of LEGacy Circus (a performance company co-created with Mad artist, Vanessa Furlong). Erin took a year off in March 2014 due to life changing events that resulted in having both lower legs amputated. She has since returned to her passion of training, coaching and performing with a focus of including as many people in her audiences, as collaborators and performers in shows, as well as students in her classes. She has travelled world-wide to perform and teach. She strives for representation, centering access and inclusion in the arts.

Erin loves collaborating, adapting and creating new/different ways of executing skills. In 2017, Erin developed a course and manual for movement-based coaches (specifically circus but it applies to movement in general) called Flying Footless. The course centres around dismantling ableism, Disability theory, an access-centered method of teaching and suggestions to work towards welcoming the Disability community into movement-based classes. She has won accessibility awards and in 2018, she was the recipient of the Creator's Award at the Mayor's Art Awards.

Website: <https://www.kingstoncircusarts.com/>
Facebook: Erin Ball, Kingstone Circus Arts , LEGacy Circus Erin Ball coach and circus artist
Instagram: arts@legacy_circus @erinballcircus @kingstone_circus

Biography: Rachel Strickland is an interdisciplinary performance artist, aerialist, storyteller, and award winning choreographer. Her work combines circus arts, dance, and elements of bizarre spectacle to create original, socially relevant performative works. To unearth aspects of the self which are suppressed and mutilated by the sanction of outside influences is both her subject matter and the intended effect on the viewer.

Classically trained in ballet since the age of three, she began her study of circus arts in 2007, developing a unique style and innovative approach to aerial hoop. Her work brought her international recognition, and she has coached, performed, and choreographed on four continents. She is the director of [The Audacity Project](#), an 8-week guided process to equip artists and creatives with the tools necessary to be working professionals.

She lives in Charleston, SC with her husband, Shaun. They have no children so don't ask, but they would like to meet your dog.

Website: rachelstricklandcreative.com

Facebook:

Instagram: @rachelstricklandcreative

Patreon: <https://www.patreon.com/rachelstricklandcreative>

The Audacity Project: <https://www.rachelstricklandcreative.com/the-audacity-project>

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 City, where she started to explore aerial apparatuses like dance trapeze and rope before moving to Montreal where she specialized in aerial silks and hoop.

Ana has worked with many companies and shows incl. 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 developed her own solo work, presented in different festivals and venues.

Ana developed the Vayu Aerial Yoga® system through her movement journey and her Yoga studies (since 1998). She's also a GYROKINESIS®, GYROTONIC® certified trainer and Pre-trainer, Dancer, Aerial Dancer and Craneo Sacral therapy practitioner. All of these movement methods, as well as her experience in the Air, as a Performer and Aerial dance teacher, for the last 18 years and her own movement and somatic research influence and are part of this work.

Ana applies all of this knowledge to the Aerial Dance technique creating a project called The sustainable body project.

She has shared her talents performing and teaching at many different studios in Montreal, Costa Rica, Brazil and also at several international workshops and festivals like ADF in Boulder, Colorado, EADF in UK (European Aerial Dance Festival), 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 2017 Ana was delighted to received the Roser Grant –Artist in Residence from the dance department at the University of Colorado in Boulder, teaching and choreographing with her Aerial Approach to the Grad students of the program. 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. Now she lives in Montezuma, Costa Rica where she continues her research in Aerial Movement, practices Craneo sacral therapy and teaches intensive workshops, teacher trainings and master classes.

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

Facebook: Ana Prada and Vayu Aerial Yoga

Instagram: Vayuaerialyoga