



## 13<sup>th</sup> international Aerial Dance Festival 2011

July 31 – August 13, 2011

### **Faculty:**

Catherine Bedell  
Amy Christian  
Danielle Hendricks  
Steven Homsher  
Valerie Morris  
Susan Murphy  
Kevin O'Connor  
Alessandra Ogren  
Sarah Poole  
Jeff Rusnak  
Elsie & Serenity Smith  
Nancy Smith  
Gretchen Spiro

The 13<sup>th</sup> annual *Aerial Dance Festival 2011* provides an opportunity for people from all walks of life to experience the joy of dancing in the air -- for beginners through advanced aerial dancers. Join us for a 2-week immersion through classes, lectures/demonstrations, informal discussions, and performances. The Festival is produced by Frequent Flyers Productions, Inc., a non-profit, aerial dance-theatre company.

The internationally recognized faculty brings many years of expertise to the classes. Don't miss a truly unforgettable experience of airborne dance!

[www.frequentflyers.org](http://www.frequentflyers.org)

303-245-8272

### **Housing Information:**

Frequent Flyers Productions does not provide student housing. As a proud sponsor, the Millennium Harvest House is offering a special discount to students who attend. Please remember to mention the Aerial Dance Festival when booking. A credit card will be required to reserve your room. Call 1-800-338-5407 or 303-444-3330. Ask for the Aerial

Dance Festival room rate. For additional information about other accommodations, call the Boulder Chamber of Commerce at 1-800-444-0447 or 303-442-1044.

You may also visit <http://groups.yahoo.com/group/aerialdance/> to network with other festival participants also looking for housing options.

## Transportation during the Festival

**Students should not schedule back-to-back classes between CU and the Aerial Dance Studio, unless the student has a car.**

## Registration & Fee Payment

Participants must be 10 years of age or older, except where noted. A liability waiver, photo release, and insurance form must be signed by each participant 18 or over, or by a legal guardian or parent if the student is under 18.

\*\*\*Students will be placed on the wait list if a class is full at time of registration.

Students must register for the full class-session as material is contiguous. No drop-ins except for Contact Improvisation.

A one-time \$20.00 registration fee is required for each student to cover administrative overhead.

IMPORTANT: For credit card payment and online registration:

You will set up an "account" for Frequent Flyers payments at [www.mindbodyonline.com](http://www.mindbodyonline.com). First, you will pay the \$20 registration fee (non-refundable) and after checking out, you can then add your classes to your shopping cart. Please review the refund policy carefully.

## Refund Policy

The \$20 registration fee is not refundable.

100% of the payment (minus the \$20 registration fee) is refundable through May 21, 2010. From May 22nd through July 23rd, 80% of the payment (minus the \$20 registration fee) is refundable. After July 23rd there will be NO REFUNDS.

If you pay by check or money order, your refund will be made after the festival.

The ***Aerial Dance Festival 2011*** is sponsored by the University of Colorado Dance Department, the Denver Foundation, the Boulder County Cultural Council of the SCFD, the Neodata Endowment, Boulder Magazine, Brock Publishing, and the Daily Camera.

The University of Colorado dance program offers BA, BFA and MFA degrees with broad stylistic training in, Ballet, African, Modern, Jazz and Hip Hop techniques. The MFA degree stresses performance/choreography with a secondary area of emphasis (including somatics, multi-media, dance film/video, production, history, and others) based on the student's personal interests. The faculty are all working artists who offer a wide variety of approaches to technique, choreography, scholarship, and somatics. We are proud to announce that acclaimed Hip Hop dance artist, Rennie Harris, has joined our faculty as a guest artist, 2009-2012. For information contact the dance program at 303/492-5037, [thtrdnce@stripe.colorado.edu](mailto:thtrdnce@stripe.colorado.edu), or [www.colorado.edu/TheatreDance](http://www.colorado.edu/TheatreDance)

## Scholarships

Frequent Flyers Productions is offering one full-tuition scholarship for the ***Aerial Dance Festival 2011*** of up to \$1,000 toward classes at the Festival. Housing, travel, and food are the responsibility of the student. The Glenn P. Davis Scholarship will be awarded to a dancer already exploring choreography in the air. This scholarship is made possible through the generosity of the Davis family. To apply: please download the application from [www.frequentflyers.org](http://www.frequentflyers.org) on the Aerial Dance Festival page. Deadline: April 10, 2011.

## Audition for LeRéve

Audition for LeRéve at the Aerial Dance Festival 2011! Open only to registered students. To learn more about the premier show in Las Vegas: [www.LeReveCasting.com](http://www.LeReveCasting.com)  
Sunday, August 7<sup>th</sup>, 9AM  
FFP Aerial Dance Studio

## Classes

### **Class Locations:**

Classes will be held at the Dairy Center for the Arts (2590 Walnut St.), and on the University of Colorado campus in the Dance Department, and at the Frequent Flyers' Aerial Dance Studio, (3022 E. Sterling Circle).

**Students should not schedule back-to-back classes between CU and the Aerial Dance Studio, unless the student has a car.**

Please Note: Classes with an A or B designation are the same class offered in different weeks.

### **Two-Week Classes**

(You must attend both weeks of these classes and commit to the final showing on Saturday, August 13th.)

### **Aerial Fabric Workshop\***

Sarah Poole

\$260 (limit 16 students)

Mon. – Fri. August 1-5 AND August 8-12. 1:30 – 3:00 PM.

CU 150

\*Participants must be available for the Student Repertory Show on Saturday, August 13, 2 PM.

This workshop is intended for aerialists with more than a year of experience in working with aerial fabric, having fully mastered basic keys, at ease with a variety of falls, and capable of staying working in the fabric for 4-5 minutes at a time without descending.

At first, our goal is to discover the sense of calm in the air that we find so readily on the ground. Once ease in the air, we can turn our focus to connecting movements, discovering our specific gestural language, clarifying our relationship with the apparatus and with each other, and letting

our own creativity take wing. This class hopes to enable students to generate and to discover their own, personalized movement vocabulary as well as how to use the fabric as an expressive tool. Let's find our sense of dance in the air, and transform "moves" into movement.

Students are asked to bring a 2-minute sequence with them to share the first day of the workshop.

### **Partnering in the Air\***

Elsie & Serenity Smith

\$260 (limit 16)

Mon., Aug. 1 through Fri., Aug. 5 **AND** Mon. Aug. 8 through Fri. Aug. 12. 3:30-5:00 PM CU 150

\*Showing on Saturday, August 13. Dairy Center for the Arts. 2:00 PM

Using trapeze, fabric, lyra and slings we'll explore the art of sharing aerial space with another person. In the first week we'll focus on building trust, learning technique for weight bearing skills, and developing aerial images. During the second week we'll develop and transform these movements into a performance. Students must have advanced skills in at least one of the apparatus included in the class, be able to do one pull up, and have the ability to stay in the air for an extended period of time. Come solo or with your existing aerial partner. Bodies of all shapes & sizes are encouraged.

### **Rope Creation Lab Class: Exploring Climbing, Partnering, Swinging and Floor Work on Vertical Ropes\***

Kevin O'Connor

\$260 (Limit 20)

Mon. – Fri. August 1-5 **AND** August 8-12. 5:30 – 7:00 PM

NOTE: Locations: Week 1: Aerial Dance Studio; Week 2: Dairy

\*Participants must be available for the Student Repertory Show on Saturday, August 13, 2 PM.

This creation lab will provide time and tools to focus on subtle, in between instants and ethereal moments as we move on and between vertical ropes. We explore both the hanging sphere and all the places in between as we ramp our movement down to the floor. We will also explore weight sharing and partnering skills in the hanging sphere. Efficient lifting mechanics; appropriate weight distribution; counterweight and the idea of swinging up and on will be examined. We will use hanging ropes as a third support and as a swing to ramp up and onto our partners. We will explore ways to move our partnering skills from the horizontal to the vertical realm and ways to move using multiple ropes. In developing our technique we will expand our playground and have a mutual base for our creative process. This class will cumulate in a performance.

### **One-Week Classes:**

Note: Classes with an A or B designation are the same class offered in different weeks.

#### **Acrobalance for Aerial Dancers (Week A or B)**

Amy Christian

\$100 (limit 18)

Week A: Mon. August 1 – Fri. August 5, 1:30-3:00 PM **OR**

Week B: Mon. Aug. 8 – Fri. Aug. 12. 11:00 AM – 12:30 PM

CU 350

What if your "aerial apparatus" was another person? This all levels class is designed to build a base of partnering skills from which we can cross-pollinate the worlds of dance, aerial arts, balance and partnering. We'll use each other as new frontiers for discovery. balance, strength, flexibility, trust and kinesthetic awareness are at the core of this work. Learn to fly and base as a stepping-off point to explore vertical dimensions in choreography that doesn't require any rigging! Class includes warm-up, skills training, and conditioning in a supportive, non-competitive environment. We will focus on learning and honing Acrobalance skills, discovering transitions between skills, and rising to new challenges that build personal and physical confidence. From airplane to standing on shoulders and beyond, we'll seek out the effortless moments of holding each other up!

### **Acrobatic and Aerial Stilts: Everything but walking!!!! (A or B)**

Alessandra Ogren

\$130 (limit 16)

Week A: Mon. August 1 – Fri. August 5, 9:00 – 10: 30 AM **OR**

Week B: Mon. Aug. 8 – Fri. Aug. 12. 9:00 – 10: 30 AM

Dairy Performance Space

Explore movement possibilities on stilts in the air and on the ground. You will work on basic floor acrobatics and choreography. On a variety of aerial apparatus including hoops, trapeze, slings, ropes and more, explore the creative edges of stilt work. Prerequisites: Must have previous experience with aerial work and stilts. Please bring your own stilts with shoes attached.

### **Aerial Fabric – Beginning (A or B)**

Sarah Poole

\$130 (limit 16)

Week A: Mon. August 1 – Fri. August 5, 9:00 – 10: 30 AM **OR**

Week B: Mon. Aug. 8 – Fri. Aug. 12. 5:30 – 7:00 PM

CU 150

This is a fabric technique class for those new to aerial fabric, from absolute beginners to relative newbies. After a brief warm-up, we'll work on specific strengthening exercises in the fabric, different climbs, basic keys, and a longer sequence. Our goal is to be able to express ourselves with ease, using a clear technique as our vocabulary, and our bodies in the fabric as our medium.

### **Authentic Aerials: Making Dances with Meaning**

Susan Murphy

\$130 (limit 18)

Mon. Aug. 1 – Fri. Aug. 5. 3:30 - 5:00 PM.

Dairy Performance Space

Ages 16+

Aerial choreography shares the same aesthetic concerns of all dance: creating authentic emotional intent and expression, phrasing, dynamic changes, initiation and quality of movement, shape clarity, seamless transitions and nuanced gestures wedded with technical skill. Using tools offered by Laban Movement Analysis we will explore the vocabulary of Effort (the inner impulse or urge to move) and Shape (inner shaping, shaping to equipment and to other people) through structured improvisation, on and off the floor, and through playing with set choreography. Throughout the week we will build on this shared vocabulary, creating our own pieces as well as developing skills to observe others' dances. "Effortful" music will be used throughout and students will explore this material through solos, duets, trios and group work.

Participants should be comfortable with basic trapeze work.

### **Bungee Dancing- Beginning (Week A or B)**

Danielle Hendricks

\$130.00 (limit 20)

A: Mon., Aug. 1 through Fri., Aug. 5; 9 AM-10:30 AM **OR**

B: Mon. Aug. 8 through Fri. Aug. 12; 3:30 – 5:00 PM

FFP Aerial Dance Studio

Bungee dancing uses a strong "shock cord" or bungee cord suspended from the ceiling to dance, bounce and fly. Bungee dance creates a sense of suspended animation allowing for movement that wouldn't otherwise be possible. This is the perfect class for all aerialists; beginners will learn to focus on core strength without the need for lots of upper body strength, more advanced aerialists will have the opportunity to learn more challenging forms of suspended movement. This class is very exploratory and is fairly light on structured movement, but be prepared to have lots of fun. If you have a climbing harness please bring it. Please wear layers that cover your upper leg and waist. **Open to students aged 12 and up.**

### **Bungee Dancing: Intermediate / Advanced (Week B only)**

Danielle Hendricks

\$130.00 each week (limit 20)

Mon. Aug. 8 through Fri. Aug. 5; 5:30 – 7:30 PM

FFP Aerial Dance Studio

If you loved beginning bungee class and couldn't get enough time in the air, this class is for you! We will focus on partnering techniques (air-to-air and ground-to-air), short cord and long cord bungee vocabulary, and ground-based movement while tethered to others with bungee. We will also work with body loops, fabric, hammocks, and trapeze on bungee. This class is highly exploratory and largely improvisational, and allows for a lot of playtime in the air and on the ground. If you aren't sure whether or not you should take this class, please email the instructor Danielle at [danidance@msn.com](mailto:danidance@msn.com) with your questions and put "Bungee ADF" as the subject line. Prerequisites: Beg. bungee class or previous bungee experience, or by instructor permission. **Open to students aged 14 and up.**

### **Contact Improvisation: The Ascending Spiral (A or B)**

Steven Homsher and Gretchen Spiro

\$100 (Limit 18)

A: Mon., Aug. 1 through Fri., Aug. 5; 5:30 - 7 PM **OR**

B: Mon. Aug. 8 through Fri. Aug. 12; 5:30 - 7 PM

CU 350

This Contact Improvisation workshop will hone physical principles and precise skills that support lightness, connection to one's partner, and skillful play with gravity. The focus of this workshop will be ways to utilize spiral action of the torso and extension of the limbs—which creates a seemingly magical ability to fly and gracefully descend. We will also be exploring states of mind and range of expression while in a CI duet. Become more facile in your ability to work with a partner and pursue vivid impulses, as well as delighting in the grace of flowing like water. This workshop will illuminate the fundamentals of Contact Improvisation for both CI enthusiasts and aerial dancers.

Open to all levels.

**Intensive Stretching (A or B)**

Sarah Poole

\$100 (limit 20)

A: Mon. Aug. 1 through Fri. Aug.5. 3:30-5:00PM **OR**

B: Mon. Aug. 8 through Fri. Aug.12. 3:30-5:00 PM

CU 350

A deep flexibility class intended for those who are interested in working on their splits or over-splits. This class will work on active, passive and PNF stretching for legs, torso, shoulders, and back, all the while respecting physical alignment and the integrity of the body. This class does not work on contortion, but will allow us to push the limits of our flexibility via partner and solo stretching.

**Introduction to Low-Flying Trapeze (Week B only)**

Nancy Smith

\$130 (limit 18)

Mon., Aug. 8 through Fri., Aug. 12; 11:00 AM– 12:30 PM

FFP Aerial Dance Studio

Learn low-flying trapeze (a.k.a. single point dance trapeze) technique through vocabulary such as pulling taffy, lion in the tree, big Y and much more. You'll learn economy of movement and develop a sense of effortlessness while moving through sequences of vocabulary. Skills progression builds on vocabulary to include spinning and swinging, as well as improvisation.

**Lyra: Beginning (Week A only)**

Elsie & Serenity Smith

\$130.00 (limit 18)

Mon. Aug. 1 through Fri. Aug.5. 5:30-7:00PM

CU 150

Explore skills and choreography using single and double-point lyra (also known as hoop). Learn creative mounts, spins and transitions for a versatile use of this apparatus.

**Lyra: Beyond the Basics (Week B only)**

Elsie & Serenity Smith

\$130.00 (limit 18)

Mon. Aug. 8 through Fri. Aug.12. 11:00 AM-12:30 PM

CU 150

Ready to push your lyra skills to the next level? This class is for students who are comfortable with basic lyra movements and wish to add more intricate choreography and strength and flexibility skills to their repertoire. We'll also introduce the basics of tippy lyra. Students must be able to execute a front balance, back balance, one knee hang and one pull up to participate.

**Mixology: Improv on Invented Apparatus (Week B only)**

Nancy Smith

\$130 (limit 16)

Mon., Aug. 5 through Fri., Aug. 8. 1:30 – 3:00 PM

FFP Aerial Dance Studio  
Ages 12+

Mix it up in this fun class! *Mixology* uses improvisation to explore a wide variety of suspended apparatus from Frequent Flyers' stash. Learn how to work on structures that are unpredictable using shared weight and gravity to advantage. Must have previous experience with aerial apparatus.

**Open Gym (Week A or B)**

Proctor

\$12 drop-in

Week A: Mon. August 1, Wed. August 3, Thurs. Aug. 4. 7:30 -9 PM

Week B: Mon- Fri., August 8-12. 7:30 - 9 PM

FFP Aerial Dance Studio

Ages: 10+

Pre-requisite: Must be currently enrolled in an FFP / Aerial Dance Festival class OR have taken a class with Frequent Flyers within the last 12 months OR by permission.

Come and review / practice your skills on low-flying trapeze, hoop, fabric and other apparatus. This is the perfect opportunity to practice your skills, train to build strength in between technique classes, and just play.

**Rigging Essentials for Aerialists (Week B only)**

Jeff Rusnak

\$90.00 (limit 30 participants)

Mon., August 8 through Thurs., August 11. 7:30–9:00 PM.

Dairy Performance Space

This class is intended for anyone interested in developing a better understanding of the fundamental concepts in aerial rigging. A discussion / demonstration will include: hands-on knot tying, venue specific rigging, and practices that ensure safety. An emphasis will be placed on learning about equipment and techniques, as well as exploring the various forces acting upon the elements in a rigging system. The class will also provide insight into crucial questions that every aerialist should be asking their own rigger.

**Rope & Harness (Week A only)**

Valerie Morris

\$130 (limit 18)

Mon. Aug. 1 through Fri. Aug. 5. 1:30- 3:00 PM.

Dairy Performance Space

This class will be structured around learning basic static rope and harness techniques. We will be working both close to the ground as well higher in the air. The vocabulary taught will be combined with guided solo and group improvisations as part of the exploration process. No previous aerial experience is necessary. Please wear multiple snug layers around your hips and waist for your comfort. If you have a harness, please bring it with you, otherwise, one will be provided.

**Rope: Ramping Up For Beginners. From the Floor to the Hanging Sphere (Week A or B)\***

Kevin O'Connor

\$130 (limit 20)

A: Mon. Aug. 1 through Fri. Aug.5. 11:00 AM-12:30 PM (FFP Studio) **OR**

B: Mon. Aug. 8 through Fri. Aug.12. 3:30-5:00 PM (Dairy)

Note: 2 different class locations for Week A and Week B

This class will explore movement from the floor to the hanging sphere and back down. Using suspended ropes, the movement material offered will explore ways to transition from the floor to hanging sphere in a fluid manner. In doing so we will transition movement from horizontal to the vertical realm. This class will examine efficient climbing principles and ways of finding rest in the air. Through set phrases we will explore how the undulating spine recycles kinetic energy and can ultimately lift us off the ground. Finally we will examine how in harnessing gravity one can find freedom in the hanging sphere. We will move slowly so that the participant has the time to incorporate the principles into their body.

### **Rope: Ramping Up for Advanced: Linking Set Choreography from the Floor to the Hanging Sphere**

Kevin O'Connor

\$130 (limit 20)

A: Mon. Aug. 1 through Fri. Aug.5. 3:30 PM-5:00 PM (FFP Studio) **OR**

B: Mon. Aug. 8 through Fri. Aug.12. 11:00 AM- 12:30 PM (Dairy)

Note: 2 different class locations for Week A and Week B

Using suspended ropes, movement material will be offered that explores ways to transition from the floor to hanging sphere in a fluid manner. In doing so we will transition movement from horizontal to the vertical realm. Through set phrases we will explore how the undulating spine recycles kinetic energy and can ultimately lift us off the ground. We will also explore how functional architect and the placement of external supports (hands and feet) aids in the transition from the floor to the hanging sphere. Finally we will examine how in harnessing gravity one can find freedom in the hanging sphere and ultimately create powerful and dynamic movement without strain. Gradual addition of movement phrases to each other will lead to long phrases intertwining the different principles from the floor, through standing and into climbing, all in relation to the vertical ropes.

Pre-Requirement: This course is for experienced aerialists who can climb and invert with ease.

### **Stilts – Beginning (Week A only)**

Alessandra Ogren

\$130 (limit 18)

A: Mon. Aug. 1 through Fri. Aug.5. 11:00 AM – 12:30 PM

Dairy Performance Space

Stilts are for flying: Walk, dance, flip and fly. Examining the exaggerated body in space. No previous experience for this class! Exploring stilt work from the basics and beyond this beginning level class focuses on the technical aspects of walking, rolling patterns, balancing positions, and creative transitions from group to air. Working with partners and aerial apparatus, we work to find freedom of movement and expression through our larger than life limbs.

### **Partner Static Trapeze – Beginning (Week B only)**

Alessandra Ogren

\$130 (limit 16)

Mon. Aug. 8 through Fri. Aug.12. 1:30 PM – 3:00 PM

Dairy Performance Space

This class will be an introduction to the static trapeze with a special focus on partnering with another person. We will explore how to create movement, shapes and moods on a static trapeze. While learning basic safety and technique we will explore how do you share the intimate space between 2 ropes and a bar with 4 hands and 4 feet? No previous experience for this class!

### **Wings of Steel (A or B)**

Catherine Bedell

\$100 (limit 20)

A: Mon., Aug. 1 through Fri., Aug. 5. 1:30 - 3 PM **OR**

B: Mon. Aug. 8 through Fri. Aug. 12. 9:00 – 10:30 AM

FFP Aerial Dance Studio

Get your body in first class shape with this aerial strength class! Developed by Frequent Flyers instructors five years ago, this class takes your performance to a higher level. Using trapeze, aerial fabric, and other fun apparatus, you will define your upper body strength, create abs to die for, and develop flexibility you didn't know you had. This aerial fitness class is perfect for beginners to professionals and improves your performance in any sport, aerial career, or physical movement. No pre-requisite to join, except a desire to have fun while becoming energized and super-fit. Must be 16+ years of age.

### **Artist Bios:**

**Catherine Bedell** began long ago as a student in the Frequent Flyers low-flying trapeze classes. Upon discovering that she felt most grounded while in the air she refused to get off the equipment. She now teaches classes and performs with Frequent Flyers Productions. Miss Bedell has also performed with Art As Action, Aircat Aerial Arts and Bob Davidson.

**Amy Christian** is a Founder and Artistic Director of Wise Fool New Mexico. She has been creating community puppet spectacles, circus extravaganzas and general mayhem in the streets as well as theatres, schools, parks, prisons, and libraries for over 20 years.

**Danielle Hendricks** spent her childhood climbing fences, trees, balance beams and rooftops in Fresno, California. She earned Bachelor of Arts degrees in Kinesiology and Dance from the University of Colorado at Boulder where she graduated in 1999. Danielle is currently a certified Pilates Instructor and teaches at Pilates Aligned, Inc. in Denver, CO. She is fortunate enough to have studied and performed with David Dorfman Dance, Gabriel Masson, Boulder Ballet, Helander Dance/Theatre, Evolving Doors Dance, Hannah Kahn Dance, Kim Olson/Sweetedge Dance, Jennifer Fagan Archer/Ascential Dance, and Katie Elliott/3rd Law Dance/Theatre. This is her 9th year dancing, choreographing, and teaching with the Frequent Flyers and she looks forward to many more!

**Steve Homsher** is an avid CI teacher and performer, and dances with *Tumblebones Contact Improvisation Collective*. Steve has a background in martial arts, gymnastics, mime, ballet, and performed aerial dance with *Frequent Flyers*. Steve is also a professional visual artist and carpenter. Steve teaches CI with clarity, precision, and a passion for cultivating efficient strength and effortless release. He has a particular interest in supporting dancers with personal feedback/coaching.

[www.tumblebones.com](http://www.tumblebones.com)

**Valerie Morris** has been a dancer since 1980 and became an aerial dancer in 1996 with Frequent Flyers. She has had the pleasure of performing with Movement Laboratories, Lancaster Ballet, Boston Ballet, CU Dance Department, Boulder Ballet, Frequent Flyers Productions, Wellington Circus Trust (faculty and board member, NZ), AeroTerra (director, NZ), and Empress Stiltdance (performer, NZ). In 2009, she happily returned to Frequent Flyers Productions after a four-year hiatus in New Zealand. Her secret life as a scientist keeps her busy during the day, using stable isotopes to unlock the secrets of global climate change. In her free time, she is taking classes at CU to see what else she can do with her combined passion for science and people.

**Susan Murphy** began studying low-to-the-floor dance trapeze with Terry Sendgraff in Berkeley, CA in 1978. Susan holds a Master's degree in modern dance from Mills College in Oakland, CA and is a Certified Movement Analyst through the Laban Institute for Movement Studies in New York City. She performed with Robert Davidson at Lincoln Center in 1988. and taught modern and aerial dance at the University of Georgia. In 2002, Susan and her husband Don Carson, envisioned and built Canopy Studio, a community aerial arts center in Athens, GA. Susan served as Executive Director of Canopy until she moved to the coast of GA in 2009, where she and Don plan to build a small studio-by-the-marsh. She currently teaches workshops around the country, (including the *New England Center for Circus Arts, A-WOL Studio and D.A.I.R. Studio*) integrating the principles of Shape and Effort analysis with aerial choreography.

**Kevin O'Connor:** Versatile in dance, circus arts, and choreography, Kevin O'Connor continues to integrate these forms into his work. Kevin O'Connor grew up in London Ontario where he was immersed in music, dance and visual arts from a young age. After completing a Bachelor of Science in Natural Resource Conservation in Vancouver, he devoted his time to both circus and dance training. He moved to Europe where he began his training with the master teacher Frey Faust, learning movement principles of the Axis Syllabus. He trained for two years at the national centre for circus arts in London England. He then moved to Montreal, where he completed a Diploma in Circus Arts from the National Circus School of Montreal. He specialized in corde lisse and minored in clown. Kevin has worked in New York City as a dancer for Bessie Award winning choreographer Noemie Lafrance, has worked in opera with director Lech Majewski and has worked with numerous San Francisco Bay area choreographers. Kevin receives funding from the Ontario and Canadian arts councils to create his own evening length multi-media aerial/ dance pieces (The Sunlight Zone in 2009, Caboose, current). Since 2006 Kevin has been invited to teach his blend of axis syllabus, contact improv and aerial rope at international festivals around the world. Kevin is currently pursuing an MFA in choreography and currently teaches contemporary dance classes and lectures at the University of California Davis. [www.kevinoconnor.ca](http://www.kevinoconnor.ca)

**Alessandra Ogren** has performed, taught and choreographed aerial arts and stilts since 1996 in many cities in the U.S., Mexico and India. Through her commitment to circus arts thousands of children and adults learned to walk on stilts! Alessandra studied stilts with David Clarkson from Stalker Theatre in Australia, and worked under his direction to create Flexion, a Wise Fool stilt/aerial performance which continues to tour nationally. She is a co-founder of Wise Fool New Mexico and integral in creating the Walking Tall Youth Circus Program in Miami, FL. She is currently Artistic Director of The Peñasco Theatre, a project of Wise Fool New Mexico that serves the under-resourced rural community in Peñasco New Mexico.

**Sarah Poole** is an aerial coach and teacher at the *École nationale de cirque* in Montréal, currently coaching aerial fabric, rope, dance trapeze, fixed trapeze and flexibility. Originally trained in ballet, Sarah studied modern dance at SMU in Dallas and the London Contemporary Dance School. As a contemporary dancer, Sarah has performed as a member of Gabriel Masson

Dance, the New York Baroque Dance Company (under the direction of Catherine Turocy) and the Ellen Sinopoli Dance Company, as well as frequently collaborating with independent choreographer Mary Suk. Her aerial journey began in Montréal when she was invited to perform in a project that mixed contemporary dance with work in aerial fabric. She continued to train and create in aerial fabric and on dance trapeze, later frequently performing in corporate events across Canada and in productions at the TOHU in Montréal. She holds a certification in aerial coaching (AEC) from the *École nationale de cirque*. Her aerial fabric teaching has been profoundly influenced by her continuing work with Frédérique Debitte, both at the Aerial Dance Festival and abroad.

**Jeff Rusnak** is currently serving as the Frequent Flyers' Head Rigger. This will be the 11th Aerial Dance Festival as head rigger. Mr. Rusnak is the Associate Technical Director for the CU Opera department. There, he builds and implements all of the scenic, rigging, and automation systems involved in the program. Mr. Rusnak has worked extensively in the Denver area as a freelance stage technician, doing scenic carpentry, design, rigging, and rigging installations.

**Elsie Smith & Serenity Smith Forchion** are identical twins specializing in aerial acrobatics. The twins choreograph for circus, dance & theater and offer workshops and residencies to circus schools, dance companies and performers. They have taught and performed with many well known companies including a 4 year tour on Cirque du Soleil's *Saltimbanco*, as well as Ringling Bros. & Barnum & Bailey Circus, the New Pickle Circus, Pilobolus, the Actor's Gym, Circus Juventus, Umo Ensemble, Circus Smirkus, Air Dance Bernesconi, University of GA CORE Dance Company, Sea World San Antonio & Canopy Aerial Dance Studio. In 2003 they founded NIMBLE ARTS, their Vermont based trapeze & circus school that transitioned into the New England Center for Circus Arts in 2007. The two continue to teach at NECCA and work as Artistic Director and Executive Director of the growing school. They also have an active performing career, and have received a Special Award at the China Wuqiau Internat'l Circus Festival and the Bronze Medal at the 1st Internat'l Festival de Circo en Albacete, Spain.

**Nancy Smith** is the founder and artistic director of Boulder, Colorado, based Frequent Flyers Productions since its inception in 1988 and the *Aerial Dance Festival*. Based in Boulder since 1985, she has taught low-flying trapeze and releasing technique around the US. Her work with Frequent Flyers Productions has been seen in Boston, New Orleans, Utah, San Francisco, Montreal, the Bahamas, and throughout Colorado. She has received numerous awards and honors including: *Women Who Light the Community*, "Cutting Edge" Award from the Colorado Dance Alliance, the Boulder County *Pacesetters Award for Arts and Entertainment*, a Neodata Endowment Fellowship in Dance, and the "Arts Innovation Award" from the Colorado Federation of the Arts. Along with co-author, Jayne Bernasconi, she has written the first book on *Aerial Dance*.

**Gretchen Spiro** is a dancer, yoga instructor, Gyrotonic® trainer, and dance therapist from in Boulder, CO. With a BFA in dance from Cal Arts and an MA in Dance Therapy from Naropa, she works with the parallels between personal exploration and the process of artmaking. She discovered Contact Improvisation in 1983, and is the founder of *Tumblebones CI Collective*. Her teaching is rich with metaphor, humor, and fiery enthusiasm.