



**Sunday  
September 8th**

## **Immersion Workshops**

Join the cast of Cirque Us: Stories  
for a special day of immersion workshops!



This is a rare opportunity to expand your  
knowledge, immerse yourself and learn  
something new from a professional circus artist.

**Multi class discounts available.**

We have a little bit of everything to offer so don't  
miss your chance...space is limited!

**Visit [uvcircus.com](http://uvcircus.com) for details  
REGISTER today!**

# Workshop Schedule

9:00- 9:55	Intro Lyra	Fabric Flex	Intro Handstands
10:00-10:55	Duo Lyra	Aerial Musicality	Flex-Intro Contortion
11:00-11:55	Intro Straps	Aerial Struggle	
12-12:55	Stylish Spins	Intro Clowning	
1:00-1:55	Lyra Level Up	Dance Trap	Int/Adu Handbalance
2:00-2:55	Aerial Combos	Intro to Pacro	Hula Hoops
3:00-5:00	Open Gym - Aerials, Acro & Juggle Jam! (Must have experience as a UVCC participant)		

Register at  
**UVCIRCUS.COM**  
or  
**Scan the code**



# Workshop Descriptions

## **Intro to Lyra - Maia**

In this workshop we will cover the foundations of lyra, also known as aerial hoop. This is a sequence based class and students will learn skills through choreography that takes them under, inside, and above the hoop. We will begin with basic skills including man in the moon, mermaid, and amazon, along with progressions that will help students work towards more difficult skills.

Pre-requisites: None

Maximum Participants: 10

## **Fabric Flexibility - Tyler**

This is an introductory level workshop combining contortion and aerial technique. Participants will learn how to safely develop the forms of flexibility most commonly used in aerials, as well as basic silks combos to highlight that flexibility. Pending participant level, the contents of this workshop can range from intro to advanced combos including split and straddle balances. If the studio is interested in this being more open apparatus, that can also be accommodated

Pre-requisites: We recommend previous aerial experience.

Maximum Participants: 10

## **Aerial Musicality - Tyler**

This open-level workshop will focus on exploring the relationships between the aerialist's performing body, the music, and the audience. Participants will also learn how to use the concepts of tempo and visual texture to design aerial choreography that can effectively communicate their artistic intentions through performance. While taught primarily with silks, participants are welcome to use other apparatus pending approval by the studio.

Pre-requisites: Participants must have completed the Intro level of their studio's classes, as this workshop is designed around the ability to complete a full aerial sequence.

Maximum Participants: 10

## **Intro to Duo Lyra - Maia**

In this workshop, students will learn how to share the hoop with a partner. We will start with an aerial warmup and then transition into learning skills in a sequence based format. Students should be comfortable being in close contact with other students or come with a partner.

Pre-requisites: We recommend previous aerial experience

Maximum Participants: 10

### **Intro to handstand - Maeve**

This workshop focuses on the fundamentals of safe and effective handstand practice. Participants will learn how to improve proprioception and cue the correct muscles to control handstand alignment. The workshop will also address common mistakes in handstand training.

Pre-requisites: None

Maximum Participants: 15

### **Flexibility: Intro to Contortion - Maeve**

This contortion workshop is for students who are interested in beginning to train contortion specifically or for those who are just wanting to explore more drills and tools to help gain more flexibility for training their other disciplines! We will be working splits, straddles, shoulders, and back in our active and passive range.

Anyone is welcome!

Pre-requisites: None

Maximum Participants: 15

### **Stylish Spins - Squid**

This straps workshop will explore a variety of two arm and one arm spinning techniques. Flares and spinning inversions, centered spins, weird leg shapes- there are so many ways to dance within the spin. Open to all levels, this workshop will focus on understanding how to work with the physics of spinning as your partner.

Pre-requisites: comfortable 20 second two arm hang, comfortable 10 second one arm hang if applicable/ interested in one arm skills. No inversion necessary, but helpful

Maximum participants: 6

### **Intro Straps - Squid**

Students will learn the foundations of aerial straps. We will cover introductory moves and work towards more intermediate moves and beats.

Pre-requisites: We recommend previous aerial experience

Maximum Participants: 6

### **Intro to Clown - Mariah Fraker**

Come get silly with the clowns of Cirque Us. This workshop will include improv games, gag-writing, slapstick, pratfalls and more! This workshop is perfect for anyone wanting to grow as a performer or step out of their comfort zone. No experience required.

Pre-requisites: None

Maximum Participants: 15

### **Aerial Struggle - Mariah Fraker**

Aerial Struggle is a class where participants do not have to worry about nailing specific tricks or looking pretty on any particular apparatus. It is a class for all ages and all abilities and all levels of experience. Anyone can participate. Aerial can be a very difficult discipline and often students shy away from trying it because they fear they are not strong enough or not flexible enough, or that they won't look good doing it. In this class, we encourage exploration and trying new things, while celebrating all the mistakes, tangles, heaves, grunts, and hoists that naturally come with doing aerials. Although the focus of this class is not act creation, we explain how clambering around on, getting tangled up in, and struggling with an aerial apparatus can make for a good performance, regardless of what you may or may not already be able to do.

Pre-requisites: We recommend previous aerial experience.

Maximum participants: 10

### **Lyra Level-Up - Tyler**

This workshop will aid participants to understand safe and effective progressions towards training higher-level lyra technique. Skill types will include strength (levers and meat hooks), dynamics (elbow and hip circles), hangs (foot and heel), and fast spins.

Pre-requisites: Must be comfortable with straddle-ups. Recommended to have the equivalent of Level 2 or Intermediate training at primary studio.

Maximum Participants: 10

### **Intro to Dance Trapeze - Maia**

Students will learn the foundations of dance trapeze, beginning under the bar and working up to the ropes! We will cover introductory moves such as birds nest, mermaid, and coffin, and work towards more intermediate moves like gazelle roll up, mill circles, and Russian rolls. This class will also include an introduction to spin technique.

Pre-requisites: We recommend previous aerial experience

Maximum Participants: 10

### **Intro to Partner Acrobatics (Pacro) - Maeve**

In this workshop we will focus on the foundations of partner acrobatics, counterbalances/weight sharing, basic pyramids and lifts, and working on 2 highs and other 2 high progressions/variations.

Pre-requisites: Students should have some previous ground acrobatic experience.

Maximum Participants: 16

### **Aerial Combos - Tyler**

This is an intermediate level workshop suitable for fabric students who are comfortable with basic drops and dynamic elements looking to spice up their performances. Rather than being purely technique-oriented, this workshop will teach students how to get the most out of their existing vocabulary whether they are aspiring for flow and ambiance or choreographed pieces.

Pre-requisites: Participants must have completed the Intro level of their studio's classes, as this workshop is designed around the ability to complete a full aerial sequence.

Maximum Participants: 10

### **Intermediate/Advanced Hand Balancing - Maeve**

This handstand workshop will dive deeper into technique and skill building for more experienced hand balancers. We will cover drills working towards one arm handstands, press handstands, work on passing through and experimenting with new shapes and more.

Pre-requisites: Students should be comfortable kicking up away from the wall and holding their handstand for 5-10 seconds.

Maximum Participants: 15

### **Intro to hula hoop - Maia**

This workshop is an introduction to acrobatic hula hoop technique. Participants will learn how to manipulate hoops on the hand, foot, and body. The workshop will also cover various styles of hoop vocabulary, from isolations and tosses to multiple hoop shapes and formations, in addition to considerations of how to combine those elements within choreography.

Pre-requisites: None

Maximum participants: 15

### **Open Gym - Tyler, Maia, Maeve, Mariah & Squid**

This is for past UVCC participants who have been to our past camps, and workshops and would like to spend more time in the gym. Join us for an informal Open Gym with supervised aerial time on various apparatus from fabric, lyra, trap, strap and rope to juggle balls, clubs, acro, tumble and clowning!

Maximum participants: 35

