

European Aerial Dance Festival

5th - 17th August at The Point, Eastleigh

The EADF is an inclusive festival providing engagement with aerial dance for people of all levels & abilities.

Week 1 5 day courses: Monday 5th - Saturday 10th August

All levels Explorers only Explorers / Improvers Improver Upwards Intermediate Upwards Skilled / Advanced

| Times | SPACE A Stage | SPACE B Auditorium | SPACE C Dance Studio | SPACE D Creation Space | SPACE E School Hall | Weekend Specials |
|-----------------|---|---|---|---|---|--|
| 9.00- 10.00am | Warm Up Free Space | Warm Up VAYU Aerial Yoga LC | Warm Up Yoga LC | Warm Up Dance ML | Cyr Wheel (Tech) 8.30am - 10am MG/SB | Saturday Dance Class Pic n mix options Sat 9am - 10am ML |
| 10.15 - 11.45am | Multi Corde (Tech) SR & ANC | Counterweight Harness (Tech) CMC/KC | A GYROTONIC® BASED MOVEMENT CLASS LC | Fabric (Tech) SP/VM | Cyr Wheel (Tech) MG/SB | Multi Corde Pic n mix options Sat 10.15am - 12.15pm SR/SH |
| 12.00 - 1.30pm | Vertical Dance (Tech) LB/ML | Counterweight Harness (Tech) CMC/KC | | Fabric (Tech) LL/LB | Cyr Wheel (Tech) Improver - intermediate upwards MG/SB | Cyr Wheel Workshop Pic n mix options Sat 10.15am - 1.15pm MG/SB |
| 1.30 - 2.30pm | LUNCH | LUNCH | Warm Up Dance LC/ML | LUNCH | | Counterbalance Aerial Fabric Pic n mix options Sat 12.30pm - 2.30pm CMC/ANC |
| 2.30 - 4.00pm | Vertical Dance Doubles (Tech) LC | Fabric (Tech) LB/SH | Acrobatics & Hand Balance SB/MG | Corde Lisse (Tech) DP/VM | | Double Cloud Swing Pic n mix options Sat 2.45pm - 4.45pm SR |
| 4.15 - 5.45pm | Vertical Dance (Tech) KC/SG | Aerial Dance Trapeze (Tech) SP/CMC | Massage & Stretch Suitable as a Warm Down ML | Aerial Dance Harness (Tech) LB | | Stretching & Massage Pic n mix options Sat 4.45pm - 5.45pm ML |
| 6.00 - 7.30pm | Vertical Dance & Aerial Dance Harness Act Creation LB/KC | Aerial Dance Trapeze (Tech) SP/SG | Contact Improv Suitable as a Warm Down ML | Performance & Act Creation CMC/DP | | Gravity & Levity Aerial Tutors Showcase Sat 6.45pm |
| 7.30 - 8.30pm | | Warm Down VAYU Aerial Yoga LC | Warm Down Flex + Stretch SP | | | Sunday Upside Down Noise Voice and Aerial/Acro Sun 10am - 4pm MW |
| | | | | | | Anatomy of an Aerialist Practical Anatomy in the air Sun 10am - 4pm GC/LB |
| | | | | | | Saturday & Sunday Rigging Fundamentals for Aerial Performance Sat 10am - 3pm & Sun 10am - 4pm BD |

Tutors

| | | |
|------------------------------|---------------------------|---------------------------|
| CMC Chantal McCormick | ML Magalie Lanriot | SE Simon Edward |
| KC Kat Cooley | SB Sacha Blanchard | DP Danilo Pacheco |
| LC Lorna Chapman | SG Suzon Gheur | LC Lee Clayden |
| LB Lindsey Butcher | SH Shereen Hussain | BD Bryan Donaldson |
| LL Lydia Lara | SP Sarah Poole | MW Mish Weaver |
| MG Mark Glover | SR Saar Rombout | GC Gary Carter |

European Aerial Dance Festival

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The EADF is an inclusive festival providing engagement with aerial dance for people of all levels & abilities.

Week 2 5 day courses: Monday 12th - Saturday 17th August

All levels Explorer Improver Upwards Explorers / Improvers Intermediate Upwards Skilled / Advanced

| Times | SPACE A Stage | SPACE B Auditorium | SPACE C Dance Studio | SPACE D Creation Space | SPACE E School Hall | SPACE F Conference Rm |
|-----------------|---|---|---|--|---|--|
| 9.00- 10.00am | Warm Up Body Conditioning for Harness KL | Warm Up VAYU Aerial Yoga CMC | | Warm Up Dance ML | Warm Up Cyr Wheel Clinic MG/SB | |
| 10.15 - 11.45am | Vertical Dance (Tech) KL/ML | Lyra/Hoop (Tech) ANC/LL | | Aerial Dance Harness LB | Cyr Wheel (Tech) MG/SB | Katy Chambers Physiotherapist 10am - 6pm Sunday 11th Monday 12th Tuesday 13th |
| 12.00 - 1.30pm | Vertical Dance (Tech) KL/KC | Lyra/Hoop (Tech) ANC/SH | Contact Dance (Tech) ML | Corde Lisse (Tech) SP/SR | Cyr Wheel (Tech) Improver - intermediate upwards MG/SB | |
| 1.30 - 2.30pm | LUNCH | LUNCH | Warm Up Yoga JW | LUNCH | | |
| 2.30 - 4.00pm | Vertical Dance Rep/ Creative LB | Counterweight Harness (Tech) CMC/KC | Acrobatics & Hand Balance MG/SB | Fabric (Tech) SP/LL | | |
| 4.15 - 5.45pm | Vertical Dance & Aerial Dance Harness Act Creation LB/KL | Counterweight Harness (Tech) KMC/KC | Massage & Stretch Suitable as a Warm Down ML | Fabric (Tech) LL/SH | | |
| 6.00 - 7.30pm | Cocoon Tech & Creative KC | Aerial Dance Trapeze (Lab) SP | Hula Hoop (Tech) SH | Performance & Act Creation CMC | | |
| 7.30 - 8.30pm | | Warm Down VAYU Aerial Yoga LB | Warm Down Flexibility SP | | | |

Weekend Specials: Week 2

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|-------------------------|---------------------------------------|
| Sat 10th from 6.45pm | Social event & Performance |
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| Tutors | |
|------------------------------|----------------------------------|
| CMC Chantal McCormick | SB Sacha Blanchard |
| JW Jo Welch | SG Suzon Gheur |
| KC Kat Cooley | SH Shereen Hussain |
| KL Kate Lawrence | SP Sarah Poole |
| KC Katy Chambers | SR Saar Rombout |
| LB Lindsey Butcher | SE Simon Edward |
| LL Lydia Lara | AnC Aisling ni Cheallaigh |
| MG Mark Glover | BD Bryan Donaldson |
| ML Magalie Lanriot | MW Mish Weaver |
| | GC Gary Carter |