



New England Center for Circus Arts

# Fall Circus Workshop Weekend

## November 8-10, 2019




2 hour workshops are \$50 | 3 hour workshops are \$65

There is a one-time \$20 registration fee that grants access to extra forums, discussions, shows, and training time throughout the weekend!

### Friday, November 8th

9:00 AM - 12:00 PM			<ul style="list-style-type: none"> <li>• Hand Balancing: Beyond the Basics</li> <li>• Snaking on the Lyra</li> </ul>
1:00 PM - 3:00 PM	<ul style="list-style-type: none"> <li>• Intro to Hand Balancing</li> <li>• Pole</li> </ul>	WP Gym ⇒	• Fabric Sequencing: Look, Ma, No Hands!
3:30 PM - 5:30 PM	<ul style="list-style-type: none"> <li>• Backbending: An Exploration</li> <li>• Intro to Static Cloud Swing</li> <li>• Crafting Your Work for Jugglers</li> </ul>		• Circus Performance: Presence & Intention
7:30 PM - 9:30 PM	<i>Almanac Dance Circus Theatre presents "XOXO MoonGirl" - \$25/15/10</i>		

### Saturday, November 9th

8:30 AM - 9:00 AM	 Breakfast plus Meet & Greet   @WP Gym		
9:00 AM - 10:00 AM	 Keynote Address with Q&A: Making Circus That Matters   @WP Gym		
10:30 AM - 12:30 PM	<ul style="list-style-type: none"> <li>• Accessory Conditioning for Circus</li> <li>• Lyra Flow</li> </ul>	WP Gym ⇒	• Acrobatic Play
10:45 AM - 12:45 PM	<ul style="list-style-type: none"> <li>• Post &amp; Hang on Fabric</li> </ul>		
12:30 PM - 1:30 PM	 Book Signing with Patrick Leroux: "Contemporary Circus"		
1:30 PM - 3:30 PM	<ul style="list-style-type: none"> <li>• Intro to Tightwire</li> <li>• Core of the Acrobat: Tools for Spine Mobility and Pelvic Balance</li> <li>• Wrapped-n-Strapped</li> <li>• Static Trapeze: Technique of Dynamics</li> </ul>	WP Gym ⇒	<ul style="list-style-type: none"> <li>• Partnering on Lyra</li> <li>• Intro to Hand Balancing: Refresher</li> </ul>
4:00 PM - 6:00 PM	<ul style="list-style-type: none"> <li>• Technical Foundations for Vertical Apparatus</li> <li>• Intro to Chinese Pole</li> <li>• Straps Conditioning: Come One, Come All</li> </ul>		• Clown: Physical Characters & Physical Comedy
8:00 PM - 9:30 PM	<i>Show: Circus Cabaret - \$10</i>		

The Winston Prouty (formerly Austine) Gymnasium is located at 60 Austine Dr.




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### Sunday, November 10th

9:00 AM - 12:00 PM	<ul style="list-style-type: none"> <li>• Catch &amp; Release on Rope</li> <li>• Trampoline &amp; Tramp Wall: The Next Steps</li> <li>• Dancing on the Tightwire</li> <li>• Static Cloud Swing: Beyond the Basics</li> </ul>	WP Gym ⇒	<ul style="list-style-type: none"> <li>• Vertical Release Moves: Progressions and Peer Spotting</li> </ul>
10:00 AM - 12:00 PM	<ul style="list-style-type: none"> <li>• Intro to German Wheel</li> </ul>		<ul style="list-style-type: none"> <li>• Collaboration &amp; Devising: On the Ground</li> </ul>
12:00 PM - 1:00 PM	 Brown Bag Lunch Discussion: Making Circus the Matters		
1:00 PM - 3:00 PM	<ul style="list-style-type: none"> <li>• Flying Trapeze All Levels</li> <li>• Intro to Chinese Pole</li> <li>• Partnering on Trapeze: The Next Steps</li> <li>• Rope Research Works!</li> <li>• Shoulders for Circus</li> </ul>	WP Gym ⇒	<ul style="list-style-type: none"> <li>• Collaboration &amp; Devising: In the Air</li> </ul>
3:00 PM - 5:30 PM	 Open Training & Networking		
3:30 PM - 5:30 PM	<ul style="list-style-type: none"> <li>• Flying Trapeze All Levels</li> </ul>		
7:00 PM - 9:00 PM	 Beta Night: A Presentation of New Acts   Theme is "Darkness"		

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[www.necenterforcircusarts.org](http://www.necenterforcircusarts.org) • 10 Town Crier Drive, Brattleboro VT 05301