

Aerial dance workshop by öff öff productions, Bern
(www.oeffoeff.ch)

Date: 23rd and 24th of January 2010
Time: 09.45am-04.45pm both days (with 1 hour lunch break)
Price: 140 Chf for professionals (actors/dancers/aerialists and tap members)
160 Chf for "normals"
Place: öff öff's rehearsal space in Kappelen, near Lyss

Are you a professional dancer, actor, or a sportive and curious person wanting to learn about aerial dance? Experiencing dancing suspended up in heights? Pushing yet respecting your own limits? Feeling the excitement and challenge of moving on a plane where gravity is different?

Technique, creativity and safety in the air

In our workshop we will introduce you to the following disciplines:

1. Fabric (Vertical Tuch)
2. Harness-work (also called wall-dance)
3. Acrobatic bungee with trapeze
4. Safe handling of the materials and safe approach to working up in the air

We will teach you some technical basics in each discipline and practice some existing "tricks". We will also work on these disciplines creatively, improvising with the materials in the air to allow you to develop your own approach and style and maybe even come up with a few "tricks" of your own! Our approach emphasizes dancing in the air, in an individual way. We are not looking for the perfect acrobat.

Both beginners and more experienced aerialists can participate. Depending on the experience level of the participants we might work in two groups at times.

Every participant needs to have their own accident insurance. In case of an accident öff öff will not take liability for it.

Only **limited amount of participants** accepted for safety reasons.

Reservation, Anmeldungen and more info per e-mail: jenni@oeffoeff.ch