



Aerial Dance Workshops with öff öff in Kappelen

Basic Aerial Dance Workshop (Level 1)

Introduction into: harness work, fabric (tissu), acro-bungee + trapeze

In each discipline: technique, creativity, improvisation and safety in the air
For healthy, sporty people (professionals and hobby-movers alike)

Saturday & Sunday (9.45h-16.45h)

Prices:

180 CHF for professional dancers, actors, circus artists and students

220 CHF for others

Advanced Aerial Dance Workshop (Level 2)

Advanced, in-depth work on aerial disciplines: harness work incl. counter balance work, fabric (tissu), acro-bungee.

In each discipline: deepening the existing skills, work according to individual student's needs. Possible coaching on an existing number if a student wishes.

For stage professionals (dancers, aerialists, performers, actors) who:

- 1) ideally have already done the basic aerial dance workshop with öff öff or
- 2) have extensive previous knowledge and experience of aerial skills and/or a degree from a circus school (specialization in any two aerial disciplines).

Saturday & Sunday (9.45h-16.45h)

Price: 220 CHF

Teachers: Heidi Aemisegger, Alexa von Wehren, Laura Tikka

Co-ordination, information & bookings: Jenni Arne (jenni@oeffoeff.ch)

Important: insurance is up to the participant himself