



Frequent Flyers®
Aerial Dance

21st Annual International

Aerial Dance
Festival 2019

July 28-August 9



**JOIN THE MOVEMENT
FIND YOUR TRIBE**

*Frequent Flyers® Aerial Dance
21st Annual International
Aerial Dance Festival 2019
July 28- August 9, Boulder, Colorado*

- Scale new heights.
- Meld your skills in a cauldron of new ideas and approaches.
- Connect heaven & earth through breath, body and apparatus.

This year's faculty has been carefully chosen to take you on an amazing journey. Don't miss a truly unforgettable experience of airborne dance.

Registration / Information: frequentflyers.org
303-245-8272

FACULTY/ARTISTS:

Jenn Bruyer
Megan Cattau
Terry Crane
Danielle Garrison
Delbert Hall
Danielle Hendricks
Valerie Morris
Elsie Smith
Nancy Smith
Yuki Tsuji

**FREQUENT
Flyers®
AERIAL DANCE**

Aerial Dance Festival 2019

Welcome to the Aerial Dance Festival 2019

Where you'll scale new heights.

Meld your skills in a cauldron of new ideas and approaches.

- Connect heaven & earth through breath, body and apparatus.

Join the movement! Find your tribe....

This year's faculty has been carefully chosen to take you on an amazing journey.

The Festival is produced by Frequent Flyers® Productions, Inc., a non-profit, aerial dance company.

We hope you find this iBook useful in navigating all your fabulous experiences during ADF 2019.

Meet and Greet/ Opening Reception/ Student Orientation

FREE

Sunday, July 28, 6-7:30 pm

Frequent Flyers Aerial Dance Studio 1

3022 E. Sterling Cir. #150, Boulder

- Food, fun, plus lots of valuable info.
- Meet the faculty, learn about the classes, and your fellow students!
- Be the first to buy an ADF 2019 t-shirt and other Frequent Flyers swag.
- Those who attend have a chance to win vintage ADF t-shirts and other prizes!
- This is a great way to coordinate transportation and carpooling during the Festival.

Only coming for Week B?

Check in after the Showcase Performance

Sunday, Aug. 4

3:45 pm (immediately following the Showcase Performance)

Dairy Arts Center

Questions about your classes or other info you might need before you start your week of classes at the Festival? Immediately following the August 4th, 2 PM performance on Sunday (around 3:45 - 4pm), we'll have a table at the Dairy Arts Center. This is not a mandatory check in, only if you have questions about your schedule or need to fill out your waiver and meet some FFP staff.

Contact Information

Please let us know if you have any other questions.

- Phone: 303-245-8272
- Email: office@frequentflyers.org
- [FFP Website](#)

See you soon!

Sponsors

The Aerial Dance Festival 2019 is sponsored in part by the University of Colorado Department of Theatre and Dance, the National Endowment for the Arts, the Boulder County Cultural Council of the SCFD, Boulder Arts Commission, Colorado Creative Industries, Brock Media / Boulder Magazine

ADF 2019 Faculty Artists

[Jenn Bruyer](#)

[Megan Cattau](#)

[Terry Crane](#)

[Danielle Garrison](#)

[Delbert Hall](#)

[Danielle Hendricks](#)

[Sophia Kozak \(Actors Fund\)](#)

[Valerie Morris](#)

[Elsie Smith](#)

[Nancy Smith](#)

[Yuki Tsuji \(Thai Massage\)](#)

Helpful Information

Locations for Classes, workshops, events and shows:

Week A and Week B: classes, workshops, opening reception, and Intimate Encounters.

Frequent Flyers Aerial Dance Studios:

[3022 E. Sterling Circle, #150, Boulder, CO 80301](#)

FFP ADS 1 or FFP ADS 2

Week A only: classes and Performance Showcase

Dairy Arts Center

[2590 Walnut St., Boulder, CO 80302](#)

Gordon Gamm Theatre

Week B only: classes

[Theatre & Dance Building.](#)

[University of Colorado, Boulder campus](#)

CU 150 (ground level)

Things to bring for all classes:

A water bottle, snacks, notebook and writing utensil, clothes you are comfortable being upside down in and are easy to move in, and layers to keep muscles warm.

Class	What to Wear/Bring
Aerial Fabric	Footless tights or natural fiber leggings or sweat tuckable shirts; long sleeves or a long sleeve cover underarms and backs from fabric burns (and to smelling fresh as a daisy!)
Trapeze/Lyra	Pants or leggings to cover the back of your knees with sleeves (long or short) to protect underarms
Bungee	Bungee harnesses will be provided, but if you want to bring it. Plan to wear <u>multiple high-waisted</u> leggings over upper thighs and hips with bike shorts under them. Neoprene shorts, and sweatpants are also good.
Rope	Natural fiber leggings, sweatpants or jeans.
Rope & Harness	Harnesses will be provided, but if you have your own bring it. Plan to wear <u>multiple high-waisted</u> leggings over upper thighs and hips with bike shorts under them. Neoprene shorts, and sweatpants are also good.
Thai Massage	Bring a yoga mat and a pillow, if available.

High Altitude — Welcome to Colorado's High Country

Helping your body adjust

In Colorado, the skies are brighter, the snow is lighter, the skiing is better and the recreational opportunities are unparalleled. Much of this is because of the altitude.

The amount of oxygen in the air decreases progressively from sea level to the top of Mount Everest. You may not notice this or feel any effects until you get above 8000 feet, where the air is thin enough to make you a little breathless.

Your body needs time to adjust to these changes. Help it out by:

- Exercising in moderation for the first few days
- Drinking more water than usual
- Using alcohol in moderation. Alcohol may have a stronger effect on some people at higher altitudes
- Eating foods high in carbohydrates such as grains, fruits, and vegetables
- Avoiding salty foods

One in four visitors may experience mild altitude symptoms. The most common symptoms are headache, loss of appetite, occasional nausea, fatigue, and unusual shortness of breath. If you experience these symptoms, slow down. They go away in a couple of days for most people. If they become worse or other symptoms such as a persistent cough or increasing shortness of breathe develop, consult a doctor. Effective and easy treatment is available.

Make your stay in Colorado healthy and fun by taking care of yourself as you enjoy Colorado's high country.

Health And Oxygen Usage for Performers

When performing at an altitude of 4000 feet or above there are important health considerations that will help you avoid Altitude Sickness/Anoxia as well as other thin air ailments. These considerations include a change in diet and behavior as well as understanding how to use oxygen effectively during a performance. The following information will help you stay healthy and perform at peak levels.

What is Altitude Sickness? Any persons recently arriving at high altitudes from sea level altitudes may experience headaches, nausea, lack of appetite, low energy levels, cramping or heart palpitations. Regardless of physical health or stamina, these symptoms can strike anyone and can ruin your stay here. Persons living at or near sea level have less blood (6 quarts) and a higher cell serum concentration than persons who have been at high altitude (5,500 ft in Boulder, 7.5 quarts). Less and thicker blood cannot carry as much oxygen to muscle and brain tissue and since there is 30% less oxygen at 5,500 ft., a performer needs to increase his or her oxygen absorption abilities to avoid getting sick. There are three ways to increase oxygen metabolism.

1. Increase your blood count. After a day or two at high altitude your body begins manufacturing more blood cells to account for the deficiency of oxygen in the atmosphere. It takes at least six weeks to fully acclimatize and produce the blood you need. But every day you spend at high altitude is a little easier. The first two days are when altitude sickness is most likely to occur.

DO: Increase carbohydrate intake by 50%. Decrease fat intake. Increase sleep and rest. Vitamin supplements with iron and other minerals are a good idea. Treat other illnesses quickly.

DON'T: Start a low calorie diet, donate blood or serum, spend more time than necessary in mountain towns (many of which are near 10,000 ft., increasing the chance of sickness).

2. Thin the blood you have so that it can move through your circulation

system faster.

DO: Drink nearly twice as much liquid as normal. Juices, caffeine free sodas, electrolyte drinks are great. Take Aspirin if headaches or cramps even threaten (it thins the blood).

DON'T: Drink alcohol (or do use great moderation), it dehydrates the body and masks the symptoms of altitude sickness. Caffeine is a diuretic so don't drink much coffee. Don't stay up all night; you need more sleep at high altitude.

3. Breathing oxygen of a higher or pure concentration will alleviate anoxia symptoms. Oxygen masks can be used during performances to help you but realize that you can't perform with a mask on and any relief you get will be temporary. It is far more important to keep tabs on your health and diet and be aware of symptoms.

Getting Around the Festival

Come to the Opening Reception and if you don't have a car, find friends with cars and similar schedules. Or, rent a bike!

If you have enough time, public transportation may be an option.

***NOTE:** Students should not schedule back-to-back classes between CU and the Aerial Dance Studio, unless the student has a car/ride. Boulder is bike-friendly and has a public bus system.*

By Bike:

There are separate bike lanes on most roads in Boulder and multi use bike paths around the city. You can rent a bicycle by the hour through the [BCycle](#) bike program or per day through the [UBikes](#) rental program

By Bus:

Use the [RTD bus trip planner](#) for up to date bus schedules and

transportation maps

Housing Information

Frequent Flyers® Productions does not provide student housing. For additional information about other accommodations, call the Boulder Chamber of Commerce at 1-800-444-0447 or 303-442-1044.

You may also visit [Private ADF Student Group](#) on Facebook to network with other festival participants also looking for housing, transportation, or other shared things.

College Credit

The University of Colorado Boulder offers ADF students continuing education credit for ADF classes. Please email info@frequentflyers.org

Classes / Registration

Want to take more classes?

Register [here](#)

Registration & Fee Payment

Participants must be at least 12 years of age. An online liability waiver, photo release, and insurance form must be signed by each participant 18 or over, or by a legal guardian or parent if the student is under 18.

****Students will be placed on the waiting list if a class is full at time of registration.*

Students must register for the full week-long class as material is contiguous.

All Classes are ONE-WEEK and meet Monday – Friday.

A one-time \$20.00 registration fee is required for each student to cover administrative overhead.

IMPORTANT: For credit card payment and online registration:

You will set up an “account” for Frequent Flyers payments at [Mind Body Online](#).

First, pay \$20 registration fee (non-refundable) and after checking out and logging out, you then log back in and add your classes to your shopping cart.

Refund Policy

Please review the refund policy carefully.
The \$20 registration fee is not refundable.

Switching classes after registering is not permitted, except by requesting a refund (if the date allows) and re-purchasing the new

class at full price. Please read prerequisites and class descriptions carefully.

From May 28th through July 8th, 50% of the payment (minus the \$20 registration fee) is refundable.

After July 8th there are NO REFUNDS.

If you pay by check or money order, your refund will be made after the Festival finishes.

At a Glance: Classes Workshops Events & Performances

At a Glance Table Key

Color Key	Description
	3 hour Immersions
	Lunch & Dinner
	Workshops
	Events & Performances
	90 Minute Classes

Opening Reception / Meet & Greet / Student Orientation

FREE

Sunday, July 28, 2019 - 6:00 – 7:30PM.

Frequent Flyers® Aerial Dance

FFP-ADS 1

WEEK A: July 29-Aug. 3

Time	Place	Class/Workshop/Performance
9:00am - Noon	FFP-ADS 1	Immersion Lyra Elsie Smith
	FFP-ADS 2	Immersion Rope Terry Crane
	Dairy Gordon	Immersion Rigging (All Levels) Delbert Hall
12:00 - 1:00pm	Lunch	
1:00pm - 2:30pm	FFP-ADS 1	Dance Trap Sequencing Nancy Smith
	FFP-ADS 2	Fabric Fresh Skills Jenn Bruyer
	Dairy Gordon	Int/Adv Rigging Delbert Hall
3:00pm - 4:30pm	FFP-ADS 1	Dynamic Sling Jenn Bruyer
	FFP-ADS 2	Rope Beats Terry Crane
	Dairy Gordon	Rope & Harness Valerie Morris
4:30pm - 5:30pm	Dinner	

5:30pm – 7:00 pm	FFP-ADS 1	Lyra Up/Down Elsie Smith
	FFP-ADS 2	Fabric Witchcraft Jenn Bruyer
7:30pm – 9:00pm (except Intimate Encounters and Butterfly Lift workshop)	FFP-ADS 1	Intimate Encounters (Mon July 29)- 8-9:30 pm
	FFP-ADS 2	Thai Massage (Wed July 31)
		Time & Money Workshop (Thurs Aug 1)
	Dairy Gordon	Butterfly Lift Workshop (Sat Aug 3)- 10 -11:30 am
		Showcase Performances (Aug 2, 3, 4)

WEEK B: Aug. 5 - Aug. 9

Time	Place	Class/Workshop/Performance
09:00am - Noon	FFP-ADS 1	Immersion Bungee Danielle Garrison
	FFP-ADS 2	Immersion Fabric Jenn Buyer
	CU 150	Immersion Dynamic Dance Trap Megan Cattau
12:00 - 1:00pm	Lunch	
1:00pm - 2:30pm	FFP-ADS 1	Lyra Up/Down Elsie Smith
	FFP-ADS 2	Rope Facility with Abandon Terry Crane
	CU 150	Fabric Partnering Valerie Morris
3:00pm - 4:30pm	FFP-ADS 1	Partnering Lyra & Trap Elsie Smith
	FFP-ADS 2	Beginning Beats for Intermediate Students Terry Crane
	CU 150	Sling (Knotted Fabrics) Danielle Garrison
4:30pm		

4:30pm - 5:30pm	Dinner	
5:30pm - 7:00 pm	FFP-ADS 1	Conditioning Elsie Smith
	FFP-ADS 2	Rope Loop Terry Crane
	CU 150	Dance Trap My Favorite Partner Jenn Bruyer
7:30pm - 9:00pm	FFP-ADS 1	Thai Massage (Thur Aug 8)
	FFP-ADS 2	Collaboration & Company Building (Wed Aug 7)
	Dairy Gordon	



Classes

Class Structure

IMMERSIONS: 3-hour morning immersions Monday – Friday each week. 9 am - Noon

90-MINUTE CLASSES: Each class runs Monday - Friday.

- [Learn more about the ADF 2019 Faculty](#)
- [ADF 2019 Class Schedule at a Glance](#)

Week A



Immersions Week A

Monday, July 29 - Friday, August 2 — 9:00 am - Noon.

Immersion: Lyra & Tippy Lyra: The Art & Challenge of the Circle

[Elsie Smith](#)

\$300 (Limit 16)

Ages 14+

Monday July 29 – Friday Aug. 2

9 am - Noon

FFP ADS 1

Prerequisites: For students with a current and regular lyra practice (at least once a week), who can invert/pull over comfortably and repeatedly from the ground, invert in the air, do a single knee hang and hold a front balance (no hands!) for 15 seconds. Note that spinning is an element that will be explored and applied to choreographic sequences but is not required. Please bring long sleeves and have your back/belly and knees covered.

This workshop is a deep exploration and an opportunity to combine dropping, rolling and power skills. We'll work through technical drills and building blocks necessary for bigger skills while also exploring creative sequencing and the application of spin. We will explore the unpredictable and exciting "tippy" lyra, consider the differences between double and single point lyra, and try to answer the age old question "does size matter"?

Immersion: Vertical Rope Master Class

[Terry Crane](#)

\$300 (Limit 18)

Ages 14+ or with instructor permission

Monday July 29 – Friday Aug. 2

9 am - Noon

FFP ADS 2

Prerequisites: Intermediate/advanced. Students should have minimum 2 years experience with vertical single point apparatus, be able to do 4 pull-ups, and at least 2 straight arm straddle ups without swinging.

In this workshop, students will practice moving dynamically with a sense of ease and effortlessness on the vertical rope. We'll practice a progression of beats and exercises to generate momentum, and then explore using this momentum to maximum effect, either in flashy power moves or to wrap the rope hands-free. Over the course of the week we'll cover a huge breadth of rope vocabulary and choreography accumulated from decades of rope research, and discuss foundational principles for creating original technique for rope.

Immersion: Rigging (all levels)

[Delbert Hall](#)

\$300 (limit 25 students)

Ages 16+

Monday July 29 – Friday Aug. 2

9 am - Noon

Dairy Arts Center - Gordon Gamm

No prerequisites.

This workshop covers what every aerialist should know about aerial rigging - including: forces, dos and don'ts of common aerial hardware, breaking strengths of hardware, design factors and working load limits, mechanical advantage, inspecting aerial rigs/equipment, basic knots, and many other things related to safely rigging aerial effects. This workshop is intended for aerialists who want to know more about selecting hardware (and apparatus) for aerial work, installing it in a safe manner, inspecting it, cleaning and storing it, and finding and communicating with aerial riggers.

90-MINUTE CLASSES: Week A

These classes meet in either Week A or Week B. NOTE: Classes with the same title that are offered in both weeks are the same class, just in a different time slot.

Aerial Rigging - Advanced (Week A only)

[Delbert Hall](#)

\$150 (limit 18)

Ages 18+

Monday July 29 -Friday Aug. 2

1:00 pm - 2:30 pm

Dairy Arts Center - Gordon Gamm Theatre

This workshop is for studio owners (covering liability, insurance, inspections and other topics of importance to studio owners); aerial riggers (rigging practices and hands-on practice rigging different apparatus); and anyone wanting to make or repair aerial apparatus (swaging wire ropes, splicing fiber ropes, and advanced rope-craft). This workshop will cover lots of different rigging systems and situations. This workshop will help you take your rigging and understanding of aerial rigging to the next level.

Dance Trapeze Sequencing: Making Meaning – Intermediate (Week A only)

[*Nancy Smith*](#)

\$150 (limit 18)

Ages 15+

Week A: Monday July 29 - Friday Aug 2

1:00 pm - 2:30 pm

FFP ADS 1

Prerequisites: Students should have at least 1 to 2 years of regular training on single-point trapeze and/or other horizontal aerial apparatus.

Starting with a set phrase on the dance trapeze and then exploring ground-to-air and back again transitions, we'll find different movement modalities (effortlessness, momentum, interruption and more) to find your artistic "meat on the bone." We'll also explore the poetic / visual / sensory stimulus to deepen the experience. Shake it up / break it up / turn it around. By the end of the week, you'll have your own detailed sequence and story / poem / epic journey.

Fabric - Fresh Skills and Ideas - Intermediate (Week A only)

[Jenn Bruyer](#)

\$150 (Limit 18)

Ages 13+

Monday July 29 - Friday Aug. 2

1:00 pm - 2:30 pm

FFP ADS 2

Prerequisites: Students should feel comfortable easily inverting in the air and should be familiar with the 4 basic wraps: catchers, hipkey, s-lock and u-lock.

Bored with fabric? Learn how to ask the right questions of your practice to develop a truly unique style that CONTINUES to inspire both you and the people around you. In this fabric theory heavy workshop, students can expect to explore new skills, ideas and transitions via examples and exercises in this inevitably evolving art form.

Dynamic Sling - Intermediate (Week A only)

[Jenn Bruyer](#)

\$150 (limit 18)

Ages 13+

Monday July 29 - Friday Aug. 2

3:00 pm - 4:30 pm

FFP ADS 1

Prerequisites: Intermediate on either fabric, trapeze or sling. Ability to pullover, invert easily in the air. no experience with dynamic movement is required, this class will provide a full progression

Go big or go home! ;) All the big moves, drops and totally wild transitions you can handle all in one place! We will begin this workshop with a skills progression of dynamic movements, beats, flairs and catch locks. Students can expect to work on: beats, flairs, dynamic pathways, simple drops, hands free dives, direction changing drops, fancy transitions, rolls and releases.

Rope: Beginning Beats for Intermediate Aerialists (Week A or B)

[Terry Crane](#)

\$150 (limit 18)

Ages 14+ or with instructor permission

Mon July 29 - Friday Aug. 2

3:00 pm - 4:30 pm

FFP ADS 2

Prerequisites: 6 months of rope or tissue training, ability to do 2 pull ups, and 4 straddle ups with straight legs.

This class is an introduction to dynamic rope movement for experienced aerialists. We examine a series of beats, aka swinging movements on rope, and how they can be applied to create interesting, dynamic choreography. Want to spice up your choreography with graceful swings and hands-free wrapping? This is the class for you. Covering straddle beats, scissor beats, bell beats, front plange beats, transferring between beats, and a variety of useful ways of wrapping from these beats. Much of this material has application to aerial fabric as well.

Rope and Harness - Tethered Dancing - All Levels (Week A only)

[Valerie Morris](#)

\$150 (limit 17)

Ages 12+

Monday July 29 – Friday Aug 2

3:00 pm – 4:30 pm

Dairy Arts Center - Gordon Gamm

No prerequisites.

This exhilarating class will be structured around learning basic rope and harness dance techniques. We will be working both close to the ground as well as higher in the air. The vocabulary taught will be combined with guided solo and group improvisations as part of the exploration process. This is an amazing core workout, and is not as intensive on the arms, for those planning on taking other aerial classes. Please wear multiple snug layers around your hips and waist for your comfort. If you have a harness, please bring it with you, otherwise, one will be provided. No previous aerial experience is necessary, other than be prepared to have fun and create!

Fabric Witchcraft (Week A only)

[Jenn Bruyer](#)

\$150 (Limit 18)

Ages 13+

Monday July 29 - Friday Aug. 2

5:30 pm - 7:00 pm

FFP ADS 2

Prerequisites: Intermediate level students should feel comfortable easily inverting in the air and should be familiar with the 4 basic wraps: catchers, hipkey, s-lock and u-lock; students should also be familiar with thigh hitches and straddle climbs.

The allure of fabric is truly multi dimensional. Its beautiful, tactile and confusing. It can seemingly defy physics. Wraps, shelves and connections can appear and disappear in an instant. Complex but stable architectures are constructed out of nothing. In this workshop we will explore some really fun examples of knots, hitches, releases, wraps and fabric theories that simply DO NOT SEEM POSSIBLE or are totally surprising to even an educated eye.

Lyra/Hoop: Up, Down and All Around - Int/Adv (Week A or B)

[*Elsie Smith*](#)

\$150 (limit 16)

Ages 14+

Monday July 29 - Friday Aug. 2

5:30 pm - 7:00 pm

FFP ADS 1

Prerequisites: This is a workshop for students with a current lyra practice (at least once a week), who can invert/pull over comfortably and repeatedly from the ground, hold a front balance (no hands on the bar) and do one full pull up. Spinning is not required, but it is an element that will be explored and applied to choreographic sequences. Please bring long sleeves and have your back/belly and knees covered.

For students with basic lyra skills who are comfortable with the apparatus but are looking for deeper exploration and technical vocabulary. We'll explore sequences and mix that up with good old strength skills and "drops". You'll learn drills and building blocks for some of those tricks you've always wanted to try and have tools to take home with you so your learning keeps going even after the workshop has ended!

Week B



Immersions: Week B

Monday August 5 – Friday August 9

Immersion: Bungee Dance & Build

[Danielle Hendricks](#)

\$310 (includes \$10 equipment fee). (Limit 18)

Ages 15+ or with instructor permission

Monday Aug. 5 – Friday Aug 9

9 am – Noon

FFP ADS 1

Prerequisites: Don't take this class if you are: A) deathly afraid of ladders, scaffolds, or heights; B) think you might be pregnant; or C) are against experiencing moderate discomfort and/or bruising around the hips and thighs.

This class will cover the main uses for aerial bungee dancing in harness. We will begin each day with a Pilates Mat inspired warm up, in order to prepare the body for the rigors of being in a bungee harness. On day one, we will practice in the style "high bungee"; dancers will load in from the scaffold and will be unable to touch the ground. With attachments at R/L hip and two points in ceiling, we can work on maximizing bounce and forward/backward rotations. Each dancer will have a partner and both groups will learn some choreography sequences to perform with each other. As the week progresses, we will lower the dancers so that they are able to touch the ground and use the floor to create additional bounce and control; then we will change to one ceiling attachment with a swivel and explore spinning and more directional changes, while still able to touch the ground. On day five, dancers will get to try the "back-pick" attachment, where they are on a single point at the ceiling and on their harness, in the style of many bungee-fitness classes. Each day we will conclude with the bungee building section of the class. This final hour of each morning will cover the safety and inspection of harnesses as well as bungee and crimps, and where/how to purchase these items. As the week goes on, dancers will do some "hands on" training with

the tools and materials necessary to build their own bungee sets in the future. By the end of the week, dancers should feel confident in how to select, build, inspect and maintain safety with bungee and harness equipment.

Immersion: Dynamic Dance Trap: Drop, Twist, Breathe - Intermediate

[Megan Cattau](#)

\$300 (Limit 18)

Ages 16+ or with instructor permission

Monday Aug. 5 – Friday Aug 9

9 am – 12 pm

CU 150

Prerequisites: Intended for students who already have a practice on the dance trapeze or other horizontal apparatus. Some vertical experience and familiarity with basic vertical wraps and hangs is helpful, but not necessary. Participants must be able to invert unassisted from hanging and should come with a desire to explore.

This intensive class will marry technique and expression as we explore all things dynamic – and the quiet space in between - on the dance trapeze. Using force and momentum efficiently, we'll twist, roll, and flip our bodies through the space around the ropes and around the bar. Taking a fabric-like approach, we'll also manipulate the equipment around our bodies to drop and dive. Dance trapeze is not just for flow movement; it's also for reckless abandon... and we will ground that reckless abandon in technical skills in body positioning and mechanics. We will also use Laban- and Butoh-influenced exercises to connect with and listen to our instinctual bodies: intuitive, genuine, and unapologetic. We will use a choreographed sequence as a launching point for exploring how changes in movement quality, positioning, and timing can be employed to create authentic expression. Through movement, we will shed inhibitions and connect to ourselves and the space around us so that we can answer: What movement feels satisfying to your body, and what movement efforts resonate when you respond to your inner mover? How do these

concepts translate to the space outside of your own self? This intensive is for those who would like to broaden their technical dance trapeze vocabulary and their approach to expressive movement and aerial storytelling.

Immersion: Fabric Witchcraft - Intermediate

[Jenn Bruyer](#)

\$300 (Limit 18)

Ages 15+

Monday Aug. 5 – Friday Aug. 9

9 am – Noon

FFP ADS 2

Prerequisites: Students should feel comfortable easily inverting in the air and should be familiar with the 4 basic wraps: catchers, hipkey, s-lock and u-lock; students should also be familiar with thigh hitches and straddle climbs.

The allure of fabric is truly multi dimensional. Its beautiful, tactile and confusing. It can seemingly defy physics. Wraps, shelves and connections can appear and disappear in an instant. Complex but stable architectures are constructed out of nothing. In this workshop we will delve deeply into Fabric Theory to build many foundations for fabric understanding and then break our own rules with some really fun examples of knots, hitches, releases, wraps and fabric theories that simply DO NOT SEEM POSSIBLE or are totally surprising to even an educated eye.

90-MINUTE CLASSES: Week B

Fabric -Partnering in the Vertical Space (Week B only)

[*Valerie Morris*](#)

\$150 (limit 18)

Ages 16+ or with instructor permission

Monday August 5 – Friday Aug. 9

1:00 pm - 2:30 pm

CU 150

In this class, we will explore the many facets of partnering on fabric. Sharing space and weight, the concept of shelves and ledges, exploring different basing positions, learning vocabulary and phrases, as well as creating new ones. Students must be intermediate level or higher on a vertical apparatus. Previous experience with any type of partnering helpful but not required. No partner required, as we will be rotating partners, and everyone will explore the basing and flying roles.

Lyra/Hoop: Up, Down and All Around - Int/Adv (Week A or B)

[Elsie Smith](#)

\$150 (limit 16)

Ages 14+

Monday Aug. 5 - Friday Aug. 9

1:00 pm - 2:30 pm

FFP ADS 1

Prerequisites: This is a workshop for students with a current lyra practice (at least once a week), who can invert/pull over comfortably and repeatedly from the ground, hold a front balance (no hands on the bar) and do one full pull up. Spinning is not required, but it is an element that will be explored and applied to choreographic sequences. Please bring long sleeves and have your back/belly and knees covered.

For students with basic lyra skills who are comfortable with the apparatus but are looking for deeper exploration and technical vocabulary. We'll explore sequences and mix that up with good old strength skills and "drops". You'll learn drills and building blocks for some of those tricks you've always wanted to try and have tools to take home with you so your learning keeps going even after the workshop has ended!

Rope - Facility with Abandon - Advanced (Week B only)

[Terry Crane](#)

\$150 (Limit 18)

Ages 14+ or with instructor permission

Monday Aug. 5 - Friday Aug. 9

1:00 pm - 2:30 pm

FFP ADS 2

Prerequisites: 1 year of rope or tissue training, ability to do 8 pull-ups, ability to do 8 bent-arm, or 4 straight-arm straddle-ups.

In this workshop, students will practice moving dynamically with a sense of ease and effortless-ness on the vertical rope. We'll practice a progression of beats and exercises to generate momentum, and then explore using this momentum to maximum effect, either in flashy power moves or to wrap the rope hands- free. Time allowing, other topics may include: fake release moves, building large drops, using body shape to roll up, and some sequences of movement to take home.

Partnering in the Air: Lyra and Trapeze (Week B only)

[Elsie Smith](#)

\$150 (limit 16)

Ages 14+

Monday August 5 – Friday Aug. 9

3:00 pm - 4:30 PM

FFP ADS 1

Prerequisites: Students must have at least 1 year of experience on trapeze or lyra and be comfortable moving up and down their apparatus. Students must be comfortable with front balance, ankle hang and inverting in/on the rope(s). Previous partnering experience is not required. If you have questions about any terminology or prerequisites please email nimblearts@gmail.com.

Using static trapezes and lyras, we'll explore traditional and non-traditional methods of sharing space and body weight in the air. Come solo or with an existing partner and be ready for creative exploration. You'll also learn drills and building blocks for some of those tricks you've always wanted to try! Activities are designed to encourage participants of all sizes to "fly" and "base" in new takes on these standard roles.

Rope: Beginning Beats for Intermediate Aerialists (Week A or B)

[Terry Crane](#)

\$150 (limit 18)

Ages 14+ or with instructor permission

Monday Aug. 5 - Friday Aug. 9

3:00 pm - 4:30 pm

FFP ADS 2

Prerequisites: 6 months of rope or tissue training, ability to do 2 pull ups, and 4 straddle ups with straight legs.

This class is an introduction to dynamic rope movement for experienced aerialists. We examine a series of beats, aka swinging movements on rope, and how they can be applied to create interesting, dynamic choreography. Want to spice up your choreography with graceful swings and hands-free wrapping? This is the class for you. Covering straddle beats, scissor beats, bell beats, front plange beats, transferring between beats, and a variety of useful ways of wrapping from these beats. Much of this material has application to aerial fabric as well.

Sling: Ethered & Tethered: A Liminal Space-Intermediate (Week B only)

[Danielle Garrison](#)

\$150 (limit 16)

Ages 16+

Monday Aug. 5 – Friday Aug. 9

3:00 pm - 4:30 pm

CU 150

Prerequisite: Two years of aerial study.

Merging ideas from dance, circus, art installation, sonic media, body politics, queer theory, performance art, ritual, improvisation, and somatic awareness: we will wake up our ignored senses. This sling repertory class unearths a non-conventional challenging approach to aerial work through a peculiar, sensational lens, and artsy journey of the fabric-knotted sling that is in a constant shift as ever-evolving environmental structure. Beginning with a warm up that tries to delay our inhibitions, we will continue to recognize and alter our self-consciousness in the learning/sharing/performing process. Honing into the sensation of skin compressed and supported by the fabrics, we can undo and find choice within habituation. Rather than dominating the fabrics with aesthetic intention, how can our bodies become responsive to the synthetic touch of the fabrics and conduit another's movement? The sling material will explore an articulate choreographic bridge between offered ideas and open interpretation that delves deeply into the play within suspension, listening, and how to connect your energy with the apparatus, fellow artists and the space, permitting a resonant continuity between each element. We will create a micro-world demonstrating how artists can create the environment they crave.

Dance Trapeze - My Favorite Partner (Week B only)

[Jenn Bruyer](#)

\$150 (limit 18)

Ages 13+

Monday Aug. 5 - Friday Aug. 9

5:30 pm - 7:00 pm

CU 150

Prerequisites: Beg/Int - No background in dance or trapeze is required, but at least one year of aerial experience is recommended. Skills you should be comfortable with: hip hang, front balance, sitting on the bar, standing on the bar, basket mount and single hip hang.

The roots of aerial dance are planted firmly in dance trapeze. While I love to explore aerial dance and work on creating a dance-like effect in the air using many different apparatus and constructions, it is with dance trapeze that I feel the most sincere connection and the greatest freedom. In this workshop we will explore specific skills, pathways and transitions that I think are particularly dance like in nature. We will also examine the space between the bar and floor, how these two can meet and interconnect to create spins, circles, transitions, mounts and supported floor choreography to enhance your trapeze vocabulary or create an entirely new performative experience.

Preparing Your Body/Recovering Your Body: Injury Prevention for Aerialists and Acrobats (Week B only)

[*Elsie Smith*](#)

\$150 (limit 16)

Ages 16+

Monday Aug. 5 - Friday Aug. 9

5:30-7:00 PM

FFP ADS 1

No prerequisites.

Get ready to fill up your training toolbox with drills and skills that you can take with you and do anywhere. A great way to wind down your day, this class will focus on learning stretching and strengthening for the whole body. We'll include a variety of exercises and discuss variations for individual needs. This workshop is for athletes and acrobats of all ability levels and is great cross training information for all sports, and for the sport of life. This is also an excellent workshop for teachers looking to deepen their ability to meet the needs of their students.

Rope Loop - Master Class (Week B only)

[Terry Crane](#)

\$175 (Limit 10)

Ages 16+

Monday Aug. 5 - Friday Aug. 9

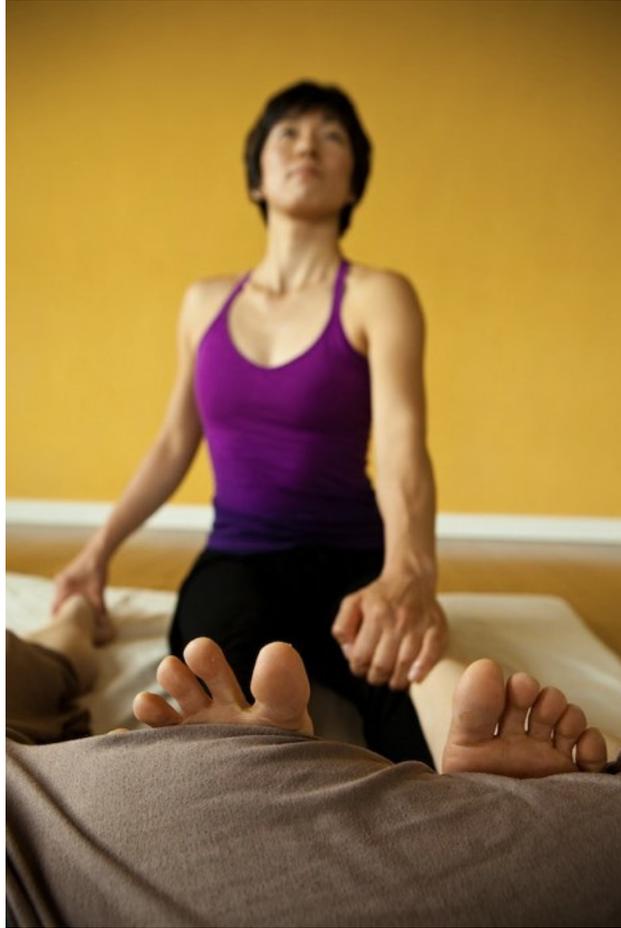
5:30-7:00 PM

FFP ADS 2

Because of the small class size and pricing- this class is NOT available through the Early Bird Package. This class will open with a la carte registration and must be purchased separately.

Prerequisites: Applicants should have a background in vertical aerial (tissue or rope), a year minimum. Other skill sets such as aerial partnering, partner acrobatics, or tumbling may be useful as well.

The aerial loop threaded through 2 pulleys has many different configurations, each with their own possibilities for interaction. The apparatus is by nature a partnered form, as there is no inherently fixed point, and everything that occurs on one side must be counterbalanced on the opposite side. With a small group of aerialists, we will explore several modes of operation for this apparatus. Time permitting, we'll research new concepts with this apparatus. With the ensemble of artists who will undertake this workshop together, we will build a short presentation of the skills explored in this workshop.



Workshops

These workshops are open to ADF students and the public. They do fill up, so register in advance.

- Unwind with Thai Massage!
- Learn how to navigate time and money as an artist.
- Operate the amazing Butterfly Lift and learn all about its uses for classes and performances!

Week A



Thai Massage for Aerialists: Remedy for Arms, Shoulders and Upper Back

[Yuki Tsuji](#)

\$20 (Limit 36)

Ages 16+

Wednesday July 31

7:30-9:00pm

FFP ADS 1

Learn the healing art of Thai Massage to treat your hard working and sore body of aerialists (and non aerialists). It is essential to take care of your body for injury prevention, maintenance and for injury recovery and healing. Traditional Thai Massage employs hands, feet, arms and legs to guide the receiver through a series of yoga postures with fluid movements, gentle pressure and stretching. Quiet your mind, soften inside and out, and cultivate the loving-kindness to yourself and others.

In this workshop, you will learn to give and receive Thai massage that releases tension and tightness from area such as shoulders, neck, arms, hands, back and hips, and restore the balance in your body.

Thai massage is accessible for all levels of students, aerialists and non-aerialists!

- No prior massage/bodywork experience is required.
- Wear something comfortable but no loose shorts.
- Bring yoga/exercise mat and a blanket/pillow if possible for more comfort.

Time and Money

[Sophia Kozak, Actors Fund](#)

\$5 suggested donation.

Thursday, Aug 1

7:30-9:00 pm

FFP ADS 2

Working as circus artist, aerial dancer, dancer, and entertainer can leave you feeling like you're juggling too many projects all at the same time, feeling scattered, and still not meeting the income you need to grow your career. In this workshop, you'll learn how to manage your precious time, and empower yourself to make financial decisions that support your career and life goals. This workshop is ideal for anyone freelancing in the performing arts.

AF mission: The Actors Fund fosters stability and resiliency through career and wellness services, and is a safety net for performing arts and entertainment professionals during times of crisis and need.

Rock Exotica Butterfly Lift Workshop

[Delbert Hall](#)

\$20 (limit 25)

Ages 18+

Sat. Aug. 3

10:00 am - 11:30 am

Dairy Arts Center - Gordon Gamm

Rock Exotica's Butterfly Lift is a portable manually operated system specifically designed for lifting aerial performers. It is designed to lift either one or two performers (up to 350 pounds).

This rig has many advantages over a flying winch:

- Much less expensive
- No electrical power required
- Lighter - can be transported in the trunk of a car or plane (as checked baggage)
- Easy to set-up (typically in 45 minutes or less)
- Can be operated by a performer with minimal training

This session will demonstrate how to setup and operate the Butterfly Lift system.

Week B



Thai Massage for Aerialists: Remedy for Hips & Low Back

[*Yuki Tsuji*](#)

\$20 (Limit 36)

Ages 16+

Thursday, Aug. 8:

7:30-9 PM

FFP ADS 1

Learn the healing art of Thai Massage to treat your hard working and sore body of aerialists (and non aerialists). It is essential to take care of your body for injury prevention, maintenance and for injury recovery

and healing. Traditional Thai Massage employs hands, feet, arms and legs to guide the receiver through a series of yoga postures with fluid movements, gentle pressure and stretching. Quiet your mind, soften inside and out, and cultivate the loving-kindness to yourself and others.

In this workshop, you will learn to give and receive Thai massage that releases tension and tightness from area such as shoulders, neck, arms, hands, back and hips, and restore the balance in your body.

Thai massage is accessible for all levels of students, aerialists and non-aerialists!

- No prior massage/bodywork experience is required.
- Wear something comfortable but no loose shorts.
- Bring yoga/exercise mat and a blanket/pillow if possible for more comfort.

Collaboration & Company Building Workshop

[Terry Crane](#)

\$20 (Limit 35)

Ages 14+

Wed. Aug. 7

7:30 pm - 9:00 pm

FFP ADS 1

In this workshop, we're going to touch on a variety of topics which will help you make a contemporary circus company. Topics to be covered will include: choosing collaborators, company structure, division of labor, show creation, collaboration, and production. The class will be approximately equal parts lecture and discussion. The aim of this workshop is to give you information on how to best create or maintain a company that is financially feasible and makes quality circus ensemble work in an environment of fun.

Frequent Flyers[®] Aerial Dance
21st Annual International

Aerial Dance Festival 2019

Showcase Performances, August 2, 3, 4,



Events & Performances

Opening Reception; Meet and Greet/Student Orientation

Sunday, July 28, 6-7:30 pm. FREE
Frequent Flyers Aerial Dance ADS 1
3022 E. Sterling Cir. #150, Boulder

- Food, fun, plus lots of valuable info.

- Meet the faculty, learn about the classes, and your fellow students!
- Be the first to buy an ADF 2019 t-shirt and other Frequent Flyers swag.
- Those who attend have a chance to win vintage ADF t-shirts and other prizes!
- This is a great way to coordinate transportation and carpooling during the Festival.

Intimate Encounters

Monday, July 29, 2019. 8 pm.

Frequent Flyers® Aerial Dance ADS 1

3022 E. Sterling Cir. #150, Boulder

This is your opportunity to see the Aerial Dance Festival faculty / artists up close and personal. They will be performing a short excerpt from their work and answering questions from the audience.

Tickets on sale at the door only, 1 hour prior starting at 7 pm.

Just \$10. One of the best deals at the Festival!

Aerial Dance Festival Showcase Performances

August 2-4, 2019.

Friday & Saturday 8pm, Saturday & Sunday 2pm.

Dairy Arts Center

2590 Walnut St., Boulder

One of the highlights of ADF is the unique and breathtaking Showcase Performance. Featuring new and innovative work from ADFs internationally renowned faculty — you will never see this mix of artists together anywhere else! (All shows are the same, so pick the one that fits your schedule!)

Tickets: Reserved Seating. Discount for ADF 2019 Students.

Use ADF Student Code: **ADFStud19**: \$25 per ticket (normally \$27 for a single ticket).

Online: [Tickets](#)

In person or by calling: 303-444-SEAT.

Brown Bag Lunch Discussions — Free

**Wednesday Aug. 7
Noon - 1 pm.**

Choose the location that works for your schedule: at Frequent Flyers or on campus at the CU Dance Building.

Bring a lunch and join faculty and your fellow students for a fun discussion that you help lead.



Faculty Artists



Jenn Bruyer

Dabbling in all sorts of dance since the age of 5 including: ballet, latin, pole, western, hiphop and contemporary, Jenn found her true passion and has been immersed in aerial dance since 2008. She is driven by her focus on fabric (silks), sling (hammock) and her first love: dance trapeze. She also enjoys exploring cord lisse, cloud swing, lyra, net, rope & harness and anything else someone puts in front of her. She has coached, choreographed and performed around the world including over 30 US states, Italy, Germany, Austria, Canada, Costa Rica and Mexico. As an Aerial Coach, she seeks to provide the highest quality progressive instruction to aerialists of all abilities from novice to professional performer. Her mission as a human is to cultivate a warm, non-judgmental learning environment that fosters community, to build physical and emotional strength within the individuals who participate in this environment and methodically construct a vehicle by which to create art.



Megan Cattau

Megan Cattau met her first love, the low-flying trapeze, at Canopy Studio in Athens, GA in 2002. Since then, she has choreographed, performed, and taught extensively in the US and abroad, working principally under the aerial dance project Flight Collaborative, of which she is a co-founder and co-director. Megan is interested in how aerial dance choreography and visual art can be used to tell stories that are content-rich and emotionally compelling. At Canopy Studio, Megan trained primarily under Susan Murphy, who remains a deep inspiration. Megan was a member of the Repertory Company, served as the business manager and then assistant director, was part of the core teaching staff, and helped to develop Canopy's teacher training. In 2008, Megan founded the aerial dance program at Durham School for Ballet and the Performing Arts (formerly Legacy Studios) in Durham, NC. She moved to NYC in 2010 and became an aerial dance instructor at Circus Warehouse as well as a core member of Constellation Moving Company. Megan's first exposure to Frequent Flyers Aerial Dance was in 2005 when she was awarded the Glenn P. Davis emerging aerial choreographer's scholarship to attend the Aerial Dance Festival, which was a formative experience for her aerial work.

Since moving to Boulder, Megan has been thrilled to re-engage with the Frequent Flyers community as a teacher, the Student Company Director, and member of the Professional Company, and she is delighted to teach at ADF this year! Megan is also a forest ecologist, working in the tropical peat-swamp forests of Indonesia as well as the subalpine forests of the Rocky Mountains, and her mind is always on the trees.



Terry Crane

Terry Crane surrendered to restless urges that led him to walk calmly away with the circus at the tender age of 20. With a degree in dance from Oberlin College, his circus journey led him to the San Francisco Circus Center, the Montreal National Circus School, and the Beijing International Acrobatics School. A veteran of the big top and the stage, he has performed in countless countries for various companies, including Teatro Zinzanni, les 7 Doigts de la Main, and Circus Monti. Terry is delighted to share his love of rope technique, circus creation, and collaboration via workshops across the globe. As a director, Terry is on a relentless quest to tell true fictions, contradict human isolation, and portray paradox.



Danielle Garrison

Danielle Garrison has worked as a multi-faceted artist for Aerial Dance Chicago, the Joffrey Ballet, the Colorado Ballet, Frequent Flyers® and the Paloma Project, and has even interned with Oprah Winfrey.

Danielle has performed and/or taught as an independent artist at the Berlin Circus Festival/Berlin; Frequent Flyers® Aerial Dance Festival/Boulder, Colorado; Santa Barbara Floor to Air Festival/Santa Barbara; Aerial Greece/Athens, Greece; the San Francisco Aerial Dance/California; and Les Rencontres de Danse Aérienne/Nantes, France. Danielle received an MFA with an emphasis in aerial dance and somatics at the University of Colorado Boulder in May 2019.

During 2017-2018, Danielle was a Fulbright France Scholar with an affiliation at La Grainerie in Toulouse, where she worked on her multi-disciplinary project MAPS (Multicultural Aerial Performance Stories), which explored the topics of grief and news media through interactive performance. Recently, Danielle taught transdisciplinary artistic collaboration at the renowned Berlin Circus Festival. As an artist in residency at Nils Obstrat in Paris, she collaborated with Leslie Levi and Laura Desimages on a VR/360/3D/drone film that was commissioned by the Commission Franco-Américaine. Danielle was

also invited to participate in the Circus Dialogues Project, facilitated by Belgian Professor Bauke Lievens in Avallon at the Château de Monthelon. Additionally, Tethered, a dance film on the topic of suicide Danielle made in France through collaboration with an art photographer and experimental filmmaker, David Allen and Franck Gonnaud, respectively, was screened at the Sans Souci Festival of Dance Cinema.



Delbert Hall

Delbert Hall is Professor Emeritus of Theatre and Dance at East Tennessee State University. Dr. Hall earned his Ph.D. from the University of Florida, and an MFA from the University of North Carolina at Greensboro. He is an ETCP Certified Rigger and an ETCP Recognized Trainer. He is a member of IATSE Local 699 and a Safety Consultant for the American Circus Educator. Delbert is an expert in performer flying, having flown performers in over 400 productions nationally, including productions at many of the major regional theatre companies in the US. He has worked with internationally known directors, such as Debbie Allen and Christopher Renshaw, and flown major performers and celebrities such as the Backstreet Boys. Dr. Hall has published numerous articles on aerial rigging, regularly teaches aerial rigging workshops in the US and Canada. He is also a consultant for Rock Exotica and a trainer/sale representative for their Butterfly Lift system. He is also the author of several books on rigging, including *Rigging Math Made Simple* (currently in its fifth edition) and is the co-author of *The Rigging Math Made Simple Workbook*, *The Arena Riggers' Handbook* and *The Theatre Riggers' Handbook*.



Danielle Hendricks

Danielle Hendricks spent her childhood climbing fences, trees, balance beams and rooftops in Fresno, California. She earned Bachelor of Arts degrees in Kinesiology and Dance from the University of Colorado at Boulder where she graduated in 1999. Danielle is a nationally certified Pilates Instructor and has been teaching Pilates for almost two decades, mostly at Cara Reeser's "Pilates Aligned" studio in Denver. She encountered Frequent Flyers in 1997, began Low Flying trapeze classes with Nancy Smith in 1998, performed in her first FF show in 2000, and officially joined the company a couple years later. Danielle trained in the art of bungee dance with the "the grandmother of aerial dance/motivity," Terry Sendgraff, and has been teaching bungee dance at the Aerial Dance Festival since 2005. In addition to teaching Pilates and aerial dance, "Dani" currently dances professionally with Boulder based 3rd Law Dance/Theater. She also performs regularly in Denver with "L'etrange Menagerie" and other burlesque revues as her acrobatic, stilt-dancing alter ego, Alexis Scissorlegs.



Sophia Kozak

What would our society be like if all professional dancers, performing artists, and entertainers could make a sustainable living doing what they love? It's time to take the "starving" out of artist. That's why I help dancers and performing artists build personal fulfillment and financial sustainability as a Career Counselor at The Actors Fund. By blending my backgrounds in counseling, coaching, and dance, I work with artists of all disciplines to build careers that enable them to do what they love and thrive by providing no-cost career counseling, school scholarships, and vital career resources.

I am also the founding director of Los Angeles-based dance nonprofit, Critical Mass Dance Company (CMDK), which utilizes movement to support the healing and empowerment of low-income girls and women of color. I developed a healing movement method called Dance from the Heart, which I have been teaching since 2010, and wrote a book about the practice in 2017.

The Actors Fund is a national organization devoted to fostering stability and resiliency for performing arts professionals over their lifespan. With regional offices in NYC, LA and Chicago, Actors Fund serves performing artists in every state. Services include:

- Career Planning and Transition
- Financial Assistance and Educational Funding
- Health, Wellness Services, and Support for Injured Performers

For additional information, visit our website at www.actorsfund.org/ctfd



Valerie Morris

Valerie Morris has had the pleasure to be a teacher, choreographer, and performer with Frequent Flyers Aerial Dance in Boulder Colorado since 1996. She has also performed with Movement Laboratories, Lancaster Ballet, CU Dance Department, Boulder Ballet, Wellington Circus Trust, AeroTerra Aerial Dance, Empress Stilt dance and Borrillo Entertainment. Her secret life as a geochemist keeps her very busy during the day, using stable isotopes in ice cores to unlock the secrets of global climate change. She incorporates her scientific approach into her aerial teaching pedagogy. Her ballet background strongly influences her aesthetic and she is enthusiastic about sharing her love of aerial dance.



Elsie Smith

Elsie Smith has performed with many well known companies including Cirque du Soleil, and received a Special Award at the China Wuqiau International Circus Festival in 2007 and the Bronze Medal at the 1st International Festival de Circo en Albacete, Spain in 2008. She is the co-founder and Artistic Director of the New England Center for Circus Arts and runs a performing company, Nimble Arts, with her aerial partner and twin sister, Serenity Smith. She is a certified trampoline and german wheel teacher, and co-created the NA Aerial Teacher Certification Program, and consults in aerial safety matters with the American Youth Circus Organization/American Circus Educators Organization. In 2016 she and her sister won the American Circus Educator's Award for Excellence in Education and the Walter Cerf Medal for Outstanding Achievement in the Arts from the Vermont Arts Council.



Nancy Smith

Nancy Smith originally wanted to be an astronaut or a racecar driver and instead became the founder and artistic director of Frequent Flyers® Productions since its inception in 1988 and the Aerial Dance Festival since 1999. She teaches Aerial Release Technique (A.R.T.) around the US with over 30 years aerial teaching experience. She has created over 100 original works/ evening-length choreography. Her work with Frequent Flyers has been seen in Boston, California, Louisiana, Virginia, Montreal, the Bahamas, Washington, D.C. and throughout Colorado. Nancy has received numerous awards including “Living Legend of Dance in Colorado,” “Women Who Light the Community”, “Cutting Edge” Award, the “Pacesetters Award” for Arts and Entertainment, a Neodata Endowment Fellowship in Dance, and the “Arts Innovation Award.” She also is an instructor at Univ. of Colorado’s Dance Dept. spreading the joy of Aerial Dance. Along with co-author, Jayne Bernasconi, she wrote the first book on the history / theory of Aerial Dance.



Yuki Tsuji

Yuki Tsuji has been a multi-disciplined teacher for the last 15 years in yoga, acrobatics, AcroYoga, Thai massage, skydiving and bodyflight. She is a licensed massage therapist and practices Thai Massage in Boulder when she's not teaching locally or traveling to teach. Her passion is helping her students to achieve physical and emotional balance and wellness, offering them opportunities to connect with their bodies and others, mindfully and playfully. Her other passion is being in the mountains. She can be often found rock climbing, skiing and trail running. Website: yogayuki.com Facebook: Yuki Tsuji Yogayuki

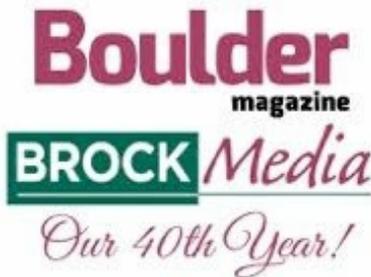
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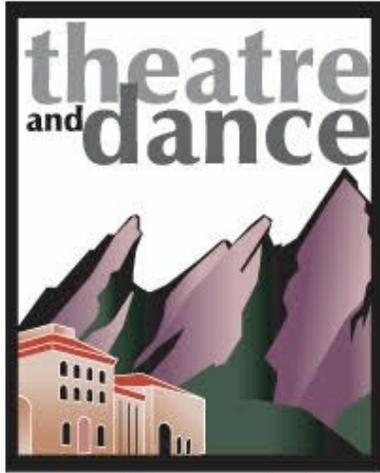
The Aerial Dance Festival 2019 is sponsored in part by the University of Colorado Department of Theatre and Dance, the National Endowment for the Arts, the Boulder County Cultural Council of the SCFD, Boulder Arts Commission, Colorado Creative Industries, Brock Media / Boulder Magazine, Rock Exotica

Frequent Flyers® Aerial Dance is a 501(c)3 non-profit. We rely on support from grants, businesses, and individuals. If you would like to donate to Frequent Flyers, [click here](#).



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