



SARAH GOODY

AERIALIST, INSTRUCTOR, AND CREATOR OF CONTEMPORARY CIRCUS
PERSONAL TRAINER, FITNESS TRAINER AND NUTRITION COACH

CONTACT DETAILS

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AREAS OF EXPERTISE

Circus:

Soloist on: aerial rope and aerial silks.

Instructor for: aerial hoop, static cloud swing, straps, strap-loops, aerial hammock and trapeze.

Choreographic work: all above disciplines, plus juggling, Cyr Wheel, hand-to-hand, hand balance, contortion and floor acrobatics.

Fitness:

weight lifting, functional training, HIIT + SIT training, mobility and stability of joints and small muscles.

Current training obsessions: handstands, high-wire and lifting heavy.

BIOGRAPHY

I am a Canadian-born, European-based performing artist, instructor, choreographer, educator, personal trainer and nutrition coach working in the fields of contemporary circus arts and fitness.

Since 2004 I call Berlin home.

I have worked in a diverse range of fields over the last 28 years – I am a professionally trained pastry chef, yoga teacher, aerialist and personal trainer; a practiced musician, stilt-walker and martial artist – but focus these days almost exclusively on my main obsessions:

bringing exceptional, high-quality and distinct circus numbers and productions to the stage, whether as a performer, director, choreographer or coach, and guiding professionals and amateurs through safe and effective training practices.

I have been working full-time in my artistic fields since 2009, and have recently branched out into the fitness industry, having completed a 6-month certification course as a Personal Trainer, Fitness Trainer and Nutrition Coach, in order to broaden my client outreach.

I have a long history with both street arts and large-scale ensemble productions. I have worked extensively in the experimental sectors of the performing arts, as well as within the broader commercial "entertainment" industry.

Behind the curtain, my emphasis lies in functional anatomy and pre-habilitation/preventative rehabilitation for circus artists, with a specialized focus on women over-40 who want to improve their fitness and performance levels in the field and on the stage.

SOCIAL MEDIA

• sarahgoody.com • seilistgeil.de • @goody.sarah • @seilistgeil

CAREER

2009-present

Freelance performer and creator of Contemporary Circus, Variety and Fringe Theater

2013-present

Freelance trainer and educator for professionals, aspiring professionals and recreational students of Circus Arts

2020-present

CEO of "Seil ist Geil"

- organizer and instructor of recreational and professional classes and workshops in aerial acrobatics
- co-creator and instructor of the "Aerial In-Depth" workshop series for aerialists

2024-present

Freelance Personal Trainer, Fitness Trainer and Nutrition Consultant

2016-2020

"CIRCUS ARTS COACH" and "PROJECT MANAGER" for Tui Cruises GmbH

2022-2023

"CIRCUS ARTS MANAGER" for Tui Cruises GmbH

Responsibilities:

- casting of circus performers for stage productions on their cruise ships
- coaching and choreographing aerial duos, hand to hand duos and soloists of many disciplines at the rehearsal studios in Berlin
- creating rehearsal (Berlin) and installation (ship) schedules
- show + number creation, directing, production and design (light, music, stage, costume)
- technical installation of all circus acts on the ships
- integration of circus acts into ensemble numbers
- technical cues and calls for all acrobatic numbers
- organization, communication and administrative work between land-side and ship-side, various departments within the company, with the acrobats and with the casting partners

2020-2022

HEAD TRAINER at Die Etage, School for Performing and Fine Arts, Contemporary Circus department, Aerial Arts program

Responsibilities:

- teaching students technical, choreographic and improvisational skills on various aerial apparatuses (3-year Diploma program)
- setting training plans and goals
- coaching number creation
- hiring guest teachers
- teaching the fundamentals of strength, conditioning, injury prevention and functional anatomy in relation to acrobatics (floor and air)

ARTISTIC AND PEDAGOGICAL EDUCATION

2005: Began my aerial training. Autodidact and privately tutored.

Coaches include:

- Petra Tobies, Sol'Air Company, Berlin: aerial silks and aerial rope (2007-2009)
- Julia Christ, former teacher at Die Etage, Berlin: aerial silks, aerial rope (2008-2009) and aerial hoop (2013)

2010-present: Participation in various workshops for advanced training in aerial arts.

Instructors include:

- Emiliano Ron • Gabriel Tramullas • Alex Allan • Amy Ell • Will Davis • Oskar Mauricio • Matthew Horton, et al.

2019-present: Continuing Education in injury prevention, research, analysis, biomechanics and functional anatomy in Circus Arts with Dr. Emily Scherb, DPT.

Completed courses:

- Aerial Anatomy Body Basics • Controlling the Core in Aerial Arts • Shoulder Anatomy and Health for the Aerial Artist • Hanging Analysis of the Shoulder • Circus Fusion: Instructor Boost (7 week on-line mentorship course)

2020: "The Biz Method" with Jill Franklin of Aerial Physique

- 9-week business course for aerial instructors, with the aim of opening their own studios

2024: "Fitness and Health Masterclass" with the Kisa Akademie

- 6-month full-time education in Personal Training, Fitness Training and Nutrition consulting with certified licenses as "Fitness Trainer ABC", "Personal Trainer AB" and "Nutrition Coach AB"

COACHING + TEACHING

2022-2023/2016-2020: Circus Arts Manager and Coach at Tui Cruises GmbH

- creating circus numbers for large-scale stage productions on cruise ships

2020-present: instructor for "Seil ist Geil" recreational classes on rope + silks • instructor for the "Aerial In-Depth" workshop series for aerialists

2021: instructor for the "Move & Teach" program from Seneca Intensiv, specialization Aerial Acrobatics

2020-2022/2016-2018: Aerial Coach at Die Etage, school for performing and fine arts, Berlin

- teaching students technical, choreographic and improvisational skills on various aerial apparatuses

2018-2020: Aerial Instructor at Fl'air Studios Berlin

- teaching technical skills in aerial silks and aerial hoop for recreational clients

2016-2019: Aerial Instructor at Internationale Varieté Akademie, Berlin

- teaching technical skills in aerial silks, aerial hoop, corde lisse and hammock for recreational clients

2018: Cirque Intense "Masterclass Luftartistik", Neuenburg am Rhein • Rencontre Français Corde Lisse, Vanosc • 4th Grazer Akrobatikfestival, Graz

2015-2018: Bliss Aerial Training Camp, Goa • Fly High Aerial Arts, Mumbai • The Wooden Stage, Mumbai

2015: Eluciole Circus, Auroville • Natura Rigging and Events, Mumbai

NOTEWORTHY PERFORMANCES

2022: "Superbloom Festival" Munich

2021: "Rebuilding Communities" funded by Fonds Darstellende Künste

2019: Taylor Mac's "A 24 Decades History of Popular Music" Berlin

2018+19: Lollapalooza Music Festival Berlin

2018: Gala der Boote Berlin

2016+2018: GOP Varieté "Highlights" Bad Oeynhausen/Bonn

2009-16: Tui Cruises "Mein Schiff" aerial soloist in all Theater productions

2017: Luftartistik Festspiele Berlin [co-headliner] • Wintergarten

"Vaudeville Variety Burlesque Revue" Berlin

2016: opening of the Porsche CENTER Rostock • Chamäleon Theater

"Yummy" Berlin

2015: BMW model launch Mumbai

2011: Siemens "Awards for Innovation" Berlin • Rent a Jet Nürnberg

PAST PROJECTS

2010-13: "Powers of Art" Alex TV, Berlin

- script writer, moderator, producer

2009-15: "Was Euch Fehlt" from Weird, Berlin

- performer, creator of interactive theater

2009: "Sailing Theater for Future Visions", Germany/Denmark

- aerialist, choreographer, project manager

2005-07: "Grotest Maru" site-specific theater, Europe

- performer, stiltwalker

PRIZES

2009: "100 Grad Festival Berlin"

- winner of the 1st place Jury Prize for „Was Euch Fehlt“ with the performance group Weird.

OTHER TRAINING

2007-2010: Yoga teacher training with Godfrey Devereux (UK)

2013-2018: Bharatanatyam classical Indian dance training with Sudarshan Kumar (IN), Thipana Sat and Katheesia Gamalingam, (DE)

2014-2018: Mallakhamb traditional Indian acrobatic training with Sri Uday Deshpande, (IN)

2008-2011: Butoh Japanese dance training with Yumiko Yoshioka, Ten Pen Chi (JPN), Yuko Ota (JPN)

2009-2011: Actors training with Jonathan Kay, Nomadic Academy of Fools (UK)

2013: Clown training with Denni Dennis (UK)

OTHER SKILLS

Microsoft Office • Outlook • proficiency with Mac and PC • video editing • fluency in English (mother tongue) and German (written and spoken) • building curriculums / training programs / rehearsal schedules • team leadership • effective communication and problem solving