



SARAH GOODY

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

CONTACT DETAILS

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EXPERTISE

Soloist on: Aerial rope and aerial silks.

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

Choreographic work: All of the above disciplines, plus juggling, Cyr wheel, hand-to-hand, hand balancing, contortion, and floor acrobatics.

Certifications: Personal Trainer (License AB) • Fitness Trainer (License ABC) • Nutrition Coach (License AB)

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

SOFT SKILLS

team leadership • effective communication • problem solving • adaptability • teamwork • time management • organization • enthusiasm • integrity • client orientation • personability • reliability

HARD SKILLS

Microsoft Office • Outlook • proficiency with Mac and PC • video editing • fluency in English (mother tongue) and German (C1) • building curriculums • creating training programs • organizing rehearsal schedules • project management

BIOGRAPHY

I am a Canadian-born, European-based aerial acrobat, coach, choreographer, artistic director, educator, personal trainer, and nutrition coach working in the fields of contemporary circus arts and fitness.

Since 2004, I have called Berlin home.

Over the last 28 years, I have worked in a diverse range of fields. I am a professionally trained pastry chef, yoga teacher, aerialist, and personal trainer, as well as an experienced musician and actor. These days, however, I focus almost exclusively on my main passions: bringing exceptional, high-quality, and distinct circus acts and productions to the stage—whether as an acrobat, 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. I completed a 6-month certification course as a Personal Trainer, Fitness Trainer, and Nutrition Coach to expand my client base and skill set.

My main areas of focus include functional anatomy, strength training, and preventative rehabilitation, with a particular emphasis on supporting women over 40 who want to improve their fitness and performance levels both on the field and on stage.

CAREER

2024-present

Personal Trainer, Fitness Trainer and Nutrition Coach

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

2013-present

Trainer, Coach and Educator for professionals, aspiring professionals, and recreational students in circus arts.

2009-present

Performer and Creator of Contemporary Circus, Variety and Fringe Theater

RECENT EMPLOYERS

02.2022-12.2023

CIRCUS ARTS MANAGER for TUI Cruises GmbH

Responsibilities:

- Casting circus performers for stage productions on cruise ships
- Coaching and choreographing aerial duos, hand-to-hand duos, and soloists across various disciplines at rehearsal studios in Berlin
- Creating rehearsal (Berlin) and installation (ship) schedules
- Show and act creation, directing, production, and design (lighting, music, staging, costumes)
- Technical installation of all circus acts on the ships
- Integrating circus acts into ensemble numbers
- Managing technical cues and calls for all acrobatic performances
- Overseeing organization, communication, and administrative tasks between land-side and ship-side teams, various departments within the company, the performers, and the casting partners

09.2020-01.2022

HEAD AERIAL 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)
- Developing training plans and setting goals
- Coaching students in act creation
- Hiring guest instructors
- Teaching the fundamentals of strength, conditioning, injury prevention, and functional anatomy in relation to acrobatics (both floor and aerial)

05.2016-03.2020

CIRCUS ARTS COACH and PROJECT MANAGER for TUI Cruises GmbH (freelance basis)

2016-present

AERIAL INSTRUCTOR for various aerial acrobatics studios in Berlin (freelance basis)

SOCIAL MEDIA + WEBSITES

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

WORK EXPERIENCE: COACHING + TEACHING

- 2025:** Instructor for the "Remote (Aerial) Teacher Training" certification program with the company Paper Doll Militia (USA)
- 2020–present:** Instructor for "Seil ist Geil," recreational courses on aerial rope and aerial silks • Instructor for the "Aerial In-Depth" workshop series
- 2021:** Instructor for the "Move & Teach" and "Circus Educational Year" programs with Seneca Intensiv, specializing in aerial acrobatics
- 2023–present:** Aerial Instructor at Q Space Studio Berlin • teaching aerial silks and aerial rope
- 2022–2023 / 2016–2020:** Circus Arts Manager and Coach for TUI Cruises GmbH • creating circus acts for large-scale stage productions on cruise ships
- 2018–2020:** Aerial Instructor at Fl'air Studios Berlin • teaching aerial silks and aerial hoop
- 2020–2022 / 2016–2018:** Aerial Coach at Die Etage, School for Performing and Fine Arts, Berlin • teaching professional students technical, choreographic, and improvisational skills on various aerial apparatuses
- 2016–2019:** Aerial Instructor at Internationale Varieté Akademie, Berlin • teaching aerial silks, aerial hoop, aerial rope, and hammock
- 2021 & 2025:** Workshop leader at Aerial Arts Festival Berlin
- 2018:** Workshop leader at Cirque Intense "Masterclass Luftartistik," Neuenburg am Rhein • Rencontre Français Corde Lisse, Vanosc • 4th Grazer Akrobatikfestival, Graz
- 2015–2018:** Workshop leader at Bliss Aerial Training Camp, Goa • Fly High Aerial Arts, Mumbai • The Wooden Stage, Mumbai
- 2015:** Workshop leader at Eluciole Circus, Auroville • Natura Rigging and Events, Mumbai

EDUCATION: CIRCUS ARTS + FITNESS

- 2024:** "Fitness and Health Masterclass" with the Kisa Akademie (certification course)
- 6-month full-time education in Personal Training, Fitness Training, and Nutrition Consulting, earning certified licenses as "Fitness Trainer ABC," "Personal Trainer AB," and "Nutrition Coach AB."
- 2020:** "The Biz Method" with Jill Franklin of Aerial Physique
- 9-week business course for aerial instructors focused on opening their own studios.
- 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 online mentorship course)
- 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.
- 2005:** Began aerial training as an autodidact and through private tutoring.
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)

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 Variété "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

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)

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.