

The 6-Pack and other myths: *which muscles do the real work and why you should care*

Sunday, July 18, 2021

@ Aerial Arts Festival Berlin

10-12:00

€20

This workshop is a crash-course in functional anatomy in aerial arts.

Though part of the focus during this 2-hour workshop will be on applying functional anatomy concepts specifically to our work on a vertical apparatus (rope and silks) ALL aerialists are welcome to join, as the anatomical knowledge gained can be transferred to all apparatuses.

We will look closely at the hip and shoulder joints – and all the muscles which stabilize and move them – and learn how we can get life-long use (in the air) from these extremely versatile and vulnerable ball-in-socket joints. We will distinguish between our stabilizer and our mover muscles and apply this knowledge directly onto the rope/silks – from the most basic position of hanging in the air from our hands, to oft-repeated movements such as beats, and more advanced tricks such as drops and single-arm moves.

All levels are welcome, but a descent grip on a vertical apparatus is essential as we will be holding positions such as hanging from the hands for extended periods of time in order to assess and integrate physical cues.

Aerial equipment will be provided but please bring a yoga mat for the floor exercises.

Teachers: Sarah Goody and Liz Williams