



SARAH GOODY

PERFORMER AND CREATOR OF CONTEMPORARY CIRCUS

CONTACT DETAILS

Fontanestraße 26
12049 Berlin, Germany
+49 176 2911 4785
info@sarahgoody.com
www.sarahgoody.com

VOCATION

aerialist, teacher, coach, choreographer and project leader

DISCIPLINES

As an aerialist, I work solo on the corde lisse (vertical rope), aerial silks and static cloud swing. I have performance experience and teaching knowledge as well with aerial hoop (lyra), straps, twin-straps, aerial hammock and trapeze. Choreographically I have worked successfully with many other circus disciplines including juggling, Cyr Wheel, hand-to-hand, hand balance, contortion and floor acrobatics.

For the past 15 years I have made regular pilgrimages to India to immerse myself in the study of its sports and culture: Yoga, Bharatanatyam (classical Indian dance), Banethi (traditional Indian martial arts) and Mallakhamb (traditional Indian gymnastics). My current training obsession is handstands.

BIOGRAPHY

I am a Canadian-born, European-based performing artist, teacher and coach working in the field of contemporary circus arts. Since 2004 I call Berlin home. I have worked in a diverse range of fields over the last 24 years – I am a professionally trained pastry chef, yoga teacher and aerialist; a practiced musician, stilt-walker and martial artist – but focus these days almost exclusively on my main obsession: bringing exceptional, high-quality and distinct circus numbers and productions to the stage, whether as a performer, director, choreographer or a coach. I have a long history with both street arts and large, theatrical ensemble productions. I have worked extensively in the experimental sectors of the performing arts, as well as within the broader commercial "entertainment" industry.

CURRENT WORK

2004-present

FREELANCE PERFORMER AND CREATOR OF CONTEMPORARY CIRCUS, VARIETY AND FRINGE THEATER

2020-present

CEO OF "SEIL IST GEIL"

• recreational classes and workshops on aerial silks and aerial rope

2020-present

HEAD TRAINER AND ORGANIZER OF THE AERIAL ACROBATICS PROGRAM WITHIN THE CONTEMPORARY CIRCUS DEPARTMENT AT "DIE ETAGE, SCHOOL FOR PERFORMING AND FINE ARTS"

- 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 and functional anatomy in relation to aerial acrobatics

2016-2020

CIRCUS ARTS COACH + ARTISTIC AND PROJECT LEADER FOR "TUI CRUISES"

Responsibilities as Circus Arts Coach:

- coaching and choreographing aerial duos, hand to hand duos and soloists of many disciplines
- technical installation of all circus acts
- integration of circus acts into ensemble numbers

Responsibilities as Artistic and Project Leader:

- casting of circus performers, creating and organizing rehearsal schedules, leading rehearsals, choreographing and/or coaching all artistic numbers, choosing and editing music, consulting costume choices
- show creation, show directing/co-directing, show production, show design (light, music, set, costumes), technical programming, show implementation (from conception in Berlin to premieres on board), lead coordinator between performers (dancers, singer, actors, acrobats), coaches, senior managers, directors, costume designers, and technicians during show installation, FOH cues/calls, rigging, daily reporting to senior officials during overlaps on board, organization and administrative work

***all work, due to the pandemic, ceased with the company at the end of March 2020. It is unclear when and if this industry will recover**

2013-present

FREELANCE COACH + TEACHER FOR PROFESSIONALS, ASPIRING PROFESSIONALS AND RECREATIONAL STUDENTS OF CIRCUS ARTS

ARTISTIC EDUCATION

2005: BEGAN MY TRAINING IN BERLIN, GERMANY. PRIVATELY TUTORED. AUTODIDACTIC.

Coaches include:

Julia Christ, former teacher at Die Etage, Berlin: aerial silks, corde lisse (2008-2009) and aerial hoop (2013)

Petra Tobies, Sol'Air Company, Berlin: aerial silks and corde lisse (2007-2009)

Friederike Krahl, Tanja and Frieda Company, Berlin: aerial silks, corde lisse and aerial hoop (2015)

Various workshops for advanced training in aerial arts:

Emiliano Ron, Gabriel Tramullss, Alex Allan, Amy Ell, Will Davis, Oskar Mauricio, Matthew Horton, et el.

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)

COACHING / TEACHING EXPERIENCE

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

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

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

2016-2019: Aerial Teacher at Internationale Variété Akademie, Berlin

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

2018: Cirque Intense (prep school) "Masterclass Luftartistik", Neuenburg am Rhein

2018: Rencontre Français Corde Lisse, Vanosc

2018: 4th Grazer Akrobatikfestival, Graz

2015-18: Bliss Aerial Training Camp and Festival, Goa

2015-18: Fly High Aerial Arts, Mumbai

2015-18: The Wooden Stage, Mumbai

2015: Eluciole Circus, Auroville

2015: Natura Rigging and Events, Mumbai

NOTABLE PERFORMANCE EXPERIENCE

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

2018: Museum für Kommunikation Berlin

2017: Luftartistik Festspiele Berlin [co-headliner]

2017: Wintergarten "Vaudeville Variety Burlesque Revue" Berlin

2017: Festival dos Canais, Portugal

2016: Eröffnung des Porsche Zentrums Rostock

2016: Chamäleon Theater "Yummy" Berlin

2009-16: Tui Cruises "Mein Schiff" world-wide 15-month tours

2015: BMW model launch Mumbai

2014: Neemrana Fort Palace Rajasthan

2011: Siemens "Awards for Innovation" Berlin

2011: Rent a Jet Nürnberg

NOTABLE PAST PROJECTS

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

(script-writer, host, producer)

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

(interactive theater performer)

2011-13: "Hinojo and his Dancer", Berlin

(dancer, choreographer)

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

(aerialist, choreographer, tour manager)

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

(street theater performer, still walker)

PRIZES

2009: "100 Grad Festival Berlin"

Winner of the Jury Prize, 1st Place, for „Was Euch Fehlt"

with the performance group Weird.

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