



SARAH GOODY

PERFORMER, COACH AND CREATOR OF CONTEMPORARY CIRCUS

CONTACT DETAILS

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VOCATION

aerialist, teacher, coach, choreographer and educator

DISCIPLINES

Solo work: corde lisse (aerial rope), aerial silks and static cloud swing.

Other disciplines (teaching and performing): aerial hoop, 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.

Current training obsessions: handstands and high-wire.

BIOGRAPHY

I am a Canadian-born, European-based performing artist, teacher, coach, choreographer and educator 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 25 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 coach.

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.

Alongside my passion for the stage is my work behind the scenes and even closer to the body: functional anatomy and prehabilitation/preventative rehabilitation for circus artists. I guide professionals and amateurs through safe and effective training practices, focusing on the muscles they specifically need for the goals they want to achieve.

CAREER

2009-present

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

2013-present

Freelance coach and teacher for professionals, aspiring professionals and recreational students of Circus Arts

2022*-present

"CIRCUS ARTS MANAGER" for Tui Cruises GmbH

Responsibilities:

- casting of circus performers
- coaching and choreographing aerial duos, hand to hand duos and soloists of many disciplines
- creating rehearsal and installation schedules
- show + number creation, directing, production and design (light, music, stage, costume)
- technical installation of all circus acts
- integration of circus acts into ensemble numbers
- technical cues and calls for all acrobatic numbers
- rigging
- organization and administrative work

*From 2016-2020 I held the same position with the company, but as a freelancer

2020-present

CEO of "Seil ist Geil"

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

2020-2022

HEAD TRAINER at Die Etage (school for performing and fine art), 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 EDUCATION

2005: Began my aerial training. 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 el.

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

COACHING + TEACHING

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

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

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

2016-2022: 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 Instructor at Internationale Varieté Akadamie, 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

2015-18: Bliss Aerial Training Camp, Goa • Fly High Aerial Arts, Mumbai • The Wooden Stage, Mumbai

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

PERFORMANCE EXPERIENCE

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"

2017: Luftartistik Festspiele Berlin (co-headliner) • Wintergarten

"Vaudeville Variety Burlesque Revue" Berlin

2016: Eröffnung des Porsche Zentrums 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

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

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

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

PRIZES

2009: "100 Grad Festival Berlin"

Winner of the Jury Prize, 1st Place, 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