

Core Awareness and Activation in Aerial Arts

Saturday, November 6, 2021

@ Qspace Berlin

11-14:00

€35

The core is the foundation of all our movement in the air. Everybody talks about it, but what is it really, why is it important and how can you activate it?

In this 3 hour workshop we will focus on finding, feeling, understanding and strengthening the core. You will learn about the concept of proximal stability and it's relationship to the core; which muscles are responsible for core stability and why; how to find, feel and access these muscles; the difference between using a muscle to stabilize and using a muscle to move; your core's intricate relationship to your hip-joint, as well as your spine and shoulder joint; and finally, the exercises you need to start to strengthen your core.

Starting from the floor and moving into the air, we will apply these concepts systematically and practically, as well as searching for a visceral and deeper felt sense of your core. Through this workshop you will develop a greater understanding and more tactile relationship to your core.

Get ready to take your practice to the next level by utilizing the power of and knowledge about your core!

*This workshop is suitable for aerialists working on all apparatuses.*

*Some aerial experience required, as there will be exercises which will be performed directly on the aerial equipment.*

Teachers: Sarah Goody and Liz Williams