

**Finding Flow in your Training:** *applying the breath to our work in the air*

Saturday, September 11, 2021

@ Q Space Berlin

11-14:00

€35

Beginning with a clarification of the anatomy of the diaphragm and its connection to our core muscles groups, we will work through a series of both grounding and dynamic breathing exercises in order to begin the process of harnessing the power of the breath to improve core stabilization and movement quality. We will then connect this system of breathing to a typical vertical apparatus warm-up, connecting movement and breath in the yogic tradition of “vinyasa”. Once this pattern of breath/movement is established, we will apply it to a led sequence in the air consisting of climbing, inverting, wrapping and spinning. Particular emphasis will be placed on breathing in “drops”, be it controlled falling, 360 degree rotations and other similar styles of descending. Further analysis will then be applied to the students' own repertoire – where they may find themselves holding their breath, or where they may need an extra boost of energy through a well-timed exhalation.

*This workshop is suitable for vertical (rope + silks) aerialists with experience, as most exercises will be done directly on the vertical apparatus.*

Teachers: Sarah Goody and Liz Williams