

**The Shoulder in Hanging:** *understanding and analyzing*

Saturday, February 12, 2022

@ Q Space Berlin

11-14:00

€35

Hanging from the hands on an aerial apparatus is often taken for granted. In order to take advantage of the amount of mobility our shoulder offers us, and still keep that joint safe, an understanding of its mechanics, and how that translates into hanging form, is important.

Stability, strength and control of the shoulder joint, the shoulder blade and its surrounding muscles, is paramount to ensure we are hanging in a “healthy” way.

The focus of this workshop will be on hanging mechanics and hanging form → most importantly your own! Each participant in the workshop will be a case study for us to learn from. We will establish the best “cues” for finding an optimal shoulder position in hanging, and look at the compensations that different bodies make when hanging from the hands (and why).

*This workshop is suitable for aerialists working on all apparatuses.  
Absolute beginners are also encouraged to join!*

Teachers: Sarah Goody and Liz Williams

*"Aerial In-depth" is a monthly workshops series brought to you by Seil ist Geil and Q-Space*