

## LIDO'S WORKSHOPS / LIDON SIRKUKSEN TYÖPAJAT

**paikka: Sepänkatu 1**

**aika: ke 13.6. klo 10-13**

**ilmoittautumiset: [minna.karesluoto@turkuamk.fi](mailto:minna.karesluoto@turkuamk.fi) 12.6. klo 16 mennessä**

**hintaa: 20€/ työpaja**

**työpajat: suositusikä +15-vuotiaille, sirkuksen perusteet omaaville**

### **Juggling workshop**

with Leo Rousselet, Carla Carnerero Huertas and Simon Aravena

Participatory requirements : The class has a duration of 3 hours, and will be conducted by three jugglers, two specialized in balls and one in diabolo.

Maximum of 15 students (5 students per teacher).

The work will be personal so is adaptable to all levels, the only requirement is that the students have had juggled before, and that they bring comfortable clothes and their juggling props.

Technical requirements:

participants must bring their own props, or these must be provided.

Content:

we will commence with a warm up with one object: first of all by warming up the feet which are our support and main point of contact with the floor. During a gentle exploration related to our joints and how they can be the motor of movement , we are going to push the participants to be conscious of the feet, hips, shoulders, neck and hands.

Continuing with one object we are going to do exercises in movement , this will allow us to demonstrate with ease the work of space, rhythm and energy, as well of being able to give a vocabulary of body throws, body catches, rolls, point fixed, movements of the legs and rotations.

Following this we will commence improvisations, firstly about space, then rhythm and finally energy. We are not going to impose our ideas on the students, but show them where they lack an awareness of what they are doing, helping them to be precise, to use contrast, to see the drop like an opportunity, and to be permeable.

Improvisation it is a useful tool to find and develop new directions, in order to improvise it is important to know what i am improvising with, the more conscious i am of myself and my environment, the more liberty i will have to express myself, the more we improvise the better we get at it.

To finish the practice we will divide into two groups, one will improvise and the other will act as an audience. In both of these roles the participant will be learning, those who are seated will observe concepts that we have been working on in order to better apply them when they are on stage, and those participating will have the opportunity to the concepts we have used into practice. Both groups will undertake both roles.

At the end we will stretch while we have an open space to answer questions and to receive opinions and comments about the class.

### **Aerial workshop**

with Marcelo Nunes, Maristella Tesio and Karita Tikka

Participation requirements:

The participant must be at least 13 years old, and have an intermediate aerial level. The number of participants will depend on the available aerial apparatus.

Technical requirements:

Aerial equipment to be provided - A minimum of 1 aerial apparatus per 3 participants. The workshop will be lead by three aerial artists, specialised in tissue, dance trapeze and aerial ring.

Content:

The primary objective is to create a safe space of research, observation and reflection in which it is possible to confront oneself and one's weaknesses in order to find a sincerity, in parallel to trying to distance ourselves from the forms of aerial which already exist.

We will use improvisation as a starting point to composition, integrating emotions and physical research on the ground and in the air, observing the others improvise as well as participating individually.

We will also work on more specific technical elements with the objective of acquiring a greater level of precision and confidence on the apparatus.

We will extend on the basic elements of line, the idea of falling, and of expression, and rhythm in trying to develop to the maximum an awareness of the skin, the breath and the muscles whilst on the apparatus.

### **Acrobatics workshop**

with Maxim Pairault and Ayru Quispe Apaza

Participatory requirements:

2 possible level; beginner and intermediate/advanced.

Technical requirements:

10 participants maximum

5 acromat strips, 2 crash mats

Content

Cleaning of existing technique and tricks, writing of phrases of acrobatics as well as duo acrobatic basics. We will also explore new tricks and have the opportunity to work on individual goals or objectives.