

Dissecting Aerial : 14-15 January 2023

All presentations will be live streamed with captions. BSL interpretation will be available as requested. Recordings of all sessions will be available from 18 Jan.
All times shown are UK, GMT.

Saturday 14 January 2023					
Time	Duration	Activity	Speaker	Presentation topic	Presenter Location
9.30 am		Doors open, registration, teas & coffees			
10am	15 mins	Welcome & housekeeping	Lindsey Butcher		ACCA
10.10 - 11.10	60 mins	Presentation/practical	Alex Allan	The Theory of Beats	Remote streamed
11.20 - 12.05	45 mins	Practical	Debbie Robbins	Aerial Focussed Pilates - a short sweet shot of Debbie energy	ACCA
12.10 - 1.10	60 mins	Presentation	Jess Abouzeid	Psychology for Circus Artists: injuries, risks and getting back up on stage	ACCA
1.10 - 1.15	5 mins	Close morning meeting	Lindsey Butcher		ACCA
1.15 - 2.15	60 mins	Lunch		Informal lunch box discussion TBC	Not streamed
2.15 - 2.20	5 mins	Welcome back and intro	Lindsey Butcher		ACCA
2.20 - 3.10	50 mins	Presentation/practical	Laura Pero	The Kinstretch® method	ACCA
3.15 - 4.15	60 mins	Presentation	Natalie Thompson	What is Physical Literacy?...holistic coaching & physical literacy	ACCA
4.25 - 5.25	60 mins	Presentation/practical	Danielle K Garrison	Tethering / Layering Touch: co-sensing the nervous system and consent in aerial practice	Remote streamed
5.25 - 5.30	5 mins	Closing UK meeting for the day	Lindsey Butcher		ACCA
5.20 - 6pm	40 mins	Networking, informal chats in café/bar area (studio space clear by 6pm for pre-rig - set up for day 2)			Not streamed

Saturday 15 January 2022					
Time	Duration	Activity	Speaker	Presentation topic	Presenter Location
9.30 am	25 mins	Doors open, registration, teas & coffees			
9.55am	10 mins	Welcome & housekeeping	Lindsey Butcher		ACCA
10.05 - 10.50	45 mins	Presentation	Fleur van Rens	Circus Psychology: mental health under the big top	Remote streamed
11- 11.45	45 mins	Presentation	*Aerial Mel Stevens	Empowering the Magic of a Neurodiverse Mind	ACCA
11.55 - 12.40	45 mins	Presentation	Mish Weaver	How Can the Aerial World Respond to Climate Change?	ACCA
12.40 - 12.45	5 mins	Close morning meeting	Lindsey Butcher		ACCA
12.45 - 1.45	60 mins	Lunch		Informal lunch box discussion TBC	Not streamed
1.45 - 1.50	5 mins	Welcome back and intro	Lindsey Butcher		ACCA
1.50 - 2.50	60 mins	Presentation	Dr Dean Kriellaars	Physical Literacy as the Engine for Well-Being	Remote streamed
3 - 4.00	60 mins	Presentation/practical	Serenity Smith Forchion	Join the Upside Down: why handstand training is injury prevention for aerialists	Remote streamed
4.10- 5.10	60 mins	Presentation	Emily Scherb	The Biomechanics of Inversions	Remote streamed
5.15 - 5.20	5 mins	Closing UK meeting for the day	Lindsey Butcher		ACCA
5.20 - 6pm	40 mins	Networking, informal chats in café/bar area			Not streamed

KEY

UK speaker in theatre/live

International speaker - virtual/live

Not live streamed - no captioning required