

## Dissecting Aerial : 23rd/24th March 2024

All presentations will be live streamed with captions. BSL interpretation will be available as requested. Recordings of all sessions will be available from March 26th

Practice, pedagogical and personal approach presentations from aerial artists, researchers, body workers, medical and sports science practitioners.

### Key

In-person
Remote
Pre-recorded

Sat 23rd March					
Time	Duration	Activity	Speaker	Presentation topic	Presenter Location
9am		Doors open for symposium team			
9.30am		Doors open for participants, registration, teas & coffees			
10am	10 mins	Welcome & housekeeping	Lindsey Butcher		ACCA
10.10 - 10.50	40 mins	Presentation	Enya White (black trapeze)	The highs and lows of navigating a career in the aerial arts	Pre-recorded
11am - 12	60 mins	Participatory	Laura Pero	The Kinstretch® method	ACCA
12.10 - 12.35	25 mins	Presentation	Charlie Holland	Aerial Innovation in the 19th Century	ACCA
12.35 - 12.45	10 mins	Close morning meeting	Lindsey Butcher		ACCA
12.45 - 13.45	60 mins	Lunch		Informal lunch box discussion	Not streamed
13.45 - 13.50	5 mins	Welcome back and intro	Lindsey Butcher		ACCA
13.50 - 14.35	45 mins	Presentation/practical	Aisling Ni Cheallaigh	Spin-posium - The Art of Spinning	Remote
14.45 - 15.05	20 mins	Presentation	Dr Manuela Angioi	What do we know about MSK injuries in circus athletes? A systematic review of current evidence.	ACCA
15.05 - 16.00	55 mins	Demonstration and participatory	Dr Manuela Angioi	Engaging 'WeMovetogether' digital tool for motor learning and musculoskeletal rehabilitation	ACCA
16.10 - 16.50	40 mins	Presentation/participatory	Erin Ball	'Relaxed Spaces and Access Notes within the Circus Industry'	Remote
16.50 - 16.55	5 mins	Closing UK meeting for the day	Lindsey Butcher		ACCA
16.45 - 17.30	45 mins	Networking, informal chats in café/bar area (studio space clear by 6pm for pre-rig - set up for day 2)			Not streamed

Sun 24th March					
Time	Duration	Activity	Speaker	Presentation topic	Presenter Location
9am		Doors open for symposium team			
9.30am	25 mins	Doors open for participants, registration, teas & coffees			
10am	5 mins	Welcome & housekeeping	Lindsey Butcher		ACCA
10.05 - 10.50	45 mins	Presentation/practical	Jenn Vigh	Pilates for aerialists	ACCA
11 - 11.45	45 mins	Presentation	Dr Jessica Eccles	Bendy bodies, bendy brains	ACCA
11.55 - 12.30	35 mins incl Q&A	Presentation	Daniela Essart & Naissa Bjørn	Creating safe and brave spaces to flourish in performance and creation	ACCA
12.30 - 12.35	5 mins	Close morning meeting	Lindsey Butcher		ACCA
12.35 - 13.35	60 mins	Lunch		Informal lunch box discussion	Not streamed
13.35 - 13.40	5 mins	Welcome back and intro	Lindsey Butcher		ACCA
13.40 - 14.30	50 mins	Presentation/participatory	Emma Poole	Body of Worth - 'self-esteem and body image in the aerial industry'	Remote
14.40 - 15.40	60 mins	Presentation	Adam Woolley (proud_coach)	Creativity and risk: how to responsibly bring aerial invention into classrooms and studios	Remote
15.50 - 17.20	90 mins	Presentation	Janelle Peters	'When the rope frays' - burnout & compassion fatigue	Remote
17.20 - 17.25	5 mins	Closing UK meeting for the day	Lindsey Butcher		ACCA
17.40 - 18.00	40 mins	Networking, informal chats in café/bar area			Not streamed