

Life States and Stages' - Dissecting Aerial symposium 2026

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

All recordings will be captioned. BSL interpretation will be available if requested 1 month in advance.

Recordings of all sessions from Nov 12th onwards.

KEY

Studio 4 - The Practical One

Studio 5 - the Intimate One

Studio 1 - The Big One

Sat 7th Nov				
Time	Duration	Activity	Speaker	Location
11.00 - 11.40		Participants arrive registration		
11.40 - 13.25		The Intimate One'		
11.40 - 11.45	5 mins	Studio open to public - brief welcome and housekeeping	Lindsey Butcher	Studio 5
11.45 - 12.35	50 mins incl Q+A	RED_D 'Raising awareness, prevention, education and culture change in dance and movement arts globally'	Suki McConnon	Studio 5
12.45 - 13.25	40 mins incl Q+A	Bendy bodies, bendy brains'	Jessica Eccles	Studio 5
13.25 - 13.40	15 mins	Break and move studios		
13.40 - 16.25		The Practical One'		
13.45 - 15.00	75 mins incl Q+A	The theory of beats'	Alex Allan	Studio 4
15.10 - 16.25	75 mins incl Q+A	The Art of Spinning - Spin-poseium. Theory and practical application of spinning on aerial hoop.'	Aisling Ni Cheallaigh	Studio 4
16.25 - 17.10	45 mins	Refreshment break		
17.10 - 21.15		The Big One'		
17.10 - 17.15	5 mins	Welcome back and brief intro	Lindsey Butcher	Studio 1
17.15 - 18.05	50 mins incl Q&A	'The Female Hormone Odyssey'	Dr Nicky Keay	Studio 1
18.15 - 19.15	60 mins incl Q&A	Moving Through Change: Rethinking Aerial Training through Perimenopause & Menopause'	Ana Prada	Studio 1
19.30 - 20.15	45 mins incl Q+A	Physical literacy versus the Delusion of Safety-ism'	Dan Edwardes	Studio 1
20.25 - 21.10	45 mins incl Q+A	Curiosity as Practice'	Joanna Haigood	Studio 1
21.10 - 21.15	5 mins	Thank you	Lindsey Butcher	Studio 1
21.15 - 22.00		Doors close at 22.00		