

...BALANCING BETWEEN THE EARTH AND THE SKY

stage of aerial tissue

with EliRudyzuli

The element air as a privileged place for knowing and experimenting with your own body, through discovery and in depth study of aerial acrobatics on tissues.

The stage includes work on aerial movement seeking for awareness that is found beyond acrobatics, developing technique that brings together the spectacular side of aerial acrobatics, the drama of mime and the elegance of dance.



PROGRAM :

- Warm-up both on the floor and on the tissue
- Basic elements of aerial acrobatics : mounting , descending , knots , key movements and falls
- Classic figures and possible variations
- Research of personal interpretation and knowledge aquired through the exploration of different and various ways of expressing yourself in the air
- Experimentation in the use of tissue as object , scenography , partner in dance through theatre excercises , of aerial dance and improvisation , both individual and collective.
- Stretching

SUGGESTED CLOTHING

Comfortable cotton clothing (without zip) for the warm-up and stretching ; a tight sweatsuit or body , fuseaux or footless leggings for the work on the tissues. During the lessons no rings, bracelets , or large earrings can be worn.

ELENA MANNI in arte EliRudyzuli

Poliedric artist (her studies range from music to dance through mime , theatre , tight rope and acrobatics) ; she established herself as an artist of “nouveau cirque” and teaches aerial acrobatics (tissue , trapeze and circle) to children , teenager and adults in both annual and intensive courses.

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