

Teardrop Aerial & Circus



Teardrop Aerial & Circus is run by Kellie and Ben.

Forming in 2015. Running weekly classes for adults and children's classes in Aerial skills. Working on trapeze, silks, rope, hoop and loop.

As well as running Teardrop they instruct for other companies, teaching aerial skills in Brighton and London for: Bandbazi, Acrobody, The Circus Project, London Academy of Gymnastics and Dance. Teardrop have attended many festivals with their big aerial rig, holding workshops and performances.

Teardrop have been performing for over 10 years in aerial using rope, silks, loop and trapeze having worked alongside: Shambolic SideShow, B-Collective, Rivoli Ballroom, Pazzaz Circus, Flying Eye, Zu-Aerial, Voodoo-Vaudeville, Airteko and for many other events, festivals and parties.



We teach a range of aerial disciplines, all of these work on co-ordination, strength, flexibility and stamina. Proving to be an excellent work out for the whole of the body: learning new skills, building confidence but having fun at the same time!

No need to run away with the circus...just come and have a class...



SILKS: (tissue/fabric)

Consisting of 2 pieces of fabric. Using strength to climb and move in the silks, creating poses. Elegant but strength required!

LOOP: (Sling/Hammock)

Think aerial yoga but more dynamic! This is ideal for complete beginners a great introduction to aerial. Creating a diverse range of figures, shapes and poses.





ROPE:

Also known as corde-lisse, meaning cotton rope. Learn how to climb, move and eventually wrap in the rope. An expressive range of movements that requires strength as well as skill.

TRAPEZE:

This is static so not the flying type. Consisting of two ropes and a steel bar. Learning to move around/under/over the bar and using the ropes too to create flowing elegant movements.



HOOP: (Lyra)

A circular steel ring. A variety of moves- visually stunning and great for improving flexibility.



What should I wear?:

All jewellery must be taken off, long hair tied back. Leggings/ jogging bottoms (no shorts or jeans) the more layers the better.

**After your first class you will ache! But you will also feel rewarded -BEWARE;
aerial is addictive!**