



JESSICA JOHN

Jessica John is a circus artist, coach, and choreographer who specializes in rope, dance trapeze, and fabric. An ardent movement researcher and technician, Jessica's work challenges gender norms through displays of virtuosic strength and flexibility and rejects narrative structures as a primary humanizing device. A sixth generation New Orleanian, Jessica is the creative and managing director of Alter Contemporary Circus and Vaudoux Aerial Dance Theatre. She is also a co-creator of Steal A Step, whose work won a Best of Capital Fringe award in 2016 for Kick Before You Drown. Her coaching and choreographic style emphasizes strength and innovation, and employs techniques learned through a decade of research spanning the globe. Jessica uses her skills as a GYROTONIC(R) Trainer and a physical therapy aide as well as her Functional Movement Screen Level One certification to safely push performers and students beyond their perceived limits.

TECHNIQUE-FOCUSED RETREAT

JULY 24-30, 2018

CASTLE ROCK, CO

The retreat will be held at Aerial Works Castle Rock, about 40 minutes from Denver International Airport and Colorado Springs Airport on the front range of the Rocky Mountains. The studio is packed with adjustable rigging points at 15-20 feet in the 2,700 sq ft studio. There are a range of hotel and Airbnb options close to the studio.

AERIAL WORKS ADDRESS: 1050 Topeka Way Unit 1
Castle Rock, CO 80109

COST: \$800 (excluding food/lodging)

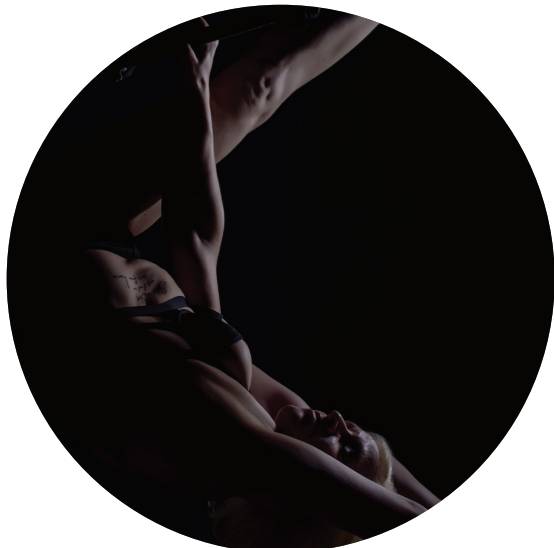
To reserve your spot, email jessicajohncircus@gmail.com for information on credit card, check, and other electronic payment options.

www.jessicajohncircus.com



WITH JESSICA JOHN

TECHNICAL TUNE-UP INTENSIVE



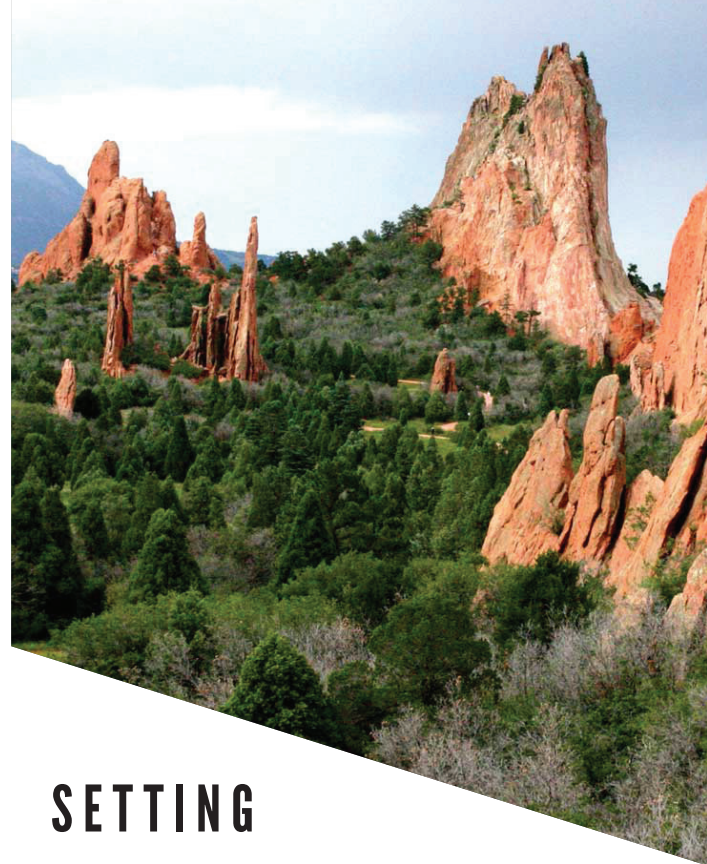
The intensive will focus on the biomechanics of and conditioning for foundational aerial movements. We will deconstruct and geek out on the "simple" . . . inversions, meathooks, flags, c-shapes, and more. Then we will subvert obvious pathways and add momentum to create new vocabulary on:

- Rope;
- Aerial Fabric & Sling; and
- Dance Trapeze.

AERIAL TECHNIQUE

INTENSIVE

— This weeklong workshop is intended for intermediate and advanced aerialists looking to push their technique and artistry to the next level, as well as aerial instructors wishing to deepen their understanding of foundational aerial movements. Participants must be curious about the human body, open to discussing their perceived limitations, and willing to safely challenge those boundaries. The week will include approximately 5 hours per day of structured activities and workshops.



SETTING

— Jessica John is a CU-Boulder graduate and is excited to show you around the front range. The intensive schedule will allow for optional excursions to nearby attractions, including:

- Hiking in Garden of the Gods..
- Dining at Casa Bonita.
- Shopping on Pearl Street Mall.
- Seeing a show at Red Rocks..

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