

# Trapeze Workshops with Niff Nicholls

**Saturday, August 25, 2018**

**3:00–5:00 pm**

**Trapeze Exploration, Entrances,  
Exits and Transitions!**

**Level:** Beginner/Intermediate

In this workshop we will learn some of the fun choreography that Niff is known for. Taking dance trapeze, to the static trapeze and playing with tension, as well as learning to listen to the apparatus to see where it leads us. We will play with different possible entrances and exits, and find all sorts of ways to make a skill your own.

**Pre-reqs:** Ability to hold a front balance, tuck under the bar without tagging, single knee hangs, to be able to do a short arm inversion in the ropes without tagging.

**5:30–7:30 pm**

**Trapeze Exploration, Entrances,  
Exits and Transitions 2.0!**

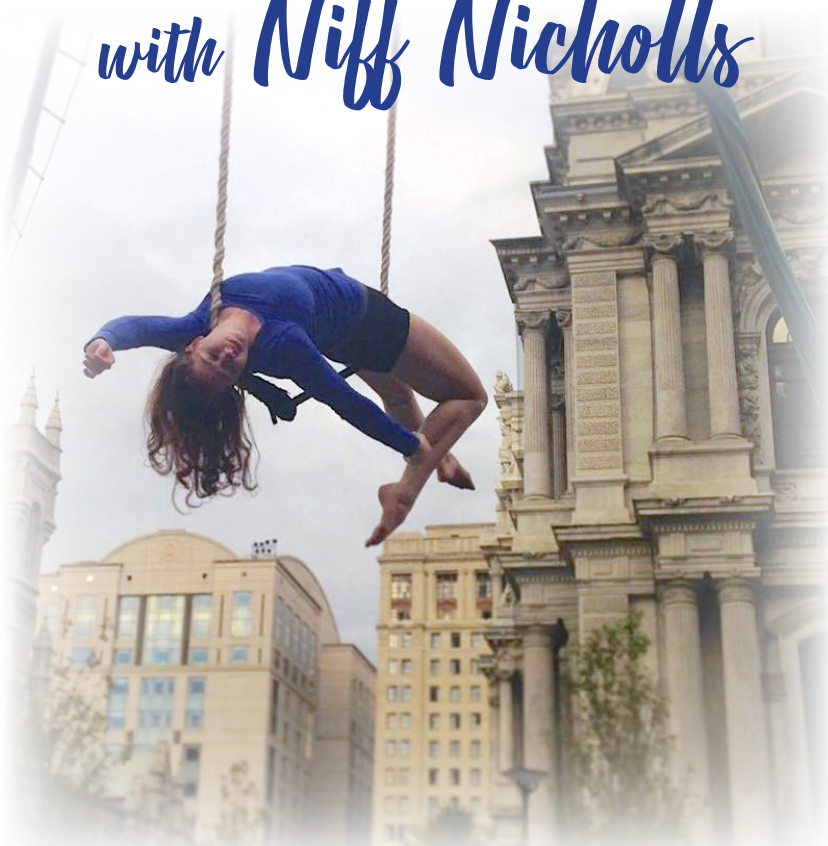
**Level:** Intermediate/Advanced

In this workshop we will explore a lot of the same concepts as the beginner version, but adding in more dynamic and a bit more complicated transitions to the mix. We will spend some time on front and back hip circles and all the places they can go! We will also take time to discuss hand beats and how to use the most effective technique for healthy shoulders, and easy transitions.

**Pre-reqs:** Clean pull over to front balance, back and front hip circles, can do a strong pull up, ability to invert multiple times in the ropes, elbow hangs on both arms.

**\$50 per person per workshop**

Register in Mindbody at [www.canopystudio.org](http://www.canopystudio.org)



**Niff** thinks of teaching as an art form of its own, and because of this philosophy she has become a sought after coach in the American circus community. She began studying circus a decade ago after realizing how empowering and life changing circus is.

In 2006 Niff started teaching aerials at The Philadelphia School of Circus Arts, and soon after became the Adult Aerial Coordinator and head coach, as well as Teacher Training Coordinator. Niff spent 5 years developing a teacher training program now recognized and certified by the American Circus Educators Association. In 2014 she started teaching Aerial Dance at The University of the Arts in Philadelphia, Niff also is a graduate of The National Circus School's (Ecole Nationale de Cirque-in Montreal) Teacher Training program, earning her instructor certification.

Niff started Secret Circus in 2015, after her peers and students asked her to create a place where they could make a community that felt inviting, safe, and fun, while giving exceptional instruction in circus arts.