

Sadie Ledonna & Shawn Kellogg

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Circus Arts

Residencies Offered:

CIRCUS ARTS FOR EXPRESSION AND PHYSICAL CONNECTION: This physical workshop would give students a general foundation in circus arts. We would cover solo, partner and group acrobatics, juggling, balance skills and clown. Ideally meeting twice a week and culminating with a performance co-created by the group. This class is ideal for 12-18 year olds. We will explore many different styles of circus and expression, get in our bodies, move and collaborate.

CIRCUS ARTS AS A TEACHING TOOL FOR PHYSICAL SCIENCES: Jumping, twisting, spinning and throwing! Acrobatics and juggling are an excellent example for basic physical principles. In this class all students will feel if the thrust line of gravity is not going through the center of their handstand. They will see how their body rotates faster when it is in a smaller shape. This workshop is for high schoolers. This is an applied tactile approach to learning how we all interact with momentum and gravity on a daily basis.

APPLIED ANATOMY THROUGH CIRCUS, DANCE AND PLAY: In this class we will put names to the structures we use to move. Connecting function to form we will move through space focusing on specific areas of the body to isolate their relevance to daily movement. After identifying what individual muscles do, we will work with whole tensional lines and feel what it means to contract our biceps femoris or lengthen our rectus abdominis

Other subjects we see being a great fit in conjunction with circus arts are Health, Physical Education, leadership and teamwork, and storytelling.

Space, time, and equipment considerations:

Ideally, we would have space for everyone to move around. An hour or two depending on the workshop. We need access to mats and juggling equipment depending on the size of the class.

Preferred Age: 8-18

Teaching Experience:

Shawn started teaching movement and circus 6 years ago. He has worked extensively with teens and tweens from many backgrounds. He currently works for the UMO school teaching general acrobatics, for Sanca at Seattle teaching general circus for performance, and has a private structural integration practice on Vashon.

Sadie has been teaching circus and dance for 7 years. She has worked with all ages, especially teens. She teaches aerial arts for the UMO School and general circus for performance in Sanca at Seattle. She has also worked as an expedition leader taking large groups of teens travelling internationally.

Artist Statement:

We are excited to help build physical awareness in youth through circus arts. We have both performed circus together for many years and love seeing people be inspired to move and learn with their bodies. Circus is a diverse and powerful tool to build physical connection, become comfortable with discipline and express oneself.