

**DADA 2023**

Aerial Studio + Yoga Shala (Please study the DAY to DAY classes + Please select classes to your level on the enquiry form).

ARRIVAL	FRI (Arrival Day)		
9th	15h00 - 17h00	DADA participants arrive + settle	
	17h15 - 17h30	DADA INTRODUCTION (Welcome to C.D.C)	
	17h30 - 18h30	Movement class with (Magalie) focussing on your intention (All levels)	1h00
	18h30 - 20h00	ATELIER (HOW TO MASSAGE) (FR/UK)	1h30
	20h00 - 21h30	Dinner Delicious	

DAY 1	SAT		
10th	7h30 - 9h00	Breakfast Booster	
	08h00 - 08h45	Yoga (General) with Petra	45min
	09h30 - 11h00	Rope / Tissue with Petra + Laetitia tech (novice/elementary level)	1h30
	09h30 - 11h00	Hoop with Aisling (intermediate/advanced level)	1h30
	11h15 - 12h45	Vertical dance (wall) aerial dance (floor) tech with Lindsey + Magalie (intermediate/advanced level)	1h30
	13h00 - 14h00	Lunch Crunch	
	14h15 - 15h45	Rope / Tissue with Petra + Laetitia tech (intermediate/advanced level)	1h30
	14h15 - 15h45	Straps with Aisling (advanced choreography)	1h30
	15h45 - 17h15	Vertical dance (wall) aerial dance (floor) tech with Lindsey + Magalie (novice/elementary level)	1h30
	17h30 - 18h15	Conditioning + stretch with Laetitia - YOGA STUDIO (All levels)	45min
	17h30 - 18h15	TECH LAB (NEED TO SIGN UP IN ADVANCE / 6 PLACES ONLY / TWO STUDENTS TO ONE TUTOR).	45min
	18h30 - 20h00	ATELIER (CREATION PROCESS) Where to Start (FR/UK)	1h30
	20h00 - 21h30	Dinner Delicious	

DAY 2	SUN		
11th	7h30 - 9h00	Breakfast Booster	
	08h00 - 09h00	Movement with Magalie (All levels)	1h00
	09h30 - 11h00	Acrobatics + Hanstand with Laetitia + Petra (All levels)	1h30
	11h15 - 12h45	Vertical dance (wall) aerial dance (floor) tech with Lindsey + Magalie (novice/elementary level)	1h30
	13h00 - 14h00	Lunch Crunch	
	14h15 - 15h45	Rope / Tissue with Petra + Laetitia creation (intermediate/advanced level)	1h30
	14h15 - 15h45	Hoop with Aisling (intermediate/advanced level)	1h30
	14h15 - 15h45	Practice Time (for novice/elementary students)	1h30
	16h00 - 17h00	Contact improvisation with Magalie (All levels)	1h00
	17h15 - 19h45	ATELIER (PRACTICAL RIGGING BASICS) with Nick (FR/UK)	2h30
	20h00 - 21h30	Dinner Delicious	

DAY 3	MON		
12th	7h30 - 9h00	Breakfast Booster	
	08h00 - 08h45	Yoga (General) with Petra (All levels)	45min
	09h30 - 11h00	Rope / Tissue with Petra + Laetitia tech (novice/elementary level)	1h30
	09h30 - 11h00	Straps with Aisling (advanced choreography)	1h30
	11h15 - 12h45	Vertical dance (wall) aerial dance (floor) creation with Lindsey + Magalie (intermediate/advanced level)	1h30
	13h00 - 14h00	Lunch Crunch	
	14h15 - 15h45	Rope / Tissue with Petra + Laetitia creation (intermediate/advanced level)	1h30
	14h15 - 15h45	Hoop with Aisling (intermediate/advanced level)	1h30
	15h45 - 17h15	Vertical dance (wall) aerial dance (floor) creation with Lindsey + Magalie (novice/elementary level)	1h30
	17h30 - 18h15	Conditioning + Handstand with Petra - YOGA STUDIO (All levels)	45min
	17h30 - 18h15	TECH LAB (NEED TO SIGN UP IN ADVANCE / 6 PLACES ONLY / TWO STUDENTS TO ONE TUTOR)	45min
	18h30 - 20h00	ATELIER (CREATIVE EXPLORATION) Tools + Materials (FR/UK)	1h30
	20h00 - 21h30	Dinner Delicious	

DAY 4	TUES		
13th	7h30 - 9h00	Breakfast Booster	
	08h00 - 09h00	Movement with Magalie (All levels)	1h00
	09h30 - 11h00	Acrobatics + Hanstand with Laetitia + Petra (All levels)	1h30
	11h15 - 12h45	Vertical dance (wall) aerial dance (floor) creation with Lindsey + Magalie (intermediate/advanced level)	1h30
	13h00 - 14h00	Lunch Crunch	
	14h15 - 15h45	Rope / Tissue with Petra + Laetitia creation (novice/elementary level)	1h30
	14h15 - 15h45	Straps with Aisling (advanced choreography)	1h30
	14h15 - 15h45	Practice Time (for intermediate / advanced students)	1h30
	16h00 - 17h00	Contact improvisation with Magalie (All levels)	
	17h15 - 19h15	ATELIER (PRODUCTION LECTURE) with Paul Cockle (FR/UK)	2h00
	19h30 - 21h00	Dinner Delicious	

DAY 5	WED		
14th	7h30 - 9h00	Breakfast Booster	
	08h00 - 08h45	Yoga (General) with Petra	1h00
	09h30 - 11h00	Vertical dance (wall) aerial dance (floor) creation (novice/elementary level)	1h30
	11h15 - 12h45	Vertical dance (wall) aerial dance (floor) creation (intermediate/advanced level)	1h30
	13h00 - 14h00	Lunch Crunch	
	14h15 - 16h30	Aerial Medley / Straps / Hoop / Rope / Tissue creation (All levels)	2h30
	16h30 - 18h00	Presentation + Sharing of Work (not obligatory)	1h30
	18h00 - 18h30	Movement class with Magalie (final group closure 30min session)	30min
	19h00 - 21h00	Dinner Delicious	

DEPART	Thurs		
15th	7h30 - 9h00	Breakfast Booster	
		*Please feel free to use the Yoga Shala if you would like a final stretch (there are no classes today).	
		*Those who are leaving today, please vacate before midday thank you.	
		*If you are taking a flight please make sure you have checked in beforehand + printed boarding pass	
		*Final request, please make sure all bedding is put in the laundry room, thank you, merci, gracias....	