

**Laura Gwendolyn Burch**  
**Fabric Workshops**

**Tricks are for Kids**

Sometimes we collect tricks like playing cards. Ok, then what? What happens between the tricks? Let's put the tricks aside. Learn how to move on the fabric in a fluid way that is interesting, but not oriented around a trick or drop. Learn more than static poses...boring! Instead, let's find creative, new shapes that accentuate your mobility and flow with your skills.

**Started from the Bottom**

Can you get to the top of the fabric without "climbing?" This is Laura's specialty! Leave those typical climbs behind and find creative pathways to ascend the fabric while looking effortless. Defy gravity and make it a main part of your choreography. Learn fascinating ascending sequences and useful tools to get you out of your box!

**Prerequisites for Silk Workshops:**

Must be able to stay in the air for up to 3 minutes at a time

Students must have the ability to invert (without cheating) multiple times during the length of the workshop

Students must have the ability to climb and invert at the top of the silk

Students must have the ability to do at least 2 pull ups

**Get Silk Strong**

This workshop will be both a brain and a body workout. Learn ways to condition your strength training that work with where you are. Start to progress safely and effectively as a Vertical Artist. Learn the why and the how of proper training to build the best foundation you can as an aerialist.

**Prerequisites for Conditioning workshop:**

Students must be able to invert and hold a finished straddle position in the air (as opposed to from the ground and jumping).

Students need to be able to hold a 15 second hollow body hold.

Students need to be able to straight arm hang and tuck knees to above navel.

Students must be able to climb to the top of a silk at least twice during the workshop.

**ALL WORKSHOPS 90 MINUTES**

**MAXIMUM 8 STUDENTS MINIMUM 3**

**Prices**

All workshops \$55

Two workshops \$100

Three workshops \$130

Private lessons

Solo \$75

Duo \$100

Laura takes a 70/30 split with the studio (Laura 70)

Laura wants to make sure that her rates are in line with the community. These are suggestions. She is willing to work with pricing to align her rates with both the studios needs and her own.

## Bio

"Laura Gwendolyn Burch is one of the only aerialists in the world today creating her own material on silks that is thoughtful, intriguing, and innovative."

Julia Langenberg owner of Aerial Horizon San Antonio

Laura Gwendolyn Burch is an aerial silk artist. Her movement background started with teaching yoga in 2009. She has been performing circus professionally since 2015, and she has been teaching circus since 2016. Her performance work expresses a love for the artistic curiosity of modern circus. Her creations are about exploring the differences we all have and taking chances. She has been called a visionary in the silk world by her peers.

Her teaching style mixes a love of movement quality with making the most daunting tasks understandable and achievable for all body types. She regularly takes continuing education classes and workshops herself because she believes you can never stop learning. She is a certified massage therapist, trained in an aerial focused Pilates Mat 1 through Balanced Body, and a Bikram Yoga Teacher of 9 years.

She has performed with/at SANCA Seattle, Versatile arts Seattle, the Bellingham Circus Guild, The Mount Baker Theater, Sh' Bang festival of Ideas, The Subdued Stringband Jamboree, Bella Circo of LA, The Brotherhood takes Flight, Benefits with Food Lifeline, Cirque Macabre, The Southern Fried Circus Festival, and the Moisture Festival. She was the 2017 COTAC Professional Silks 1st place champion, and she is Currently on tour for 17 months with the Venardos Circus.

She is available for private lessons that focus on act refinement, and/or technique.

For more information

[www.lauragwendolynburch.com](http://www.lauragwendolynburch.com)

IG Laura\_gwendolyn\_burch

Facebook Laura Gwendolyn Burch

I have *attached* photos, video links, and flyers for social media promotion  
Please let me know if there is anything else you need.

**Thank you!**

**Laura Gwendolyn Burch**

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