



Emily Stratton

Pricing for Instructional offerings



**"Technique makes you safe,
authenticity makes you
memorable"**

A solid foundation gives you the ability to discover your own path. The goal of Emily's teaching is to give each individual an understanding of aerial theory, the strength and body awareness to execute skills with solid technique and the confidence to continually grow. All with the goal of creating artists who can make this art form a true expression of themselves. Every class is integrated with opportunities to gain further understanding through exploration. Individuality goes beyond personality, every brain and body is unique. Emily strives to create a learning environment that enables everyone to feel safe, heard and empowered.

Teaching Background

Emily has taught movement for over 15 years. Starting with Kung Fu, moving on to dance, choreography, personal training, fitness, flexibility and finally, aerial arts and aerial dance. By combining the elements of her eclectic background, she meets students where they are to best serve their physical needs while building their artistic independence and full understanding of technique.

Emily's teaching journey began as a teen teaching Kung Fu at her family's studio. This was a formative experience as she learned the process of class organization, timing and student interaction from her amazing Mom/teacher. This knowledge followed and grew with her as she set choreography and performances on dancers throughout high school and college.

After earning her BA in Theater and Dance from Westmont College, post-grad Emily obtained her ACE Personal Training certification as well as her ACE Flexibility Specialist certification. In both Asheville NC and Santa Barbara CA Emily created and taught group fitness curriculum (including Flexible & Fit, BalleTone and Flexible & Fit Core) in addition to working as a personal trainer to a wide variety of clients ages 16-72. She loved solving the puzzle of physical capacity, goals and personality.

Emily also taught at ArtSpace Charter school as the interim Dance Specialist Teacher, After-School Ballet and Choreography instructor. This entailed teaching grades kindergarten through sixth classes that correlated with their academic studies and a seventh and eighth grade dance elective class. These classes required a range of dance styles and class structures.

Emily spent 2019-2021 in Fargo, ND teaching private Aerial Dance lessons, conditioning classes, group Aerial Arts classes and workshops for FM Aerial Movement and Gasper's School of Dance. These classes combined everything that Emily loves; puzzle-solving individual needs/goals, fostering individuality, obtaining goals and most of all, Aerial Dance.

Currently, Emily is based in Atlanta GA where she offers private lessons and travels to teach workshops.

Workshops

Combining traditional aerial dance theory (Terry Sendgraff's "motivity") with Emily's background in theater, dance and choreography creation, we find new pathways through space, uncover individual voices and collaborate in a supportive, fun, and open environment.

Intro to Aerial Dance

Far more than stylized aerial arts, this beautiful branch of the aerial arts world integrates grounded dance movement with aerial movement to create fluid artistry inclusive of both earth and air. In this workshop we dip our toes into choreography, exploration, Aerial Dance history and creative exercises that help to draw everyone into the unique world of aerial dance. This workshop is ideal for aerialists who are unsure how to integrate floorwork and dancers who would like to begin their aerial dance journey. All levels of aerial and dance training is welcome.

This workshop is also designed to be adapted for dance studios.

- * 1.5-2.5 hours long
- * Offered on Fabrics, Lyra, Trapeze (static or dance), Corde Lisse and Sling.
- * Can be tailored toward dance studios/groups, to aerial studios/groups or to complete beginners from any background.
- *Minimum 5 students- maximum 12

\$50-\$65
per
student

Aerial Dance Expanded

As a more experienced aerialist or dancer, you are ready to expand your practice beyond stylized movement. How to start? In this workshop we explore methods to generate movement that translates to both the floor and the air as individuals and in partnership with others. Together let's push your exploration of the space between earth and sky to a deeper level. This workshop is ideal for those who have a basic level of experience combining floor and air movement and an intermediate level of aerial training.

- * 1.5-3 hours long
- * Offered on Fabrics, Lyra, Trapeze (static or dance), Corde Lisse and Sling.
- * Can be tailored toward dance studios/groups, to aerial studios/groups or to complete beginners from any background.
- *Minimum 5 students- maximum 12

\$50-\$70
per
student

Workshops

"Emily is a fantastic teacher. Her classes are safe spaces in all the sense of the term. Her holistic approach to the art form she teaches allows her students to evolve not only on the technical level, but also as well balanced artist and/or performers."

-Francois Bergeron

Aerial Dance Choreography

Ready to learn some new choreography? Described as "buttery", "bold", "shapely" and "expressive", Emily's choreography juxtaposes soft sensibilities with sharp skills. While these 2.5-4 minute long aerial dance pieces on any apparatus are pre-set, Emily feels that it is important that each student embrace and share their personality. This means that in addition to the floor and air choreography being taught in a clear, methodical manner, time and opportunity for bringing your own soul to the table is baked in.

- * 1.5-2 hours long
- * Offered on fabrics, lyra, sling, corde lisse and trapeze.
- * Can be tailored toward beginners-advanced individuals.
- * Minimum 4 students-maximum 12

\$45-\$50
per
student

Intro to Aerial Fabrics

Referred to by a variety of names (silks, tissu, fabrics, tails etc.) it's hard to deny the beauty and joy of flying upon yards of 40 denier tricot polyester fabric! While their height and slippery look may seem daunting, I firmly believe everyone can fly and after this workshop, you will too!

With an emphasis on safety, technique, body awareness and fun (very important) we will explore the powerful sensation of taking flight.

- * 1.5 hours long
- * Offered on Fabrics
- * Full beginners through advanced beginners.
- * Minimum 6 Students, maximum 10

\$40 per
student

Group Classes

"Emily is a gifted aerialist, passionate educator, and innovative artist. Whether you are a first-time flyer or an experienced performer, Emily will help you achieve your goals and advance your skills in the apparatus. Her warm, welcoming, and encouraging personality makes her well-suited for all ages and abilities. Emily's knowledge of anatomy, physiology, and aerial pedagogy ensures her students train for longevity and safety."
-Lynnea Eckhoff

Group classes are a wonderful way to find your aerial family. Together we grow, learn and succeed in a supportive environment that celebrates each individual. By providing an understanding of theory, technique and body awareness, Emily's classes provide a foundation for artists to explore and create by bridging the gap between strength and artistry.

Class Series

Each four to eight week series chooses a foundational concept on the apparatus chosen, introduces techniques and transitions that are supported by the concept with a focus on giving full understanding of why these skills work and how they are all interconnected. The learning process includes open communication, exploration and creative exercises that put the joy of discovery into the student's hands in a safe way.

Beginner-Intermediate Fabrics

* 1.5 hours long, option of 2 hours for intermediate levels

Beginner-Intermediate Lyra

* Offered for beginner through intermediate students

Beginner-Intermediate Trapeze

* Minimum 5 students- maximum 10

Choreography Creation

Aerial Dance on all Apparatus

Drop In/Weekly Classes

Each class reinforces foundational skills with drills, games and exercises that support the growth and longevity of students. Additionally, each class introduces aerial theory, skills and transitions that are presented in a levelled manner that welcomes a range of familiarity.

With an emphasis on safety, technique, body awareness and fun (very important) we will explore the powerful sensation of taking flight.

Beginner- Intermediate Fabrics

* 1:15 to 1:30 hours long

* Offered on Fabrics

* Full beginners through intermediate levels .

* Minimum 5 Students, maximum 10

\$140-\$210
per student,
per session

*Studios contact
directly

\$60 per class
or
\$50 with a \$5 bonus per
student
over 5 students

Private Lessons

" She makes sure to focus on each student's strengths while also ensuring that they also improve their weaknesses. I had the chance to have both group and private lessons with this amazing person, and I know I am a better artist thanks to her! To anyone looking to for a great teacher of aerial arts, no matter if you are completely new to this or an advanced aerialist, I would highly recommend!"
-Francois Bergeron

Looking to grow, explore and find your artistic voice? Whether your goal is expanding your horizons, or blazing a brand new path for yourself, these 90 minute classes are all about you! You'll be working with Emily one on one to grow into your own aerial voice. You'll also be building up your foundational aerial technique on an apparatus of your choosing, and diving deeper into more advanced training and techniques with lesson plans tailored specifically to you.

Format

Each four to eight class pack or ongoing format is scheduled and designed to best serve your goals. Beginning with a 15-20 minute long personalized warm up that targets your body's unique needs and goals, we then move into your level appropriate lesson that pursues your interests while also supporting a well rounded understanding of aerial theory, concluding with a cool down that addresses the most used muscles of the day.

Whether you have a specific goal in mind or simply desire an environment that can be shaped to your needs, these lessons are collaborative, responsive and fun!

Fabrics

Lyra

*1.5 hours long

Trapeze

* Offered for beginner through advanced students

Choreography Creation

* Ages 9 and up. A guardian is required to be present with minors unless otherwise specified

Performance Prep

*A doctors note is required for those with diagnosed medical conditions that may prevent them from riding roller coasters. Other than height, it's the same list.

All Apparatus Exploration

Intro Classes

*Online options are available to intermediate/advanced students, or those cleared by me.

Small Groups

Partners

Aerial Dance

Aerial Skill Technique

*Online prices differ

*Please contact Emily if there is financial strain
+
desire to learn.

*Studios wanting in house private lessons,
please contact Emily

\$90/single lesson

\$320/4 pack (\$80/lesson)

\$450/6 pack (\$75/lesson)

\$580/8 pack (\$70/lesson)

Ongoing varies.