



Straps/Hoop

WORKSHOPS

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ABOUT ME

Seraphim's circus journey started in 2014, in the heart of Germany, while still in high school, where he had the opportunity to be part of a youth circus organization for three incredible years. Intrigued by the circus vocabulary and understanding, he wanted to share his knowledge early on. For that reason, he pursued the gymnast degree 'Turntrainer C' and began teaching basic gymnastics and aerial straps classes within his youth circus.

After finishing high school, Seraphim decided to pursue circus as his main profession and enrolled in a one-year teacher program at Circartiveschool in Germany. The journey continued to higher education, where he studied Circus and Performance art for four years in the Netherlands. In addition to giving workshops and private classes worldwide, he chose to become part of the main team of teachers at Circartiveschool, involving teaching classes, organizing programs, and providing individualized assistance to students.

Currently, Seraphim works as a freelance artist and teacher around the world. Alongside his partner Daniel Fernández López, he founded Company ALUD. Together, they developed their own aerial style, drawing inspiration from theater, partner acrobatics, and dance, showcased in multiple productions.



ABOUT THE WORKSHOPS

In my workshops and classes, I focus on teaching the principles of how movement patterns work. You'll gain an understanding of biomechanics, physical sensations, and how to methodically approach different skills. My aim is to facilitate sustainable learning on both a physical and mental level. I offer workshops from beginners to advanced levels, available in both English and German. Below, you'll find an overview of what I offer but of course, I'm flexible and willing to adapt to meet your personal needs.



WORKSHOPS

DYNAMICS/WAIST ROLLING

Do you want to understand dynamics on a deeper level and improve your waist rolling? In this workshop, we will do a nerdy deep dive of both swings and waist rolling. You will learn how to approach swings from a sustainable point of view, which will not only improve your technique but also help you make it look effortless. You will also understand how to waist roll more efficiently and elegantly.

***Duration: 2/3 days, 3-4h a day, Intermediate/Advanced
(also interesting for other aerial disciplines)***

STRAPS BEGINNERS

Welcome to an exploration of aerial straps! In this workshop, we'll dive into the basics of aerial straps. Together, we'll learn exercises designed to condition the body and lay the foundation for future skills. We will cover principles of spins, swings, and waist rolling to set you up to continue practicing on your own.

Duration: 1/2/3 days, 2-5 hours a day

DYNAMIC HOOP

Interested in learning about dynamics or improving them? This workshop dives into a new approach to dynamics. In addition to focusing on the physical tools you need, we will go into swings, catches and release and build sequences. You will learn how to gain more momentum and how to use it to learn new skills.

***Duration: 1/2 days, 2-3 hours per day
(also interesting for trapeze artists)***

CREATION/MOVEMENT WORKSHOP

Interested in exploring a new approach to doing aerials? In this workshop, you will use the straps in exciting new ways. With a strong focus on connecting the straps with the floor, we will help you find new movement patterns and ideas. This will not only help your technique but also to methodically finding new material on your own. We will dive into movement research alone and through partner work.

Duration: 1/2 days, 3-4 hours a day – from beginners to advanced, for dancers, acrobats, and aerial artists.

DUO STRAPS – COMPANY ALUD

Interested in finding out about a new style and our way of working? This workshop is for duo and solo artists who want to learn more about our style, fluid weight. We will work on movement combined with aerials. Working in a group, as a duo, and alone, we will not only teach you new material but also delve into the principles of our style.

Duration: 1/2 days, 3-4 hours a day – from beginners to advanced, for dancers, acrobats, and aerial artists.

A FRUITFUL MIX

This workshop is a mix of different material tailored to your needs, including swinging, spinning, waist rolling, movement sessions, rollups and more. Together we will discuss what we do and how we can fit to your needs.

Duration: 1/2/3 days, 1-4 hours a day - beginners to advanced



PRICING AND PARTICIPANTS

When it comes to pricing, I like to find a solution which works for everyone.

Rates typically range from 30€ to 40€ per hour per student, depending on factors like the number of participants and any additional studio fees.

Accessibility is important to me. If you're passionate about participating but finances are tight, let's talk. I can offer discounts and flexible payment options because I believe everyone should have the opportunity to join in.

Safety is important. That's why insurance coverage for all participants is required.

COMMUNICATION

Just write me a message and ask away. I would be happy to get to know you and engage in a conversation about workshops, classes, or other ideas!



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