

“We are the sky where spirits live.”

-Rumi



“Bandaloop masterfully guided students to explore their own aerial creativity in an environment of trust and safety. Their airborne choreography was magical to witness!”

-Barbara Leonard, Artistic Director of Education, The Music Center

“Our partnership with Amelia Rudolph and Bandaloop is one of our most powerful and enduring of our 25 year history, bringing sophisticated aerial dance training to many youth who would otherwise never imagine dancing on ropes from buildings and walls and theaters. Thank you Amelia and Bandaloop for making magic with Destiny!”

-Sarah Crowell, Artistic Director, Destiny Arts Center

In the Air: Vertical Dance Technique

Aerial classes involve instruction in off-the-ground dancing and BANDALOOOP's signature vertical dance technique. No previous experience required, but basic physical fitness is recommended.

Length of workshop: 2-6 hours
4 to 1 student teacher ratio

On Site: Choreography of Place

Choreography classes serve as an introduction to BANDALOOOP's process of dance-making. We will work with improvisational scores, collaborative phrase-building, and compositional exercises to generate new choreographic material in relationship to place. Where possible, original works with the company will be created inside, outside, in the air and on the ground. Any and all levels welcome.

Length of workshop: 2 hour minimum
4 to 1 student teacher ratio



Fly Youth: Teen Program

Our teen programming emphasizes individual empowerment within collaborative creativity. Instruction will include intensive training in BANDALOOOP's signature vertical dance style and aerial composition as well as on-the-ground dancing and choreography.

Length of workshop: 2 hour minimum
4 to 1 student teacher ratio

The Prepared Body

These strength-training classes prepare the body for BANDALOOOP's creative process. Company members are certified in Pilates, Yoga, and MELT Method. Integrating these methods and practices builds and lengthens the specific muscles needed for Bandalooping. Any and all levels welcome.

Length of workshop: 1 hour minimum
10 to 1 student teacher ratio

Unless otherwise noted, class offerings are appropriate for adults of all levels and can be arranged for youth ages 9-18. All classes teach the BANDALOOOP culture of safety. Technical equipment will be supplied. Class sizes vary.



Flight Between Bodies

Contact improvisation and on-the-ground classes focus on building skills for creating and performing intricate partnering and assisted flight between bodies. Any and all levels welcome.

Length of workshop: 2 hour minimum
10 to 1 student teacher ratio

BANDALOOOP Repertoire

Designed for more advanced dancers in a residency setting, these classes are offered in conjunction with the aerial workshops and grounded technique classes. Students will study and learn excerpts of our repertoire.

Length of workshop: 3-5 days minimum
5 to 1 student teacher ratio

Grounded Flight: Release Technique

Post-modern technique classes are geared toward any level of dancer, in the style of BANDALOOOP's on-the-ground dancing. Classes include elements of upright technique, floor work, inversions, improvisation, dynamic release-based dancing. Any and all levels welcome.

Length of workshop: 1.5 hour minimum
10 to 1 student teacher ratio



Inspired Lecture Presentations

"They say what we do is death-defying. I'd say it's life-affirming." – Amelia Rudolph, Founder/Artistic Director

Artistic Director Amelia Rudolph and company members offer interactive presentations and talks on BANDALOOOP's signature public art process and community enrichment practices. These talks address interdisciplinary interests including principles of innovation, artistic diplomacy and cross cultural engagement, collaborative creativity, and fostering an imaginative, engaged and embodied relationship with natural and built spaces. Lecture presentations are tailored to the community context and interests. We endeavor to share our mission of inspiring the human spirit in a diversity of settings from universities to prisons, high schools to youth detention centers, corporate headquarters to international conferences and beyond.

Length of presentations: 30-90 minutes