

MASTERC LASSES



Teeterboard

Technique & creativity

DECEMBER

18



22

20

23



Join us at ANT Avignon for a transformative experience, where technical prowess on the teeterboard seamlessly intertwines with an artistic journey led by a dynamic duo. Together, they've crafted a unique approach to tackle high-performance challenges and interpretation in the circus arts, transforming it into a distinct art form.

Over six intensive days, you'll not only hone your teeterboard skills and navigate the intricacies of the grand trampoline under expert guidance but go beyond. Our Master Class is more than just mastering technique; it's about encouraging you to explore fresh perspectives and push the boundaries of teeterboard, giving rise to innovative forms of movement and artistic expression.

Don't miss this opportunity to be part of an extraordinary exploration where the boundaries of the teeterboard are redefined, and new artistic dimensions are unlocked.

EDUCATIONAL OBJECTIVES

- ▶ Develop a solid foundation in both technical and artistic aspects of the teeterboard
- ▶ Explore the connections between teeterboard techniques and artistic exploration
- ▶ Achieve a high level of performance proficiency in teeterboard
- ▶ Cultivate artistic content revolving around teeterboard skills
- ▶ Showcase a presentation of the work accomplished during this Master Class

DATE AND LOCATION:

- ▶ From December 18th to 22nd, 2023*
Registration deadline: December 5th
(*Subject to a sufficient number of participants)
- ▶ A.N.T. Avignon - Halles Sportives Géricoud
20 Avenue du Blanchissage - 84000 AVIGNON

DURATION :

- ▶ 37 hours

AUDIENCE / PREREQUISITES :

- ▶ Circus artists, gymnasts, trampolinists with excellent physical condition and basic knowledge in teeterboard or high-level acrobatic skills.

PRICE :

- ▶ €600
A.N.T. is not subject to VAT.

Download the registration package from our website antavignon.fr

INSTRUCTORS



NICO LAGARDE

An accomplished actress, dancer, director, choreographer, dramaturgy advisor, and movement expert, Nico Lagarde possesses a unique knowledge and a radiant presence that captivates all. Her versatility extends across various mediums, including cinema, theater, and circus, excelling not only in interpretation but also in coaching and direction.

Nico's brilliance first graced the cinema and theater with notable performances in productions like «Monsieur Lazar,» «Ressac,» «Diego Star,» «Traffik Femme,» and «Souffleur de verre.» Rediscovered today as a coach and director, she brings over 40 years of experience in the arts to her teaching and creative endeavors.

With a multidisciplinary approach, Nico engages circus artists fully, fostering creativity and productivity at every project stage. Her rigorous yet inclusive working method aims to craft powerful visual imagery, precise and varied spatial utilization, infused with a sense of rhythm, high performance, and poetic sensitivity.

Since 2011, Nico's journey in the circus realm includes teaching at institutions like L'ENC and L'ENACR, along with creative collaborations with prestigious companies such as Cirque du Soleil, Eloize, Cirque la Compagnie, Cirque Monti, Collectif A4, Machine de Cirque, and La Putika. Notably, her contributions to spectacles like «Drawn to Life,» «Ghost Light,» and «Pandax» showcase her significant impact in the circus world.

For several years, an exceptional artistic collaboration has flourished between André St-Jean and Nico La Garde. Together, they have crafted a distinctive approach to tackling high performance and nuanced interpretation in the circus, aiming to transcend technical boundaries and elevate circus into a fully-fledged art form. Their creative synergy reflects a shared quest, merging expertise and sensitivity to redefine the boundaries of artistic expression in the world of circus.

PROGRAM

Each training day consists of several approximately 1.5-hour phases:

- ▶ Trampoline Technique
- ▶ Teeterboard Acrobatics Technique
- ▶ Artistic Research on the apparatus
- ▶ Collaborative Writing for a group presentation



ANDRÉ ST-JEAN

A versatile figure as an artist, coach, professor, acrobatic designer, and collaborator in directing, André St-Jean stands as one of the foremost experts in teeterboard to date. Masterful in conveying the intricacies of the planchist profession, he also specializes in various disciplines, including trampoline, wall tramp, Russian bar, banquine, columns, German wheel, and Cyr wheel.

With over 40 years of experience in acrobatics and the circus, this high-level athlete cultivated his taste for risk and performance by initiating his training and career in urban settings, competitive trampolining, and street arts, eventually leading him to the gates of Cirque du Soleil. With over a decade of performances under the iconic blue and gold big top, André brings a wealth of experience.

Today, as a coach and collaborator, he instills complete confidence in acrobats, transmits a passion for precision, and values teamwork and mutual respect. Intuitive, persuasive, and perceptive, André guides each artist with respect, rigor, and generosity, reading the capacities and limits of apprentices. His extensive expertise and commitment to artistic reflection make him one of the most sought-after trainers by numerous circus schools and companies (ENC, ENACR, Codart, ANT-Artistes en devenir, CNAC, Cirque Le Roux, Cirque du Soleil, Les 7 doigts, Éloize, Machine de Cirque, Cirque la Compagnie, etc.), distinguishing him as an exceptional collaborator.