

Sarah Gaudet

Soulfully Fierce.



A bundle of intense, playful energy densely packed in a physical body, Sarah Gaudet is a graceful powerhouse who thrives on connecting with her audience. This Dallas-based dancer-turned-aerialist is easily recognized by her fierce gaze and radiant persona. Specializing in aerial hoop and enamored by its unyielding nature, Sarah is also trained in fabric, corde lisse, and static trapeze. She offers a glimpse of her soul with each performance, daring to show her deepest and most authentic being.

When she isn't dancing through the air, you can find Sarah following her inspiration, romping in nature, or consorting with a magnificent beast. An adventurous spirit with a passion for deliberately creating her reality, she loves animals, rich conversation, travel, uncontrollable laughter, and mathematics.

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*You've Got Style,
You've Got Grace*

Workshop Offerings

By Land & By Air

Floor Work and Beyond

Floor Work Fundamentals

Movement does not have to be complicated or intricate to capture the audience. Executing some basics well and incorporating simple principles of dance can transform even the average pedestrian into a magnetic performer.

This workshop builds a foundation of movement techniques in a way that encourages everyone to capitalize on personal strengths and leaves space for unique approaches to a variety of styles. Take routines to the next level with this exploration of the fundamentals of floor work!

There are no prerequisites to attend. This experience pairs well with "By Land & By Air — Floor Work and Beyond," but it is not required to offer both when selecting workshops from the available offerings.

Whether you are simply considering the possibility of performing or already have experience on stage, develop your floor work by focusing on the quality of and intention behind the movement.

This workshop will:

- enhance the way you approach a sequence
- help you add a polished look to your performances
- strengthen your ability to capture and maintain the audience's attention
- work with character development
- explore relationship to the apparatus by taking what we learn on the floor into the air!

Participants must be at the intermediate level or higher for at least one aerial apparatus prior to attending. "You've Got Style, You've Got Grace — Floor Work Fundamentals" is recommended but is not required.

