

**WATCH FLY
COME TRY**

ALL or
NOTHING



AERIAL PERFORMANCES
AND TASTER SESSIONS

WATCH FLY COME TRY

Aerial combines dance, circus and acrobatics all suspended in the air. A spectacular performance art, it is great fun to watch AND try!!

PROJECT INFORMATION

All or Nothing is an Edinburgh based aerial dance theatre company offering performances and workshops across Scotland. An experienced team will set up the equipment and deliver a half-day or full-day of aerial experience at public or private events. We can work with existing groups in prearranged sessions, as well as offering open 'walk-up' tasters, which are combined with short performances.

ANYONE CAN TAKE PART

All or Nothing create opportunities for anyone to take part in aerial dance theatre. We can tailor sessions to suit all ages, levels and abilities and we constantly challenge assumptions about who can do aerial. Try something new involving fitness and creativity, whilst having a fun and positive experience. Our education and outreach teams travel regularly all over Scotland - we hope to meet and fly with you soon!



TECHNICAL SPECIFICATIONS

We use a portable rig that can be set up in under 90 minutes and taken down in 45 minutes. The rig can go outside or inside, provided:

- The **ground surface** is fairly flat (grass, tarmac, indoor floor, carpet all acceptable)
- There is a minimum **ground space** of 6x6m (maximum 8x8m)
- There is a minimum **height** of 4.5m (maximum 6.5m)

All **Health & Safety** documentation will be provided in advance.

SOUND:

AoN will bring a PA. Please provide 13 Amp power.

MATS:

We can bring our own mats if there are none on site. Please note that participants cannot use the kit without mats.

INFORMATION AND BOOKING

If you have any questions or would like to make a booking, please email coordinator@aerialdance.co.uk or phone **+44 (0)7989 978 598**



“
**added a real extra special
feeling to the event**”

Senior Arts Officer, Stirling Council

aerialdance.co.uk

@AllorNothingADT  

All or Nothing Aerial Dance Theatre | Registered Charity
in Scotland (No: SC043293) Company No. SC427220

Studio G17, Out of the Blue The Old Drill Hall,
36-38 Dalmeny Street, Edinburgh EH6 8RG



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