

## CONTACT

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📍 Madison, WI

## PROFESSIONAL TRAINING

### 📖 **Aerial Teacher Training**

2019 – *Aerial Pilates*  
Twisted Bodies

2019 – *Aerial Straps*  
Aaron Koz

2017 – *Rope (Corde Lisse)*  
Born to Fly/Paper Doll Militia

2016 – *Aerial Yoga Advanced*  
Unnata

2016 – *Lyra*  
NECCA

2015 – *Trauma Informed Yoga*  
Hala Khouri

2014 – *Trapeze, Aerial Silks*  
NECCA

2014 – *Aerial Yoga*  
Unnata

2013 – *Yoga 200 hour (RYT)*  
Inner Fire Yoga

### 📖 **Aerial Rigging Training**

2024 – *Highline Aerial Rigging*  
Paradise Highline

2022 – *Rigging for Proscenium Theater*  
Night Owl Circus

2021 – *Hall Rigging Academy Certification*  
Delbert Hall

2017 – *Performer Flying*  
Fight or Flight

2015 – *Studio Rigging*  
Fight or Flight

# Jess Clark

## Aerialist, Rigger, Costumer, Coach

### Professional Summary

Aerial Instructor with extensive experience across multiple apparatuses. Experience in body mechanics, anatomy, and movement theory, with a focus on developing safe, effective, and personalized training programs for students of all levels. Holds numerous certifications in aerial instruction, rigging, and safety, backed by a strong commitment to ongoing professional development. Known for fostering an inclusive and supportive learning environment, prioritizing student safety and technique. Offers a comprehensive understanding of both the artistic and technical aspects of aerial performance.

### Experience

#### **Aerial Instructor**

*Madison Circus Space - Contractor | Jan 2014-Present*

- Teaches weekly aerial classes in lyra and aerial silks
- Choreographs and coaches students for various performances throughout the year

#### **Aerial Instructor**

*Cycropia Aerial Dance | Sept 2014-Present*

- Teaches regular aerial classes in dance trapeze, sling, and mixed apparatus
- Choreographs and coaches students for various performances throughout the year

#### **Instructor**

*Flying Trapeze Madison | January 2023-Present*

- Working the board for recreational flying trapeze classes

#### **Therapeutic Yoga and Aerial Yoga Instructor**

*American Center UW Health | Oct 2015-Jan 2023*

- Instructed adaptive yoga classes for participants with special needs collaborating with physical therapists

#### **Youth Circus Aerial Instructor**

*Wild Rumpus Circus | June 2013-May 2018*

- Taught aerial classes in dance trapeze, silks, and sling for students ages 7-17

#### **Workshop Instruction**

*Aerial Dance Pole Fitness Studio | 2016-Present*

- Working with early-career instructors to develop teaching skills

*Project North | 2018-2019*

- Workshops for artists and rural community as part of the Art Start Legacy Program through UW Treehaven

*Free to Breathe | 2017-2019*

- Aerial yoga for cancer survivors and their families

#### **Yoga and Aerial Yoga Instructor**

*Inner Fire Yoga Studio | Jan 2014-Mar 2020*

*Harbor Athletic Club | July 2013-Feb 2015*

*Kula Yoga and Wellness | May 2013-Mar 2019*