



FREE GUEST WORKSHOP

Part of our Alumni Expert Workshop Series

Integrating Neuroscience into Aerial Anatomy

With Nicki Miller

June 28th

9am - 11am L.A. / 12 noon New York / 5pm London / 6pm Berlin

Workshop Description

Ever told a student to “engage their core” or “use their lats” and just get a blank stare?

This workshop dives into why that happens—and what to do about it.

In order to control our movements, we have to feel how we’re doing them. That’s the basis of a powerful principle in neuroscience: “sensory before motor.” In simple terms, our nervous system needs to sense what’s going on both in our bodies and with our external environment before we can move and organize our bodies with intention in that environment. Especially for students who are hypermobile, recovering from injury, or navigating trauma, the process of feeling what’s actually happening can be confronting.

Yet being empowered to feel not fear is the key to unlocking pathways for building strength, coordination, and confidence.

In this workshop, you’ll explore practical tools to help students tune into their bodies, build real strength, and move with more control in the air. Drawing from neuroscience and somatics, we’ll explore actionable coaching techniques that offer a fresh toolkit for teaching embodied anatomy and self-awareness in an aerial context.

You'll leave with:

- A basic understanding of how the nervous system impacts movement
- Trauma-informed coaching strategies to improve body awareness and muscle engagement
- Resources to keep learning and deepening your practice

[Link to Join](#)

Passcode: AerialPDM