Sisters woman teaches aerial dance

By Diane Goble Correspondent

Aerial dance incorporates the use of hanging equipment or aerial apparatus. It is similar to high-flying acrobatic feats seen in the circus combined with theatrical expression popularized by performance artists in Cirque

climb, twist, spin, drop and contort themselves on aerial ribbons that hang from the ceiling.

> strength and agility that builds muscles and coordination. The suspense builds as the artist wraps complex, multidimensional sequences, then drops into a deathdefying freefall, catching herself at the last second mere feet from the ground.

Knowles says, "It's a great form of exercise and a confidencebuilder."

The former rock climber traveled all over the world during her career, but was always training, which left her little time for fun. She started going

Recreation

EMERGENCY

Presented by Red Cross

Wed., March 11, 6-7 PM

SKATEBOARD

CLUB Grades 3-8 Season: April 20-May 27 Tues./Wed. 3:30-5 PM Location: SPRD Skate Park

State-of-the-art

Security Technology

Sizes from 5x5 to 12x40

Individual Gate Codes

Long-term Discounts

• On-site Manager

Location: SPRD | Cost: FREE

Reg. Deadline: April 6 | Cost: \$100

www.SistersRecreation.com

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and register online!

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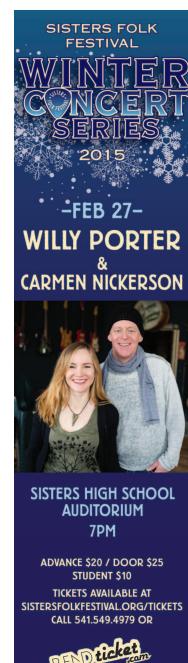
PREPAREDNESS

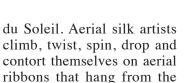
Burning Man events where, after participating in various circus-type events, she realized she loved performance arts. Then a friend introduced her to aerial silks and she was hooked. She has performed in Reno with Dragonfly Aerials and in Bend with the Aura troupe. Her good friend Tate Metcalf suggested she offer her classes at Sisters Athletic Club.

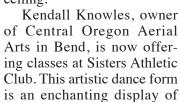
Men and women of all ages are welcome; classes are on a drop-in basis on Tuesdays and Thursdays at 3:30 p.m. (all ages, but geared towards kids), and 5 p.m. and 6:30 p.m. for teens and adults. Wear leggings or tights and tank top, nothing baggy. Realize that your feet will hurt until they toughen up, and there are risks. Common injuries are overuse injuries of shoulders and back, pulled muscles, sprains, bruises, fabric burns, dizziness and injuries from falling.

Knowles is a certified trainer and takes all precautions to prevent injuries.

see if you like it, and punch cards are available should you decide to continue. For more information contact Sisters Athletic Club front desk at 541-549-6878 or Kendall Knowles at centraloregon aerialarts@gmail.com.









Daring Sisters acrobats can give aerial dance a try.

Sisters business at a glance

• The correct website address for Massage by Michelle is www.massage bymichellefarra.com. Last week's story on her new massage practice listed an incorrect link. Massage by Michelle is located in the upstairs studio at Life.Love. Yoga. at 164 N. Elm St. in Sisters. Call 541-213-9059 for more information.

 Mohr Solutions will present "Leaders By Heart"

with Dr. Lew Sterrett on Saturday, February 28. A seasoned cowboy and a savvy businessman, Dr. Sterrett can take a good horse with bad habits and motivate it to greatness and show you how to do the same with your business team.

The event will be held at R&B Ranch in Sisters. RSVP requested at 541-602-8626.



