

# 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

du Soleil. Aerial silk artists climb, twist, spin, drop and contort themselves on aerial ribbons that hang from the ceiling.

Kendall Knowles, owner of Central Oregon Aerial Arts in Bend, is now offering classes at Sisters Athletic Club. This artistic dance form is an enchanting display of strength and agility that builds muscles and coordination. The suspense builds as the artist wraps complex, multi-dimensional sequences, then drops into a death-defying free-fall, catching herself at the last second mere feet from the ground.

Knowles says, "It's a great form of exercise and a confidence-builder."

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 to

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.

There is drop-in pricing to 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 centraloregonaerialarts@gmail.com.



PHOTO BY DIANE GOBLE

Daring Sisters acrobats can give aerial dance a try.

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# Sisters business at a glance

- The correct website address for **Massage by Michelle** is [www.messagebymichellefarra.com](http://www.messagebymichellefarra.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.

Live Music at the Winery

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