



Power, passion and charisma drive the art and style of Lisanna Paloma's corde lisse. Seen in shows with famed singer MeatLoaf, San Diego Symphony Orchestra, and *Cirque du Soleil*, Lisanna's strong technique and talent has led her to perform at a prominent level in numerous aerial and ground acrobatic disciplines in addition to her speciality of corde lisse. Her international and collegiate background in artistic gymnastics granted her a full-ride athletic scholarship to Northern Illinois University where she competed and graduated with a Bachelor of Fine Arts degree in Graphic Design.

Recently, her strength and heartfelt performance delighted over 3 million spectators in her latest tour around the world with *Cirque du Soleil's TORUK-The First Flight*, inspired by academy award-winning filmmaker James Cameron's *Avatar*. Performing in 23 countries as one of the prominent acrobatic characters, Lisanna also took on the responsibility of Artist Coach, in which she led two of the acrobatic acts. With her intense focus and commitment, she acquired the technical and artistic vision essential to the career of an artist and the enrichment of a production. *TORUK* is now known as the #1 grossing touring circus show in the world.

Further expanding her career, Lisanna has earned her international Certified Personal Trainer license and Fitness Nutrition Specialization through the *National Academy of Sport Medicine*, complementing her decades of first-hand fitness experience with comprehensive studies of scientific principles and techniques dedicated to the health and fitness of all individuals.

Privileged to perform, to act, to create, to collaborate, and to devote herself to the defining moment in which the spotlight hits her face at thirty feet in the air, Lisanna will continue to embrace and reflect the energy of the audience and her art. With absolute joy, she strives to embody all that which makes an artist whole.

CORDE LISSE WORKSHOP

Class description:

- Cardio Warmup and Stretch
- Resistance Band Warmup Sequence; focusing on correct posture and range of motion to maintain strong, healthy shoulders
- Equipment safety check
- Corde Lisse technique fundamentals; essential positions and movements to form the foundation of precise technique and progressions
- Introductory climbs, tricks, and sequences
- Intermediate to advanced tricks and combos, as deemed appropriate to student skill-level and experience
- Creative exploration of individual movement; students are encouraged to discover a style of movement unique to their bodies, an approach that gives them the ambition, excitement and passion to continue their training and artistic process
- Strength & Conditioning; as an intrinsic part of corde lisse, students will take in techniques and exercises to help build their strength at every level

Workshop length: 2 hours

Attendance: 4-12 participants

