



Alicante · Spain

AERIAL RETREAT

MAY 18 - 23 2026

Rope & Silks · Harness dance · Flexibility · Capilar Aerial Sailing · Aerial conditioning · Deep yoga and more!

·Mediterranean aerial training experience·

WHAT IS IN THIS RETREAT?

A unique professional retreat that combines intensive aerial training, outdoor activities, community, wellbeing, and enjoyment in one of the most beautiful areas of Spain: the Alicante coastline.

Over the course of five days, you will train for a total of 25 hours with a top-level teaching team and take part in experiences designed to inspire you and expand your aerial practice.



25 hours of professional training

- Warm Up - 5.5 hours
- Flexibility - 3 hours
- Hair Hanging / Aerial Conditioning (choose one) - 4.5 hours
- Rope & Silks - 5 hours
- Dance with Harness - 4.5 hours
- Deep Yoga -1.5 hours

PARTICIPANT BASE LEVEL

- Silks & Rope: ability to invert, perform a lock, and beginning to swing
- Hair hanging: open to beginners
- Harness: no previous experience required



ALSO SPECIAL ACTIVITIES!

SPECIAL ACTIVITIES

 <p>Sunset Yoga and Beach Dinner A Deep yoga practice on the beach followed by a shared dinner in a restaurant by the sea.</p>	 <p>Visit to Santa Bárbara Castle A visit to this iconic medieval castle with breathtaking views over Alicante and the Mediterranean.</p>	 <p>Sailing Afternoon A sailing experience combining aerial acrobatics on silks or rope, suspended directly from the boat — a spectacular moment over the sea with unforgettable photos</p>	 <p>Kicking An excursion in Serra Grossa, where the mountains meet the sea, with wide views over the coast.</p>	 <p>Beach Picnic An afternoon at the beach with a shared picnic, enjoying the sea, open space and a relaxed moment together.</p>	 <p>Paella final The workshop ends with a shared traditional Valencian paella.</p>
 <p>Mediterranean Food Experience Meals are an integral part of the retreat experience. Throughout the week, you will enjoy post-training lunches inspired by Alicante's Mediterranean cuisine, designed to support recovery and shared moments around the table of a local restaurant. Vegetarian and vegan options are available. Please inform us in advance of any dietary requirements.</p>	 <p>Eclectic Fractal Aerial Dance JAM A welcoming and relaxed space to share, improvise and inspire one another in a friendly and creative atmosphere. Blending aerial dance with contemporary movement, this gathering invites participants to play with gravity, inertia, live music and creativity in connection with other bodies. The JAM is open to the wider Fractal community, encouraging exchange, and collective exploration. (Optional activity)</p>				

Alicante AERIAL RETREAT

May 18 -23 | 2026

	LUNES 18/5	MARTES 9/5	MIÉRCOLES 20/5	JUEVES 21/5	VIERNES 22/5	SABADO 23/5
Welcome and presentation 8-9:30 am		Silks & Rope 8:30-11 am	Dance with harness 9:30 am-11:30 am	Flexibility 9-11 am	Dance with harness 9-11:30 am	
Rope & Silks 9:30-11:30 am		Break	Break	Break	Break	
Break		Flexibility 11:30-12:30 am	Dance with harness 12:00-2 pm	Capilar / Aerial Conditioning (Straps) 11:30-1 pm	Re-Warm / Activation 12-12:30 pm	Eclectic Aerial Jam dance 10:30 - 2 pm (Optional activity)
Capilar / Aerial Conditioning (Straps) 12-1:30 pm		Capilar / Aerial Conditioning (Straps) 12:30-2 pm			Rope & Silks 12:30-2 pm	
Lunch 2 pm		Lunch 2 pm	Lunch 2 pm	Lunch 2 pm	Paella 2 pm	
			Sailing aerial shooting	Mountain excursion in Serra Grossa 5 - 7 pm		
Yoga beach's sunset 7-8:15 pm		Visit Santa Barbara Castle 5-7 pm			Beach Picnic 6-9 pm	
Beach's dinner						

SCHEDULE

TEACHING TEAM

INTERNATIONAL COUCHES



Roque Bisciotti
Rope & Silks · Aerial Conditioning
Artist and Rope specialist with a background in circus, classical and contemporary dance. Graduate of the professional Circus and Dance program at Circo de las Artes (FEDEC). He has participated in international festivals and recently completed his third contract in "Messi10" by Cirque du Soleil as a Rope specialist and dancer.



Paola León
Flexibility · Hair Hanging
Classically trained ballet dancer, with professional experience in ballet and neoclassical companies in Venezuela and Ecuador. Circus artist on international cruise ships and finalist on Got Talent Spain with her hair-hanging act. Trained in hypopressives, chi kung, and breathing techniques.



Ana Hepner
Flexibility · Barre à Terre
Artist, teacher, and cultural manager with over 20 years of experience in training, creation, and stage direction. Founder of Circo de las Artes and creator of the B.A.T.A. method (Assisted Barre à Terre). She has directed productions in Argentina and Europe and created more than 100 stage acts circulating internationally.

LOCAL COUCHES



Silke Meher
Deep Yoga Flexibility
Artist, teacher, and cultural manager with over 20 years of experience in training, creation, and stage direction. Founder of Circo de las Artes and creator of the B.A.T.A. method (Assisted Barre à Terre). She has directed productions in Argentina and Europe and created more than 100 stage acts circulating internationally.



Cecilia Volpe
Dance with Harness
Artist and designer specialized in Vertical Dance, trained at the Brenda Angel school. Teacher at Espacio Fractal since 2018 and performer in productions such as Murcia Vertical, El Vuelo de Da Vinci, Céliuta, and Inflexión.



Camila Manzano
Dance with Harness
Aerial dancer and acrobat active since 2015, specialized in large-scale aerial productions. He has collaborated with international companies such as Grupo Pujal, Grupo Cosmos and La Fura dels Baus, founded Cia SubCielo in 2009, produces large-scale aerial works for Cia Vealá, and has directed Espacio Fractal since 2017.



Pablo Cuelto
Dance with Harness - Co-organizer
Artist, director and aerial performer, specialized in large-scale aerial productions. He has collaborated with international companies such as Grupo Pujal, Grupo Cosmos and La Fura dels Baus, founded Cia SubCielo in 2009, produces large-scale aerial works for Cia Vealá, and has directed Espacio Fractal since 2017.

Prices

- International Fee: €950
 - Spain, Italy & Portugal Fee: €850
 - Fractal Community Fee: €750 / €700 (without meals)
- We can offer a payment plan in one, two, or three installments.
Reservations may be made until March 1st by paying 250€ of the total amount (or 100%, if desired) to secure a spot.

Includes

- 25 hours of training (all workshops)
- Special activities
- Daily meals (only lunches)
- Training refreshments (fruit, granola, coffee, water)
- Transportation from Alicante city center to Espacio Fractal

Not included

- Accommodation is not included. However, upon request, the team can recommend friendly Airbnbs.
- Flights and transportation to Alicante are not included.
- Breakfasts and dinners are not included.
- Eclectic Aerial Jam Session (10€)

What to bring

- Comfortable training clothes suitable for aerial disciplines
- Elastic bands (if you have them)
- A positive attitude and openness to enjoy the experience
- All necessary circus equipment (silks, rope, harnesses, etc.) will be provided by the camp. Participants are welcome to bring their own silks, rope, or straps if they prefer.

Insurance

Insurance is included for all participants. Participants may take out additional personal insurance if they wish.

Language

The retreat will be bilingual: Spanish and English.

INFO

Come and enjoy of our sunny city doing aerial dance !

