

## **Constance Echo Palmer**

Aerial Artist | Fire Performer | Body Art and Figure Model

### **Background**

Highly motivated and versatile, Constance can perform on stage or work behind the scenes in tech and rigging. In 1999 Constance moved to the United States where she continued her classical dance training focusing on ballet. Later she discovered circus arts, primarily performing in small stage productions and at corporate events as a magicians assistant, fire performer, and aerialist. In 2015 she began touring with a Rock and Roll Cabaret in which she was the lead rigger and circus artist regularly performing 4 aerial or fire acts per day. Constance is a rigger and rope access technician, safety and professionalism are of the highest importance to her craft.

### **Physical Details**

Height: 5'6.5" | Weight: 125 lbs | Hair: Brown | Eyes: Brown | Build: Lean Athletic | Residency: U.S. |  
Language: English and German

Performer (Atlanta, GA unless otherwise stated)

### Live Performances

2019 - KNOTFEST Colombia - Cherry Bombs - Aerial and Fire Performer | Bogota, CO  
2019 - KNOTFEST Mexico - Cherry Bombs - Aerial and Fire Performer | Mexico City, MX  
2019 - Carolina Aerial Dance Exchange (CADE) - Aerial Soloist (Corde Lisse) | Charlotte, NC  
2019 - Bloom Festival - Aerial Soloist (Corde Lisse) | Charlotte, NC  
2018 - 78th Sturgis Bike Week - Cherry Bombs - Aerial and Fire Performer | Sturgis, SD  
2018 - Lewis and Clark Circus 2018 Season - Principle Aerialist | US National Tour  
2018 - Come Together: Beatles Tribute Show with Beyond Wings - Aerial Soloist | Nashville, TN  
2017 - Stone Sour Hydrograd US Tour - Cherry Bombs - Aerial and Fire Artist  
2017 - Atlanta Premier of Cirque Du Soleil's touring production - Luzia - Stilt Walker  
2017 - FIDACR: Costa Rica Aerial Dance Festival - Loop Creation Project with Terry Crane of Acrobatic Conundrum | San Jose, Costa Rica

### Commercial Work

2017 – Life University Advertising Campaign – Aerialist (Corde Lisse)  
2017 – 7Stages Theatre Advertising Campaign – Aerialist (Fabric)  
2016 – Integrity Water Commercial – Aerialist (Corde Lisse)  
2014 – Music Video – Zaytoven Management – Aerialist and Fire Performer (Fabric)

### Education:

2018 - 5-Day Rope Intensive with Emiliano Ron | Santa Cruz, CA  
2017 - Double Point Harness Master Class with Fidget Feet | San Jose, Costa Rica  
2017 - Multicorde Master Class with Saar Rombout | San Jose, Costa Rica  
2016 - 2-Day Rope Intensive with Emiliano Ron  
2016 - 3-Day Rope Intensive with Emiliano Ron | Chicago, IL  
2015 - Vertical Theatre Method Intensive with Paper Doll Militia

2012 – 2014 – Individualized Aerial Training – Paper Doll Militia  
2008 – 2014 – Pole Training  
2004 – 2005 – Fayette Civic Ballet Company | Peachtree City, GA  
2003 – 2004 – Georgia Academy of Dance | Peachtree City, GA  
2000 – 2003 – Bettina Carol's School of Dance | Newnan, GA

### Rigger

2018 - Lewis and Clark Circus - Tent Crew and Aerial Rigger  
2018 - Atlanta Aerial Arts Festival - Head Aerial Rigger  
2017 - Stone Sour Hydrograd National Tour - Head Aerial Rigger  
2016 – Atlanta Aerial Arts Festival – Head Workshop Rigger  
2016 – Buckcherry National Tour – Head Aerial Rigger  
2015 – Sturgis Bike Week – Head Aerial Rigger  
2014 – The Grand Cabaret – Rigger/Performer Flying  
2014 – Exposed: Fund-raising Show – Rigger/Performer Flying

### Education:

2017 – Rigging 101 with Todd Spiering of Circus Gear  
2016 – Rigging 101 and 102 with Brett Copes of Fight or Flight Ent. (2 day Course)  
2014 – Rigging Workshop with Delber Hall of D2 Flying Effects (2 day Course)  
2014 – Rigging Workshop with Delbert Hall of D2 Flying Effects (8 hour Course)  
2013 – SPRAT Level 1 Rope Access Technician at Southeastern Rope Access (5 day Course)  
2012 – Rigging for Aerialists with Brett Copes of Fight or Flight Ent. (6 hour Course)

### Teacher

2020 - The Artist's Asylum - 3-Day Fabric Intensive | Marietta, GA  
2020 - Gainesville Circus Center - Fabric and Rope Workshops | Gainesville, FL  
2020 - Samadhi Hawaii - Fabric and Sling Workshops | Honolulu, HI  
2020 - Uplift Maui - Fabric Workshops | Maui, HI  
2020 - SPACE - Fabric and Rope Workshops | Paho, HI  
2020 - The Artist's Asylum - Fabric Series | Marietta, GA  
2019 - 2020 - Canopy Studio - Vertical Teacher Training/Continuing Education | Athens, GA

### Education:

2020 - Fusion Pilates - Anatomy and Release (Pilates)  
2020 - Balanced Bodies MAT 3 (Pilates)  
2020 - Balanced Bodies Movement Principles (Pilates)  
2020 - Complete Aerial Anatomy Online Course  
2018 - Rope and Fabric Dynamic Teacher Training Level 1 - Alex Allan and Born to Fly  
2016 – Aerial Teacher Training Level 2 (Fabric) – Paper Doll Militia and Born to Fly  
2015 – Aerial Teacher Training Level 1 (Fabric and Trapeze) – Paper Doll Militia and Born to Fly