FLYING BUDDHA PRESENTS

NIGHTMARE ON St. Elmo

Juniors Edition

OCTOBER 30 | 7:30PM

Coach Sarah



Sarah is an aerial yoga and aerial arts teacher, wellness entrepreneur, wife, and mom. She is the founder of Flying Buddha Studio—a movement space that began in her basement with just 10 aerial hammocks.

Today, Flying Buddha offers over 30 movement classes for both kids and adults.

“This vibrant and supportive community is truly my happy place.”

ST. ELMO 4915 x

Flying Phoenix



Flying Phoenix discovered aerial arts as a favorite form of artistic expression after first stepping into a yoga hammock class.

Deeply passionate about the arts, they enjoy exploring theater, dance, and visual creativity.

When not honing their craft, Flying Phoenix can often be found caring for young children and tending to animals in their neighborhood.

ST. ELMO 4915 x

Hailey

Hailey is a dedicated young aerialist who has found her passion soaring in the aerial hammock. Through her training, she has developed strength, flexibility, and a love for expressing emotion through movement in the air.

She enjoys the challenge of learning new skills and the freedom she feels when she’s up in the air.

ST. ELMO 4915 x

Kiya



Kiya has been performing aerial arts for 5 years. When she isn't practicing aerial arts, she enjoys hanging out with her friends, playing field hockey, and learning to speak German.

Kiya sends a big thank you to Sarah and Emily for all of their time and guidance to help her develop and master her routine. She also wants to thank her friends and family for coming out to support her.

ST. ELMO 4915 x

Maddie



Hey! I’m Maddie. I started aerial yoga in fall 2022, and yeah... it totally kicked my butt at first but I stuck with it and fell in love! I’m all about the adrenaline from drops and getting creative with fun aerial dances. When I’m not in the silks, I’ve been cheering for 9 years—so flipping, flying, and hyping people up is kinda my thing.

ST. ELMO 4915 x

Olivia



I've been doing aerial for about six years. I do it because it's so unique and I can be creative and play around with it!

I love it so much and I want to keep learning and improving as I go!

ST. ELMO 4915 x

Elle



Elle is 10 years old and thrilled to be performing! She has an older brother and three very important cats.

When she’s not flying through the air at aerial silks, you can find her tumbling, riding her bike, getting creative with arts and crafts, spending time with her family, watching Hamilton (again!), or hanging out with her best friend.

ST. ELMO 4915 x

Charlotte



Charlotte, age 10, has been practicing aerial yoga since she was 5 years old. She loves the process of learning new sequences and seeing each move become stronger with practice. One of her proudest accomplishments is trying the double fallen angel, an intimidating skill that combines courage, control, and a lot of trust in the hammock. In the air, Charlotte feels active, happy, and confident.

ST. ELMO 4915 x

Eliza



Eliza, our youngest performer of the evening, has been defying gravity since before she was even born—practically raised in the aerial hammock.

Fun, fierce, and bursting with life, Eliza brings a spunky energy to the stage that’s impossible to ignore. She’s bold, she’s fearless, and without a doubt, one of the coolest performers you’ll ever see take to the air.

ST. ELMO 4915 x

Coach Emily



Hey, I’m Emily! I’ve been doing aerial for 5 years now and have been teaching for 4.

I love coaching our junior students, helping them explore their creativity, build confidence, and bring their ideas to life in the air. I’m so proud of how hard they’ve worked, how much they’ve grown, and the unique performances they’ve created. It’s such a joy to be part of their aerial journey!

ST. ELMO 4915 x

Mark



Mark started juggling in first grade when an elementary teacher introduced him to the art form. Over the years, he has shared the stage with some internationally known performers and spent a whole summer in entertainment at Hersheypark.

Mark is excited to return to the stage after not performing for over 20 years.

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We extend our deepest gratitude to the incredible community that made this showcase possible—to our students for your dedication, creativity, and hard work; to our instructors and Flying Buddha team for the guidance, patience, and encouragement that helped shape every performance tonight; and to ON St. Elmo for providing the beautiful ambience to complement our performers. Thank you!

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