Hand Balancing by Nick van der Heyden

Build a strong foundation in handstands, - research and play.

About the training

"My name is Nick van der Heyden, I'm from Amsterdam and I graduated from the Academy of Circus and Performance art a decade ago with Hand Balancing as specialisation. I founded a circus company after graduating but realized soon I wanted to experience different styles and shows. I created a solo show, performed in musicals for years and 2,5 years ago I founded House of Circus, a circus company and drag house in one. (If you want to know more about me we can grab a drink)."

Nick started teaching five years ago at Codarts Circus Arts where he teaches handstands (specialisation) and flexibility.During these workshops Nick will separate handstands in two main categories. One technical and the other more artistic.

"During Technical we will aim for a strong foundation of your handstand. We will work on lines, placement and awareness. Artistically there are no rules in my opinion and it is all about challenging, creating, playing, sharing and daring. Finding different ways to express yourself in your handstand."

The workshop can be adapted to different levels. Some experience is a plus.

The coaches teaching the Ground Based Professional Development Course are also offering private lessons while they are here. If you would like private classes with Nick, you can email him at Nickvdheyden@gmail.com

About Nick

A Dutch artist who graduated from the Academy of Circus and Performance art a decade ago, with Hand Balancing as his specialisation. He founded a circus company after graduating but soon realised he wanted to experience different styles and shows. He created a solo show, performed in musicals for years, and eventually founded House of Circus, a circus company and drag house in one.

He is the Handstand and Flexibility coach at Codarts Circus Arts

Additional:
Nick was at Pitch'd Circus and Street Arts Festival by Circus Factory in 2023. I've added some photos to a folder with photo credits you could also use. Based on your organisation's audience, the House of Circus show photos may be best used with an adult demographic.