



photographer Simon Heathfield

About the Author

Since her performing career began in 1991 with the Oxford fire troupe 'FireNoise', Anna Jillings has developed a graceful style which has made her one of Europe's best known club swingers.

Anna has appeared in the public shows of the major British and European Juggling conventions and performs at cabaret and theatre venues as far afield as Thailand. She has a continually evolving solo show as well as a partnership in the York based juggling group 'Cosmos'.

Anna writes as the British Correspondent to the European Juggling Magazine 'Kaskade'.

Her experience teaching one day and residential courses in club swinging and other manipulative arts to people of all ages forms the core of the lessons presented in this book.