

## Saturday

9.15am - 10.30am

### **Aerial Yoga ..... @sun\_squats\_savasana**

Aerial Yoga combines the movements of traditional yoga with the fun of Aerial. This class will provide a perfect warm up for your day, getting deeper into stretches, activating your core strength and clearing your mind in preparation for your other chosen classes.

### **Pole Silks Beginners .....@poledancerjasmine**

This workshop is suitable for those that have never tried Pole-silks before. Learn some fun tricks and simple combos. Please wear shorts underneath leggings as skin grip will be required for some moves.

### **Pole Swingers ..... @underthebluecloud**

Calling all Sinners Swingers and Spinners : Up the Pole Power sequences, where the term "fake it till you make it" fully applies! Pose, rotate, pop and drop: heels and pads welcome but not essential. Inverts/shoulder mounts advantageous but not essential as content translates well to floor sequences/lower pole conditioning for the long term desires. Will include classic OG pole poses (from Jade splits transitions to crotchey ayeshas) and sequences with an expected twist to keep everyone on their toes.

### **Baby Drops Hoop.....@kaiyalatham**

Wanna know a secret?! I'm a massive wimp when it comes to drops and rolls on hoop! So in this workshop we will be looking at a few ways that I have adapted dynamic tricks to still look cool without the scary parts! We can also look at some of the more classic dynamic moves and plan out ways for people to work towards them safely and at a comfortable pace. Suitable for intermediate level students who are looking to up their game with dynamics, are comfortable on top bar and have worked on skills such as back balances and basic rolls eg. Single leg roll/cradle roll.

### **Handstands.....@sophienorthmoredancecircus**

An open level handstand workshop focusing on gaining confidence in inversions. The workshop will include specific functional exercises to warm up for taking weight on the hands and will build into hand-balancing exercises focusing on line and personal endurance.

### **Cloud..... @circusjono**

### **Silks.....@sallammers**

Are you sitting comfortably?! (intermediate)

Do you love the idea of being a graceful silks goddess, but also you'd just like to have a lovely little sit down? In this workshop we'll do both, exploring some creative combos and nifty transitions involving some wonderful seated positions.

Pre-reqs: russian climb, straddle invert (from the ground is fine), hiplock, catchers, footlocks

### **Lollipop..... @han.kpanky**

**10.50am - 12.05pm**

**Floor Rolls.....@sophienorthmoredancecircus**

This workshop will be exploring ground based rolls that can be incorporated into act creation. The session will have a specific focus on shoulder rolls and will explore ways in and out of them.

**Pole Silks Intermediates.....@poledancerjasmine**

This workshop is suitable for those that have either done pole silks before, or have experience doing pole/aerial. You will need to be able to invert. Please wear shorts underneath leggings as some moves will require skin grip.

**PoleTwisty Flow.....@ellavationcircus**

A choreography class, building up to a flowing sequence that will have you twisting and turning in every way. Expect spins, floorwork and movements using the pole. Open to all levels, beginner friendly with variations for more experienced polers. Recommended to bring knee pads, shorts and options of socks and long sleeves to help you slide.

**General Weirdness Hoop.....@kaiyalatham**

All about the quirky shapes and funky combos! We will look at some unique tricks and some twists (pun intended) and alternatives on some classic hoop moves. Suitable for intermediate level students who are comfortable working on top bar.

**Silks.....@sallammers**

Inverts schminverts (improver)  
You don't need to invert to build a gorgeous and interesting combo! We'll play with a few unusual pathways and entries to core moves which may be technically easier but actually MUCH more interesting. No inverts required!  
Pre-reqs: climbs, footlocks (from the floor is fine)

**Static Cloud..... @circusjono**

**Bungee.....@aerialtess\_**

A class for everyone! Attached to a bungee cord we will bounce and dance our way to fitness! In this class we will learn a fun routine step by step as well as having some time to learn some cool tricks.

**Tippy Hoop Beginners..... @coulingcheryl**

As the name suggests this is a hoop that tips. We will be doing moves that are unique to tippy hoop, including shapes, rolls, drops and of course tipping the hoop. Some experience of hoop required. This workshop is aimed at those new to tippy hoop or those that cant invert.

**1.15pm - 2.30pm**

**Floor Dance.....@han.kypanky**

**Pole Flexi Shapes..... @underthebluecloud**

Whether you are splitter straddler twister or back bender : None of the above? /all of the above this sesh is for you. On your journey to all those dream moves like spatch, pegasus, eagle, machine gun : there will be many enjoyable poses to stop in along the way for all levels to try: don't consider yourself a flexi poler? You will get tips to make those classic shapes (ballerinas, jades, foot to hand leg hangs looking smooooooth lots of variations and building block to achieve safe and effortless flexi shapes).

**Pole Invert Alternative Tricks .....@ellavationcircus**

No invert? No problem! Finding alternative ways to get upside down. Whether your aerial invert is still a work in progress, or you just want to explore different ways to get into your favourite shapes. We'll explore interesting ways into inverted shapes and add some new tricks along the way.

Beginner to intermediate. Some pole experience, need to be able to climb and side climb.

**Sling..... @sallammers**

Roll models (intermediate)

Explore a range of rolls - up, down, and all around! Some may be slow and controlled, some may be fast and dynamic, we'll roll with it and see what cool combos we can build!

Pre-reqs: straddle, gazelle, goddess, seatbelt, general confidence moving around the sling.

**Tippy Hoop Inverters.....@coulingcheryl**

As the name suggests this is a hoop that tips. We will be doing moves that are unique to tippy hoop, including shapes, rolls, drops and of course tipping the boop. Some experience of hoop required. This workshop is aimed at those comfortable with inverting either on hoop, silks etc.

**Spanish Web..... @circusjono**

**Doubles- Floor to Wall..... @offthewallaerial**

Experience gravity in a completely different way with this harness workshop that looks at moving from the ground to the wall- in this doubles workshop you will learn different ways to move between being on the wall and on the floor- using dynamic entrances and technique that allow you to flip your perspective of harness work whilst working with a partner. Please note this workshop will contain the offer of working in contact with another person. Please wear comfortable clothes that cover all skin on the torso/hips/thighs for comfort and friction prevention.

**Aerial Playground..... @azariafrost**

Come and explore shapes and movement on Azaria's unusual aerial contraptions, including the infinity, sphere, spiral, ladder, and umbrellas (two sizes). In this

student-led workshop, you'll be introduced to each of the pieces of equipment and taken through how to move around them safely, then you'll be let loose to have a play! Azaria will be on hand throughout to guide you and suggest shapes or ways to move around the equipment.

**2.50pm - 4.05pm**

**Flexibility Fundamentals.....@ellavationcircus**

Put in the ground work to achieve those perfect poses in the air (or elsewhere). Work on your toe point, splits and shoulders in this all over stretch session, and keep your body moving to its full potential. All levels.

**Commercial Dance..... @charlotteharding\_**

A fun dance class with strong and powerful movement. Feel like you're in a music video with a high energy dance style exploring dynamics and confidence. Wear anything that you feel comfortable moving in.

**Chains..... @han.kpanky**

**Bungee.....@aerialtess\_**

A class for everyone! Attached to a bungee cord we will bounce and dance our way to fitness! In this class we will learn a fun routine step by step as well as having some time to learn some cool tricks.

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**Flying Pole..... @azariafrost**

Think you know pole? Come and change the game and give it a try on flying pole! This mixed level class is suitable for anyone. We'll start off by trying out a few basic spins, climbs, shapes and transitions on flying pole, and gradually link these into a sequence during the session. Afterwards, you'll be let loose to have a play and try all your favourite pole moves and see how different they feel! Not to worry if you haven't done pole before – Azaria will show you a few moves to play with.

**4.25pm - 5.40pm**

**Aerial Yoga.....@sun\_squats\_suvasana**

Aerial yoga combines the movements of traditional yoga with the fun of aerial.

This class will be a nourishing yoga practice, using the yoga hammocks to assist deep stretches, spinal decompression and relieving pressure on the joints. A perfect opportunity to wind down and relax at the end of the day.

**Heels Dance ..... @charlotteharding\_**

A chance to put on some heels and feel empowered! A class that is focused around confidence, connecting

with your own body and how it moves, and feeling sexy and empowered. Wear anything that makes you feel but heels with ankle support recommended.

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**Bungee.....@aerialtess\_**

A class for everyone! Attached to a bungee cord we will bounce and dance our way to fitness! In this class we will learn a fun routine step by step as well as having some time to learn some cool tricks.

**Hoop Stroppy Twisted..... @underthebluecloud**

Twist, flex and get to grips with those tricky trixi over the bar sequences using the stop. Low Hoops so we have extra room for wiggling around in those long strops... please protect those arm pits and knees from friction burns  
Long hair must be tied in a bun :)

**Vertical Dance Doubles ..... @offthewallaerial**

Vertical dance but with an added extra! This harness doubles workshop will utilise skills and technique from vertical dance (running, leaping, jumps, rotations and static dance technique on the wall) whilst introducing the use of another body to explore these technique elements and take them to new heights- allowing for more suspension, exploration, play and skills to be developed. Please note this workshop will contain the offer of working in contact with another person. Please wear comfortable clothes that cover all skin on the torso/hips/thighs for comfort and friction prevention.

**Aerial Playground..... @azariafrost**

Come and explore shapes and movement on Azaria's unusual aerial contraptions, including the infinity, sphere, spiral, ladder, and umbrellas (two sizes). In this student-led workshop, you'll be introduced to each of the pieces of equipment and taken through how to move around them safely, then you'll be let loose to have a play! Azaria will be on hand throughout to guide you and suggest shapes or ways to move around the equipment.

## Sunday

9.15am - 10.30am

### **Flexi Trixi Flow..... @underthebluecloud**

Feel like your bending over backwards to reach those floor flexing goals? Lets Relax , start with the basics and Move through some Flexi Flows, a few strengthening techniques , a sprinkle of tricky tips to aid your flexy goals , and end on some aided Bridges and fun achievable floor flow transitions to inspire you next routine or training session.

### **Contempory Dance.....@sophienorthmoredancecircus**

A release based contemporary dance workshop including centre work, floor work and sequences.

### **Straps Beginners.....@olly.lambourne**

Add another discipline to your aerial repertoire or start your aerial journey off with a bang! Don't be scared by their reputation, straps can be for everyone. Learn various different spins, including the technique to eventually lead up to switches. Different static shapes and sequences will also be covered and some play at the end if we have time! Come work muscles you didn't know you had and surprise yourself!

### **Sehere.....@kaiyalatham**

Come and explore these unique pieces of equipment! We will have various different styles and sizes of Sphere, from giant Jupiter to pint sized Pluto (yes they have names!). Suitable for all levels including beginner level students! We will adapt to suit different abilities!

### **Silks..... @circusjono**

### **Vertical Dance Flips and Tricks..... @offthewallaerial**

Moving on from foundational wall technique this harness based workshop will look in more detail at the technique and intricacy of specific dynamic skills when rotating with control and taking flight on the wall- we will explore different ways of moving in and out of 'flips' and 'tricks' and playing with our centre of gravity and how we can utilise our limbs to be explore the 3d space that wall technique can offer- be prepared to use a lot of energy! Please wear comfortable clothes that cover all skin on the torso/hips/thighs for comfort and friction prevention.

### **Hoop..... @han.kpanky**

10.50am - 12.05pm

### **Leg Twiddles .....@ellavationcircus**

Wavey legs in the air (like you just don't care)! Floor based class, full of mesmerising movements, twiddle and twirl your legs and use these motions to transition into shoulder stands and rolls. Use these techniques to add flourish and flare to your future movement quality.

All Levels. Cover up with clothes to move around the floor more comfortably.

**Chair Dance.....@Wild\_pole\_witch**

Enjoy a chance to get slow and sultry as we learn a chair routine from Fi. This routine will have adaptations for all levels. Heels optional unless you really wanna hear that clack! Knee pads are a must.

**Pole Lower 3rd..... @underthebluecloud**

Flow and Effect : Where the Floor is our friend and the Pole is our friend with benefits.... Transitions to floor through rolls flowing poses and some ass over head work : baby kips fakey flips and drop splits will be our best buddies here: heels and knee pads essential if you want to achieve maximum effect from all tricks but bare feet/socks/leg warmers also welcomed as there will still be some super cool hand standey flowey transitions to lock into if you want to take it easy 😊 shoulder rolls advantageous and handstand experience will help but not essential as basics will be recited.

**Straps Beginners.....@olly.lambourne**

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**Partner Floor Acrobatics.....@sophienorthmoredancecircus**

An open level partner acrobatics session looking at skills utilising touch, counter balance, L basing and hand to hand.

**Vertical Dance Choreography..... @offthewallaerial**

This harness based dance workshop on the wall will give you the opportunity to work on moving to music, with taught sequences based on vertical dance technique tricks and skills that flow into one another with a sense of performance. This is a great opportunity to take learning vertical dance to another level with greater complexity of combining these skills and testing your body as it works to perform with and against gravity. Please wear comfortable clothes that cover all skin on the torso/hips/thighs for comfort and friction prevention.

**Lollipop..... @han.kpanky**

1.15pm - 2.30pm

**Burlesque..... @ohhmsfanny**

**Pole Booty Centric..... @underthebluecloud**

Where the Booty takes center stage! Choreo to get you salt shaking & quaking to some basset bombshell beats. Put those gun fingers in the air , pop on your kinkiest boots (or shoes) roll up the knee pads : lets bounce 😊 hot pants/ something your Booty can move freely in is highly recommended. Heels or no heels welcomed. Knee pads recommended

**Pole Steady Shapes..... @ellavationcircus**

Lengthen those legs and make the most of all angles. Photoshoot worthy shapes including splits and straddles, designed to get you looking more flexi than you might feel. Wear pole shorts. Intermediate level class, you need to be able to confidently climb and hold an inverted inside/outside leg hang.

**Straps Intermediate.....@olly.lambourne**

Add another discipline to your aerial repertoire or start your aerial journey off with a bang! Don't be scared by their reputation, straps can be for everyone. Learn various different spins, including the technique to eventually lead up to switches. Different static shapes and sequences will also be covered and some play at the end if we have time! Come work muscles you didn't know you had and surprise yourself! intermediates should have a strong invert, pull up and core.

**Doubles Trapeze.....@team\_pretzel\_trapeze**

In this workshop we will look into the foundation skills for trapeze doubles work. Includes both synchronised and base and flyer work. Suitable for students with good knowledge of trapeze (or hoop doubles would be an advantage) and those who can invert comfortably. No need to bring a partner, we can pair people up!

**Rope.....@circusjono**

**Vertical Dance Choreography..... @offthewallaerial**

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around them safely, then you'll be let loose to have a play! Azaria will be on hand throughout to guide you and suggest shapes or ways to move around the equipment.

**2.50pm - 4.05pm**

**Burlesque..... @oohmsfanny**

**Pole Hard Style Routine.....@azariafrost**

Get a sweat on with a fast, attitude-filled, heel banging, hair flicking heels choreography class with Azaria, using the floor and the pole. Heels and kneepads are essential for this class. It is recommended that students have some heels experience before attending, and be comfortable with walking and pirouetting in heels. For more advanced students, there will be an optional kip – boots are strongly recommended instead of sandals if you want to learn this.

**Pole Spinny.....@han.kypanky**

**Straps.....@olly.lambourne**

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**Silks..... @circusjono**

**Bungee.....@aerialtess\_**

A class for everyone! Attached to a bungee cord we will bounce and dance our way to fitness! In this class we will learn a fun routine step by step as well as having some time to learn some cool tricks.

**Hoop Cinnamorolls, not Elbow Rolls! Intermediate/ Adv Combos .....**

**@kittyxpimms**

Capper's Traditional Combo Workshop returns! Twists, rolls and poses for those days when you need inspiration, want a base for your flow, or just want something which looks cute on Instagram. Must be confident working on the top and sidebar, know right from left upside down, and not hate Crescent Moon. I might teach Raptor, so bring your best armpits, and photos of pets.

**4.25pm - 5.40pm**

**Aerial Yoga.....@Wild\_pole\_witch**

What a busy day. Now's the time to relax your mind and your muscles as Fi takes you through a relaxing aerial yoga session.

**Pole Lyrical Flow.....@azariafrost**

Finish off your convention weekend with a chilled, expressive lyrical pole flow choreography with Azaria, using the floor and the pole. This workshop is suitable for all levels and is more about getting into your feelings and enjoying the flow of the movement than lifting yourself or doing crazy tricks. Dress however you're comfortable for this one – socks are recommended, and leg grip isn't required. Kneepads are optional.

**Pole No Invert Combos.....@han.kypanky**

**Hula Hoop Spin Party..... @ellavationcircus**

Open to all levels, beginners welcome. Join our hula hoop party and discover new ways to spin in circles. An energetic class that will get you moving in and around your hula hoop. On body technique, tricks, throws, rolls and mini combos.

**Spanish Web.....@circusjono**

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A class for everyone! Attached to a bungee cord we will bounce and dance our way to fitness! In this class we will learn a fun routine step by step as well as having some time to learn some cool tricks.

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