

Saturday

9.15am - 10.30am

Yoga Inversions.....Yoga Loft.....Amber Pat

This class will begin with a flowing Hatha Yoga practice to thoroughly warm our joints and muscles.

We will then discuss and apply techniques for inversions including headstand and forearm stand (pincha)

This class is suitable for everyone as we will work towards the more advanced poses in stages.

Pole Choreo Exotic.....Pole Studio.....Azaria Frost

Bring your fiercest self for this high energy, dynamic pole routine with Azaria, guaranteed to get your heart pumping and the endorphins flowing. We'll build up the routine piece by piece, with achievable variations for all ability levels – all you need is attitude! Heels are encouraged, and kneepads are strongly recommended.

Pole Handstand Shapes.....Pole Studio.....Hannah Nicholls

This workshop will give you lots of fun handstand and forearm , shapes rotations and balances to try from the floor and from up the pole.

You do not need to be able to invert or handstand for this workshop however you should feel comfortable being upside down in these shapes for short periods to get the most out of the workshop.

We will warm up specific muscle groups to get nice strong shoulders for handstands and look at lots of different ways to get into handstands and arm balances.

Silks.....Aerial Studio.....Ana Cerrato

In this workshop we will work on basic climbs and technique, together with footlock moves and inverted shapes from the floor for those with little experience on aerial silks (complete beginners also welcome!). For those more experienced on aerial silks, we will work on more intricate moves and drops, and unusual sequences/transitions in the air.

Spanish Web.....Aerial Studio.....Jono Ayres

You must be able to climb a rope for this workshop. Learn the basics of Spanish Web.

Doubles Allsorts.....Aerial Studio.....Cathy & Cheryl

No Partner needed and suitable for all abilities. Learn some super cool doubles moves on Hoop, Sling and Trapeze.

Double Sling.....Aerial Studio.....Kaiya Latham

Double Sling involves using 2 Aerial Slings rigged together to create pretty shapes, combos and wraps using both loops of fabric. This workshop includes both solo and pairs work. It's super creative and looks amazing with different coloured fabrics! Suitable for all levels!

10.50am - 12.05pm

BurleX Fitness.....Yoga Loft.....Laura Robinson

BurleX Fitness combines burlesque dance with props, floor-work, stretching & squats!

This masterclass is designed to build core strength, improve cardio fitness and increase flexibility & most importantly it's lots of fun!

BurleX Fitness will leave you feeling body confident, toned and empowered.

Come shake your tail feathers with us and show us how You BurleX.

Low Pole Flow.....Pole Studio.....Vicky Green

This low flow workshop is suitable for any level pole. You will learn a full low flow pole routine in a contemporary dance style which incorporates static spins, floor work and technical transitions. Knee pads are encouraged.

Pole Flips For the Faint Hearted.....Pole Studio.....Hannah Nicholls

Hannah has been teaching pole for 15 years and as a self-proclaimed scardey cat has found lots of fun ways to build students up to dynamic pole movements and flips including lots of moves that look dynamic and flippy without necessarily having to actually flip.

In this workshop, we will look at the foundation movements for lots of fun flips, and dynamic non flippy moves on and off the pole, building our way up to some exciting flips, rotations and drops. Students should be confident in inversions and moving around in inversions, leg hooks, stepping down from the pole with control

Silks Drops.....Aerial Studio.....Anna Simpson

The thrill of twisting and tumbling through the air is exhilarating but can you control your drops and do you know where you are in space as you're free falling? We'll dissect different drops, learn variations of common drops as well as work on changing your body position mid drop.

Spanish Web.....Aerial Studio.....Jono Ayres

You must be able to climb a rope for this workshop. Learn the basics of Spanish Web.

Rope Non Inverters.....Aerial Studio.....Ana Cerrato

In this workshop we will work on basic rope climbs, footlocks and moves that are achievable from the floor and/or minimal height. We will take a look at the technique and conditioning to achieve successful inverts from the floor. No previous experience needed.

Illusionist (Weird Hoop Shapes).....Aerial Studio.....Kaiya Latham

No its not photoshop! This workshop is all about quirky shapes, optical illusions and twirly combinations that have become Kaiya's signature style!

You don't need to be mega flexible for this material as students will be encouraged to work within their own limits and put their own individual stamp on shapes - because the world would be pretty boring if we all looked the same in everything! Combos will make use of all areas of the equipment and explore new pathways to move around them!

Suitable for students who can invert confidently with regressions and progressions available to suit individual abilities.

1.15pm - 2.30pm

Chair Dance.....Yoga Loft.....Samantha Moyle

Be prepared to explore all elements of chair dancing with some tricks and flow. Creating a beautiful routine to take home and show off. Guaranteed to be both sultry and fun.

Wear whatever makes you feel sexy. Knee pads and long socks/leggings recommended. Suitable for all abilities including those new to chair dance.

High Performance Seminar.....Upstairs Lounge.....Azaria Frost

A talk on the art of putting a pole or aerial routine together. If you have ever wanted to put a routine together Azaria will give you all the guidance and help you need to create a beautiful performance.

Pole Split Tricks.....Pole Studio.....Vicky Green

This workshop is suitable for all polers. You will learn a variety of splitty pole shapes with variations and different options for entries. A flat split is not essential! I can teach you how to 'fake it 'til you make it!'

Epic Pole Combos.....Pole Studio.....Hannah Nicholls

Hannah loves an epic pole combo / tumble. In this workshop, we will be putting together longer combos suitable for most confident polers. Moving from the top of the pole to the bottom and the bottom to the top and all ways in between this workshop will be jam packed full of mini combos and flows that can be squidged together into epic long sequences. There will be options for non-inverters as well as inverters but it's recommended that students are confident climbers can sit on the pole comfortably and perform a side knee hook hold.

Silks Climbs.....Aerial Studio.....Anna Simpson

How many different ways can you climb fabric? Here you'll explore variations of common climbs as well as uncommon ways to twist yourself around the material, creating locks and dropping them off effortlessly (with practice), one second you'll look tangled up, the next you're hanging in between two beautiful pieces of material.

Cloud Swing.....Aerial Studio..... Jono Ayres

A fun class to learn some cool tricks on Cloud Swing.

Rope.....Aerial Studio.....Ana Cerrato

In this class we will learn rope moves, drops, sequences and transitions that I have honed over the past decade. At the end of the workshop we will reserve some time to put everything we have learnt together into a rope flow or routine.

Revolution (Spinning Hoop Technique).....Aerial Studio.....Kaiya Latham

This workshop is all about learning spinning techniques on aerial hoop. The workshop includes lots of theory regarding dynamic movement and spin control and includes tips for conditioning and tackling dizziness.

Suitable for all levels.

2.50pm - 4.05pm

Vintage TeaseYoga Loft.....Laura Robinson

This vintage, strip-tease workshop makes use of chair, floor & boa & covers classic burlesque walks & poses, peels & reveals, facial expressions & stocking feels.

Aimed at burlesque beginners and suitable for all levels of fitness, in this 2hr workshop you will create your very own Burlesque alter-ego, ready to strut, shimmy & smoulder your way through this sassy, classy, super fun routine!

Master the secrets of seduction & enter the world of tease!

Please bring heels, stockings, long gloves & feather boa if you have them & an extra bra (or bikini top) & pants to go over your clothes for removal.


There is no actual nudity involved in this workshop!

Instagram Trending Pole.....Pole Studio..... Vicky Green

Want to learn the latest pole trick or combo that has been featuring on Instagram? This is the workshop! In this class you will have the opportunity to learn the latest tricks which are broken down in to step by step movements and made accessible for all polers. If you have requests? Bring some ideas with you and there will time at the end to put these forward.

Lyrical Pole Flow.....Pole Studio.....Samantha Moyle

A floaty choreographed class, feel your way through each movement. Expressive style of dance which includes beginners to intermediate spins and transitions.

Knee pads, leggings or leg warmers recommended 

Umbrella for Inverters.....Aerial Studio.....Azaria Frost

Pre-requisite: A lifted invert and controlled lower, on pole or any piece of aerial equipment You do not need previous aerial umbrella experience for this workshop, you simply need to be able to control your mounts and dismounts.

In this workshop, you will use all aspects of the umbrella to create beautiful shapes on this amazing 3D piece of equipment. You will learn to mount and dismount safely, followed by seated shapes on the handle. From there, we will progress to standing shapes, and then look at how to mount and dismount the head of the umbrella safely before going on top! If we have time, we'll link some of these moves together into a mini routine, and have a few minutes at the end for you to explore the equipment yourself. Unfortunately there is a weight restriction of 12 and a half stone for this workshop.

Straps for Beginners.....Aerial Studio.....Olly Lamborne

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! (This workshop is suitable for all including beginners).

Doubles Double Loop.....Aerial Studio.....Anna Simpson

A fun spiralling workshop where you'll twist and turn around one another. Aerial is fun on your own, it's even more fun when you have another body involved! This workshop is suitable for all levels, you do not need a specific partner as we'll swap frequently.

Hula Hoop.....Aerial Studio.....Lisa Truscott

A fun workout, working the core, arms and legs without even realising it! Starting with some on body hooping, moving on to off body tricks there's something for everyone. A bit of cardio, a bit of brain whilst dancing with the hula hoop. Suitable for everyone, we will supply the Hula Hoops.

4.25pm - 5.40pm

Aerial Yoga.....Yoga Loft.....Amber Pat

The perfect way to restore and revive your aching muscles after a long day at the convention!

Aerial Yoga explores poses using a suspended hammock which takes the pressure off particular areas of the body which can make some poses more accessible.

This class will also involve some floor based practice.

Contemporary Dance.....Pole Studio..... Anna Simpson

To finish the day we'll roll on the floor, we'll swing, we'll jump and we'll travel through the space. You'll learn some sequences, be challenged physically and mentally in a fun and safe environment. Suitable for all abilities.

Umbrella Non Inverters.....Aerial Studio.....Azaria Frost

Pre-requisite: None, but some pole or aerial experience is an advantage.

The aerial umbrella is a unique, mesmerising piece of equipment that moves in a way that is completely unlike any other piece of aerial equipment. You will explore how the umbrella moves, and learn some pretty ways to mount and dismount. From there, you will learn some beautiful shapes seated on the handle, and progress to shapes standing on the handle and holding the head. We'll then look at linking some of these moves together for a mini routine. Bring a camera because you'll have plenty of opportunity for photographs! Unfortunately there is a weight restriction of 12 and a half stone for this workshop

Straps Intermediate.....Aerial Studio.....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! (This workshop is aimed at intermediate aerialist who should have a strong invert, pull up and core).

Lollipop.....Aerial Studio.....Hannah Nicholls

Spin spin sugar! Learn some gorgeous shapes and mini combos on spinny pop with Hannah.

Doubles Trapeze.....Aerial Studio.....Lisa Truscott

Doubles trapeze session, suitable if you have a partner or not. Looking at swanning up techniques, doubles tricks and basing positions. Let me know in advance if there is anything specific you'd like to work on. Aimed at Beginners - Intermediate.

Sunday

9.15am - 10.30am

Trampette and Track.....Cornwall Gymnastic Centre

Front Somersaults and Rolls. Suitable for all abilities.

Aerial Pilates.....Yoga Loft.....Off The Wall

This class is either a perfect introduction to Aerial Pilates, or a brilliant class to dive deeper into the detail behind the exercises.

The hammock is set at a low level (shin - knee height) with which we will practice Pilates exercises by suspending the body, or parts of the body in the air. The hammock is there to assist you, but also to draw attention to differences in your body and also make it slightly more challenging than being on a mat. Even though the hammock is low, sometimes these can feel like a wonderful challenge for the body. So there's something for everyone!

Heels Dance.....Pole Studio.....Holly Hunter

Bring heels and learn a sassy heels routine. Suitable for all abilities.

Silks Low Flow.....Aerial Studio.....Siobhan Johnstone

It's all about those floor to air connections! In this workshop you will learn new pathways to create fluid transitions between familiar skills and build these into longer phrases of movement. Emphasis is on using all of the available space and finding purposeful connections between the floor and air.

Fixed Line HarnessAerial Studio.....Off The Wall

Using the same climbing harness as the vertical wall you will be attached to a rigging point via carabiner, expect a mixture of swinging, rotating, tricks, jumps and short combos playing with suspended harness dance just off the floor.

Bungee Dance.....Aerial Studio.....Amber Warne

An upbeat Bungee Dance Choreography workshop that is full of flow and fabulous fun. Suitable for all. Max weight limit 17 stone.

10.50am - 12.05pm

Gymnastic Apparatus.....Cornwall Gymnastic Centre

Bars, Beam, Floor and Vault. Suitable for all abilities.

Aerial Pilates.....Yoga Loft.....Off The Wall

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The hammock is set at a low level (shin - knee height) with which we will practice Pilates exercises by suspending the body, or parts of the body in the air. The hammock is there to assist you, but also to draw attention to differences in your body and also make it slightly more challenging than being on a mat. Even though the hammock is low, sometimes these can feel like a wonderful challenge for the body. So there's something for everyone!

Commercial Dance.....Pole Studio.....Holly Hunter

Suitable for all abilities.

Dance Trapeze.....Aerial Studio.....Siobhan Johnstone

Learn to weave your way around a trapeze using fluid transitions before layering these to create longer phrases of flowing movement. The transitions are definitely the star of the show in this workshop!

Fixed Line Harness.....Aerial Studio.....Off The Wall

Using the same climbing harness as the vertical wall you will be attached to a rigging point via carabiner, expect a mixture of swinging, rotating, tricks, jumps and short combos playing with suspended harness dance just off the floor.

Bungee Dance.....Aerial Studio.....Amber Warne

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1.15pm - 2.30pm

Handstands.....Cornwall Gymnastic Centre

Exercises and techniques for handstands. Suitable for all abilities.

Burlesque.....Yoga Loft.....Miss Kitty Pimms

Miss Kitty Pimms, winner of the UK Burlesque Awards "Ultimate Compere", is the tallest member of Reading's five star Scarlet Vixens Burlesque troupe. Usually upside down dangling off things, Pimms is as magical as a unicorn, as elegant as a gazelle and as hilarious as a video compilation of dogs failing to catch hotdogs being thrown at their face.

Aerialist, neo/ nerdlesquer, compere and token tall person, Miss Kitty Pimms is a force to be reckoned with. Also very northern. Join MKP for this classic burlesque workshop, with glove and boa work culminating in a sizzling routine to wow your audience! All welcome, no nudity required, but bringing your own gloves, boas corsets and tassles is encouraged!

Exotic PolePole Studio.....Zorena Roe

This workshop will be a heels and kneepads kinda session - wear whatever you feel good and comfy in and let's dance together! Pole and floor work will be done - all levels welcome.

Pretty Sling Shapes.....Aerial Studio.....Off The Wall

Playing with a mixture of open and closed fabric (and a bit of both) to find some picture worthy poses with the option to combo together.

Just some Basic sling knowledge required.

Silks Open Fabric.....Aerial Studio.....Siobhan Johnstone

How often do you work with open silk fabric?! The possibilities are endless and you'll finish this workshop with a new understanding of how to use an open silk to enhance your aerial practice.

You will be guided through basic climbs and locks on an open silk before progressing to longer and more complex sequences. We will build familiar elements into new ideas, movement and shapes!

Vertical Wall (Wall Running).....Aerial Studio.....Off The Wall

Harness based dance, using a climbing harness, suspended by a rope and using the wall as your floor, we will give you a brief intro to the equipment and then move into a mix of suspended tricks- explosive jumps, rotations, cartwheels, flips and a chance to work both on the floor and on the wall to make full use of the equipment. Wear layers to support your skin whilst in the harness and prepare to have fun!

2.50pm - 4.05pm

Gymnastic Apparatus.....Cornwall Gymnastic Centre

Bars, Beam, Floor and Vault. Suitable for all abilities.

Arms Only Pole.....Pole Studio.....Zorena Roe

This workshop will focus on arms only tricks, including upright holds and inverted moves including: Ayesha, inverted D, straight edge, iron X and regular/reverse entry handsprings in a variety of grips.

We may also cover some alternative arms only content such as iguana, recliner grip and handstands too!

There will be progressions and regressions available as well as some conditioning and transitions!

This is an intermediate + workshop. Pre-requisites include a solid butterfly and safe inverts and dismounts from the pole. It will be an intense workshop but will be great if you are

struggling with these moves, want to try a different approach or have some specific questions or issues around these that you would like to work on!

Spinny Pole.....Pole Studio.....Stephanie Burke

Steph's known for her love of spinny pole and combining it with her soft but strong passion for flows.

This workshop will have you exploring the dynamic range spinny pole can bring to a flow routine. Suitable for beginners/improvers. Optional- kneepads. Required -socks.

Tippy Hoop.....Aerial Studio.....Cheryl Couling

For those of you who have not tried tippy hoop before. Learn the basics of this unique fun way to use the hoop. You will learn fun shapes and ways to use the tippy hoop.

Sling Wraps, Rolls, Combos.....Aerial Studio.....Off The Wall

A mixture of all things fun, wrapping and moving in and around the fabric for some beautiful shapes and combos aimed at an upper intermediate level. Strong invert and comfortable with multiple wraps required.

Hoop.....Aerial Studio.....Amy Capper Gorman

Gyarados: Inter/ Advanced

Do tricky, Instafamous moves give you Outrage? Wanna Intimidate your buds without Frustration? Can I invent a move called Dragon Breath before this workshop? If the answer to some of these is yes, then grab your Pokedex and let's get dragonsy! This workshop showcases beautiful tricky moves in a more accessible way, focussing on aesthetics and safe transitions. Must be very comfortable on top bar, and with moves which may require developed strength, flexibility or reduced points of contact. Bring photos of pets.

Vertical Wall (Wall Running).....Aerial Studio.....Off The Wall

Harness based dance, using a climbing harness, suspended by a rope and using the wall as your floor, we will give you a brief intro to the equipment and then move into a mix of suspended tricks- explosive jumps, rotations, cartwheels, flips and a chance to work both on the floor and on the wall to make full use of the equipment. Wear layers to support your skin whilst in the harness and prepare to have fun!

4.25pm - 5.40pm

Tumbles.....Cornwall Gymnastic Centre

Round offs, cartwheels, flicks and handsprings. Suitable for all abilities.

Pole Tricks.....Pole Studio.....Zorena Roe

This workshop will cover a variety of both new school and old school moves and transitions which will form a number of combos (should you wish to!) This will include some flips,

twizzles, drops and rolls, leg hangs and even some floor work too. There will be progressions and regressions available and although many of the moves will be intermediate and above, they can be taught in the workshop, so you don't necessarily need to be able to do them all already! :)

Ideally students should be able to invert or climb and get into a side knee hook.

Sassy Pole Shapes.....Pole Studio.....Stephanie Burke

Steph's known for creating some beautiful shapes on and off the pole.

This workshop is fantastic way to explore a range of shapes that do not need a huge range of flexibility, trust me 😊 . Suitable for beginners upwards. Required- knee pads. Optional -bring heels.

Tippy Hoop Intermediate - Advanced.....Aerial Studio.....Cheryl Couling

For those of you who have done tippy hoop before and have a good level of strength. Learn cool shapes, drops and combos on tippy hoop.

Hoop.....Aerial Studio.....Amy Capper Gorman

Magikarp: Intermediate

Capper's Traditional Combo Workshop returns for another year! Twists, rolls and poses for those days when you need inspiration, want a base for your flow, or just feel like flopping on the ground in Frustration. But everyone knows that Magikarp are the best Pokemon, proven by this workshop full of fun combotastic inspiration. Must be confident working on the top and sidebar, know right from left upside down, and not hate Crescent Moon. Bring photos of other people's pets.

Vertical Wall (Wall Running).....Aerial Studio.....Off The Wall

Harness based dance, using a climbing harness, suspended by a rope and using the wall as your floor, we will give you a brief intro to the equipment and then move into a mix of suspended tricks- explosive jumps, rotations, cartwheels, flips and a chance to work both on the floor and on the wall to make full use of the equipment. Wear layers to support your skin whilst in the harness and prepare to have fun!