



Amy Hazel

Workshop Menu

Signature Choreography

1.5 hours

A combination of dynamic movement and flowing transitions, this choreography workshop will teach you some signature basework tricks and transitions combined with sensual flow and choreography to music. Movement transitions are fast, so experience is required.

Level: Inter+

Requirements: Heels, Knee Pads

80AUD per person

1 participant per pole



Floor tricks, flips and kips

1.5 hours

Known for her dynamic floor tricks and transitions, in this workshop you will learn Amy Hazel's iconic floor transitions and heels acrobatics. You will learn signature moves such as; circular fish flops, bridge transitions, shoulder stands and handstand kips.

Pre-requisite - Ideally able to do a bridge pose.

Requirements: knee pads, heels.

80AUD per person



Bendy Splitty Spin

1.5 hours

Learn some of Amy Hazel's signature bendy shapes and combo's on spin pole. Please note* this workshop does not include Rainbow Marchenko. Please book a private for this trick.

Level: Inter+

Requirements: Must be able to invert

80AUD per person

1-2 participant per pole



Full Body Stretch

1.5 hours

This full body stretch class will aim to lengthen and strengthen your hip, shoulder and back flexibility. Incorporating a combination of solo, partnered and wall stretching, this workshop will leave you with the tools to continue on your flexibility journey!

Level: Open

Requirements: Yoga Blocks, Yoga mat, Thera Band

75AUD per person



No Hands Jade

45 Minute

This workshop focuses on 1 trick only – Perfecting your NO HANDS Jade Split! Starting with some stretch and conditioning, followed by tips and techniques on perfecting your no hand jade split from two different entries.

Level: Must be able to invert comfortably

60AUD per person

Participants can share poles



Terms & Conditions

MINIMUMS & MAXIMUMS

- The studio may add any necessary fees on top of workshop price
- Minimum 8 participants per workshop
- Minimum 1 workshop
- Maximum of 3 workshops
- Workshops may be back to back or 5-10 minutes apart.

PAYMENT

Payment must be made by cash or paypal (If Paypal, an additional 4% is added on top of the total amount) at the end of class.

Paypal: amyhazel92@gmail.com

Terms can be negotiated, please contact to discuss.

Contact:

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