

Workshops 2024



ANETE BLAUA

(CAMP 1 – Workshops in English)

Power Pole Beginners - Static Pole | Beginner/Intermediate

We will work on a static Pole. I will teach the basics of how to create Powerful Spins, we will understand where does the dynamic come from and how to apply it on basic type of moves. Students should be learning or already practicing Inverts and one hand spins. Either way the level is always adjusted to the skills of the students. Anyone can attend. Complete breakdown all through the class.

Power Pole Intermediate/Advanced Level - Static Pole | Intermediate/Advanced

To attend this class, it's advised to be practicing handsprings and shouldermounts. But not necessarily we will do them in the class. Level is always adjusted to the student skills. I will explain the biomechanics of Power Spins and Power moves in this class. We will learn how Power Spins are being created. How to create the necessary momentum and how we can play with the momentum we create. According to the level of students. Different type of Power moves, Drops, Static Rotation also can happen in this workshop. You can count on short explosive combinations as well. Detailed explanation, progressions, technical and gradual approach always.

Pole Contemporary Choreography | All Levels

Usually in this class we wear comfortable pants, knee pads and socks can also help. I will teach my signature choreography. We will use pole all the way through this class. Floorwork, flow, spins and jumps and most importantly how to transition from one move to the other to save strength and develop fluidity. We will use different levels of dance, play with speed to make the choreography more interesting and more dynamic. Complete breakdown of every move will be provided. Detailed and gradual approach.

Low Flow - Static Pole | All Levels

All Levels. This class is combined with Spins, Balance moves and transitions that help you travel from one move to the next. In this class we will twirl around the pole in many different ways using the floor as our support and learning to move freely and dance around the pole. Explore Movements and Transitions that bridge the gap between individual moves and help us to dance and achieve our 'Flow State' within Pole.

Pole Heels Choreography – Static Pole | Beginner/Intermediate

We will learn a signature choreography which will help learning how to flow through one move the next. Choreos can be faster or slower. It depends on the level of students. Detailed explanation all the way through this class. Step by step breakdown and alternatives will be provided.

MICHAELA MICHŇÁKOVÁ

(CAMP 1 – Workshops in English)

Spinning Pole | Intermediate/Advanced

Learn the art of the spinning pole. This workshop focuses at the beauty and grace of movements on the spinning pole. There will be a nice flow, beautiful shapes and interesting transitions.

Doubles Beginner (with SLAVOMIR MICHNAK) | Beginner/Intermediate

Let's pole together! This workshop is about partnering and synchronization. We will learn basic (but nice) balanced based, support and flying partner elements on both static and spinning pole. You can come with your friend or alone, it will be fun!

Doubles Intermediate / Advanced (with SLAVOMIR MICHNAK) | *Intermediate/Advanced*

Let's pole together! This workshop is about partnering and synchronization. We will learn balanced based, support and flying partner elements on both static and spinning pole. You can come with your friend or alone, it will be fun ☐ It is recommended to know gemini (outside leg hang) and scorpio (inside leg hang).

Low Flow & Handstands | *Intermediate*

At this workshop you will learn a variety of static spins, easy acrobatic and floor based elements like shoulder rolls, cartwheels, elbow stands, fish flops using the pole. Knee pads and socks are recommended

Off-Pole:

Flexi legs | *All Levels*

This workshop is full of strengthening and stretching exercises which will help you to improve your leg flexibility and get your splits. We will pay attention to the correct technique, body alignment and pointed toes. You will need a mat and yoga bricks, knee pads and strap are recommended.

SLAVOMIR MICHNAK

(CAMP 1 - Workshops in English)

Doubles Beginner (with MICHAELA MICHNAKOVA) | *Beginner/Intermediate*

Let's pole together! This workshop is about partnering and synchronization. We will learn basic (but nice) balanced based, support and flying partner elements on both static and spinning pole. You can come with your friend or alone, it will be fun!

Doubles Beginner Intermediate / Advanced (with MICHAELA MICHNAKOVA) | *Intermediate/Advanced*

Let's pole together! This workshop is about partnering and synchronization. We will learn balanced based, support and flying partner elements on both static and spinning pole. You can come with your friend or alone, it will be fun ☐ It is recommended to know gemini (outside leg hang) and scorpio (inside leg hang).

Lifts & Technique | *Intermediate*

This workshop focuses on twisted grip, iguana and neck lift. We will learn the technique, specific „on pole“ and „off pole“ exercises and useful tips which will help you to get or improve your handspring or deadlift. You do not need to know handspring or lift to participate at this workshops.

Acrobatics & Dynamics | *Intermediate/Advanced*

This workshop focuses on various flips, regrips and dynamic moves on the static pole. We will do specific warm-up exercises and we will learn the technique and spotting.

Off-Pole:

Mobility | *All Levels*

If you feel exhausted and stiff after all the workshops, this one is a good choice for you! This workshop consists of simple exercises of active and passive flexibility and strength. The goal is to restore mobility to your joints, release muscle tension and regain your energy. You will need a mat, a strap is recommended.

DORIS ARNOLD

(XXL - CAMP Workshops in English)

Acrobatic Sexy Pole | *Intermediate*

Technical class made of sexy and acrobatic moves and combos around a pole. You will learn how to impress an audience, in a highly sensual way! Bring a sexy outfit, platform shoes and knee pads.

Back to Basics | *Beginner/Intermediate*

This is THE workshop to strengthen your foundations! Basic has never meant easy, it means fundamental. In this thorough and technically rich course, you'll go back over the basics and essential details of tricks and spins (rotations, leg hooks, inversions, line cleanliness and transitions). Whatever your starting level, this "mind-blower" course will ensure that your progression goes smoothly.

Pole Like a Stripper | *All Levels*

It's a bestseller! A sexy choreo class with the pole but no tricks, which is solely devoted to the sensual side of pole. Bring your heels, your sexiest outfit and you'll love it! Even the very beginners will feel comfortable thanks to Doris's methods. Bring a sexy outfit and platform shoes.

Pole Heels Flow | *Intermediate*

A very sexy choreo and acrobatics class in which Doris doesn't teach the "Russian Style" but rather develops her very own sensual, fluid and hypnotizing style. She will teach you all her secrets! Bring a sexy outfit, platform shoes and knee pads.

Pole Signature | *Intermediate/Advanced*

This workshop was created in order to teach you Doris's style through tricks, spins and combos of her own creation. Come and take on the challenge, Doris will guide you to master all her tricks as perfectly as she does.

Off-Pole:

Pussy to the Sky (Handstand & Balance class) | *All Levels*

A fun class to work on proprioception, focus, core and upper body strength. No need to be scared anymore, Doris has many exercises to lead you toward quick progress!

Striptease / Lapdance | *All Levels*

NO, this is not an "effeuillage" nor a burlesque or a "glamour style" class, It's a real striptease class! The one and only! No hypocrisy, no taboo, both provocative and sweet, funny and enchanting as well as sexy and sophisticated. Doris will reveal all her secrets to become a real pro! Without even realizing it this class does have a real healing effect as everyone is having fun, as well as motivate and cheer on each other. Bring a skirt and a top or a sexy dress, lingerie or bikini and high-heel shoes.

JULIA PENGLER

(XXL - CAMP Workshops in Deutsch/English)

Easy but Beautiful (on spinning pole) | *Beginner/Intermediate*

Schön muss nicht schwierig sein. In diesem Workshop lernst Du einfachere Posen zu variieren und fließend miteinander zu kombinieren. Einen Invert musst Du nicht beherrschen aber Klettern sollte kein Problem für Dich sein! Specially designed for polers of beginner-intermediate level, in this workshop we will work on my favorite tricks and combos. We will flow and float on the spin pole, create amazing shapes, and learn to pay attention to detail. Being able to invert is not a pre-requisite for this workshop, but students should be able to climb the pole.

Lyrical Pole Choreo (on static pole) | *Beginner/Intermediate*

Bei diesem Workshop liegt der Fokus auf der tänzerischen Kombination verschiedener Pole Moves und Tricks zum Beat oder dem Text im Song - wahlweise mit einem Hauch von zeitgenössischem oder kommerziellem Stil. Es geht also nicht um die technische Genauigkeit, sondern mehr um den Ausdruck, um harmonische und fließende Bewegungen und darum, sich von der Musik treiben zu lassen.

This is Julias most popular workshop and it is basically a dance class where we will be using the pole as part of the dance. In this workshop we will focus on dancing to the beat or lyrics in the music - can be with a touch of contemporary or commercial style. It is not about technical precision, it is all about expression, flow and feeling the music.

Lyrical Pole Choreo (on spinning pole) | Beginner/Intermediate

Bei diesem Workshop liegt der Fokus auf der tänzerischen Kombination verschiedener Pole Moves und Tricks zum Beat oder dem Text im Song - wahlweise mit einem Hauch von zeitgenössischem oder kommerziellem Stil. Es geht also nicht um die technische Genauigkeit, sondern mehr um den Ausdruck, um harmonische und fließende Bewegungen und darum, sich von der Musik treiben zu lassen.

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Off-Pole:

Chair Dance | All Levels

Dieser Workshop ist für alle, die neben dem Pole Dance auch einmal etwas anderes probieren möchten.

...flirtwithyoureyes, lips and hips und lernt eine sinnliche Choreografie auf, vor und mit dem Stuhl. Dieser Workshop wird in Heels getanzt.

This workshop is for anyone who would like to try something different to pole dancing. ...flirt with your eyes, lips and hips and learn a sensual choreography on, in front of and with the chair. This class is dancing in heels.

Flexibility | All Levels

Wir arbeiten an einer besseren Bewegungsfreiheit und der Kraft, diese auch für all die schönen Pole Posen nutzen zu können. Schnappt Dir eine Matte und genieß das Workout und das Stretching!

Increase your range of motion and build strength for all this beautiful pole poses! Grab a mat an enjoy the workout and stretches!

Lapdance | All Levels

Ein unvergesslicher Lap Dance lebt von der richtigen Stimmung, dem perfekten Song und vor allem selbstbewussten Tänzer*innen, die Ihren Körper sowohl auf als auch neben dem Stuhl sinnlich, sexy und verführerisch bewegen. Egal welches Alter und egal welche Figur in jedem von uns steckt das Besondere, was wir in diesem Workshop auf behutsame und unterhaltsame Weise raus kitzeln und zum Einsatz bringen werden.

An unforgettable lap dance depends on the right mood, the perfect song and above all a self-confident dancer who moves sensually, sexy and seductively both on and off the chair. No matter what age or figure, there is something special in each of us, which we will tease out in a gentle and entertaining way.

Floorwork | All Levels

In diesem Workshop erarbeiten wir eine sinnliche Choreografie on the floor! Neben fließenden und ausdrucksstarken Bewegungen geht es auch um grundsätzliche Basics und Techniken beim Floorwork.

Let's get on the floor and dance it out! In this workshop we will work with basic sensual floor work technique, hair flicks and selflove. Pleasers or normal heels (Stilettos) are recommended but not a necessity, but please bring knee pads.

JANINE HOLLUNG

(XXL - CAMP Workshops in Deutsch/English)

Easy Flips & Jump Outs | Intermediate

Lerne einfache Flips und Jump Outs, aber auch die, welche auf jeder Pole-Wishlist stehen. Du wirst hier über deinen Schatten springen, sobald du die Biomechanik verstehst und weißt, wie man sicher spottet.

Learn simple flips and jump outs, especially those on every pole wish list.

My Favorite Tricks & Combos (on spinning pole) | Beginner/Intermediate

Du liebst spinning genau wie ich? Dann lass uns gemeinsam mit fließenden Kombinationen aus Spins und Tricks abheben und um die Stange fliegen.

Do you love spinning as much as I do? Then let's take off together with a flowing combination of spins and tricks and fly around the pole.

Fake it Till You Make it | *Beginner/Intermediate*

In diesem Workshop lernen wir einige meiner Lieblings-Splits für die nicht zwingend ein Spagat Voraussetzung ist. Es ist also alles nur eine Frage der Perspektive!

In this workshop we will learn some of my favorite splits that don't necessarily require a split. So it's all just a question of perspective!

Dynamic Movements | *Beginner/Intermediate*

Hier wird es "flippy"! Die Zuschauer werden hier nicht mehr unterscheiden können, wer dreht. Du oder deine Pole. Jump Ons, Jump Outs, Tumbles und Swings stehen hier auf der Tagesordnung.

This is where things get "flippy"! The spectators will no longer be able to distinguish who is spinning. You or your pole. Jump ons, jump outs, tumbles and swings are on the agenda here.

Aerial Hoop:

Aerial Hoop Flow | *All Levels*

In diesem Workshop lernst du Tricks zu variieren, und fließend miteinander zu kombinieren, um immer wieder neue kreative Kombinationen zu entwickeln ohne dabei den Boden zu berühren.

In this workshop you will learn to combine tricks fluently in order to continually develop new creative combinations without touching the floor.

Aerial Hoop Dynamics | *All Levels*

Hier kombiniere ich meine liebsten Rolls und Drops. In diesem Workshop lernst du Tricks fließend durch Rolls miteinander zu kombinieren, um immer wieder neue kreative Kombinationen zu entwickeln. Aber auch Drops aus unterschiedlichen Tricks hier stehen auf der Tagesordnung.

I will show you my favorite rolls and drops on the hoop. In this workshop you will learn to combine tricks fluently using rolls in order to continually develop new creative combinations. Also drops from different tricks are on the agenda.

DAN ROSEN

(CAMP 2 – Workshops in English)

Picture Perfect | *Intermediate*

In this workshop Dan will be teaching you his favourite picture perfect poses. The aim of the class will be to give you the confidence to move in and out of moves effortlessly. (Because there is no point doing a trick if it's not gorgeous right?) Dan specialises in moves which not only look great, but moves which are ACHIEVABLE. Don't miss out on this opportunity to learn some new and interesting tricks. For this class it will help if you are able to do or working towards intermediate moves such as - Basic invert, gemini/scorpio and butterfly. It will also help if you are comfortable with most spins.

Dan's Favourite Combo's | *Intermediate/Advanced*

This class will cover Dan's favourite combos which may have been seen in some of his performances. He will adapt the combo to each level of student to make it fun for all in class. Students are welcome to give moves which they like to do or would like to learn and Dan will try to help you create a combo around this trick. So not only will we get to learn Dan's combos, we will also get the techniques to learn how to make our very own combo's with moves which we love. This is a fairly advanced class so for this class you will ideally be working towards air inverts, shoulder mount, superman, extended butterflies & Gemini/ scorpions.

Dance with Dan - Dynamic Heels | *Intermediate*

For those people who like to get down and dirty with the pole this class is for you. This is a choreo class which will put your sexy side to the test. Come and get filthy on the pole with Dan and enjoy one of his signature dynamic heels choreo routines which he will teach us in this class. This class is suitable for people with reasonable experience dancing in heels. The choreo for dynamic heels is fast so isn't suitable for people newer to heels. Things you will need for this class: Heels, Bottle of water, towel and knee pads (leg warmers are also fine to use as kneepads)

Insta Trix | *Intermediate*

In this workshop Dan will be showing you some of his favourite tricks which you will have seen on instagram! This class we will play with different sorts of grips, tricks and shapes so this class will be fun for all who attend. Be prepared to get some gorgeous pole kisses in this class as Dan will be showing us some moves which will put our limits to the test. This is a class not to be missed for the hardcore pole fan! For this class you will need to be able to or working towards - air inverts, superman, gemini and scorpio& Handspring/ ayesha.

Spinning Pole Technique | *Intermediate/Advanced*

Do you have a fear of the spinning pole? Feel like every time you use it you become to dizzy to do anything? In this workshop Dan will teach you the tricks to help make the dizziness a thing of the past and how to help you have full control over the spin pole. Dan will teach you some of his favourite spinning pole tricks in this class so don't miss out. This class is suitable for Intermediate/ Advanced level pole dancers. We recommend you can do air inverts, superman, gemini and scorpio, extended butterfly and ideally Handspring/ ayesha (but not essential).

ANAMARIA BOZGA

(CAMP 2 – Workshops in English)

Learn to Flow | *Beginner/Intermediate*

This workshop is suitable for all skill levels. We will explore unique methods for climbing the pole and creating seamless transitions from climbs into tricks. The class can be tailored to provide options for making the combination either easier or harder, depending on your level. Discover the secrets of spinning pole techniques to make your combos appear effortlessly elegant. Requirements for this class: Climb in spin, Sit on the pole.

Spinning Pole Transitions | *Intermediate*

Join me for a workshop dedicated to mastering transitions, graceful flow, and creating stunning shapes. We will learn a trick and create a beautiful combo around it, adapting it to each level ensuring an enjoyable experience for all. Please be aware that this class incorporates longer combinations, necessitating a moderate level of strength. Requirements for this class: Aerial Inverts & Leg Hangs.

Signature Tricks | *Intermediate/Advanced*

This workshop can be adapted for beginner and intermediate students. In this class, we will delve into some of my personal favorite tricks, which I often showcase or teach in my Masterclasses. For the beginner and intermediate adaptation, I'll demonstrate creative methods to combine basic tricks and elevate them into impressive and distinct combinations. Requirements for intermediate: proper climbing technique, sit on the pole, basic invert. Requirements for advanced: ideally working towards aerial Invert, shoulder mount, superman, outside/inside leg hang.

Dynamic Tricks & Easy Flips | *Intermediate*

In this workshop we will learn some beautiful dynamic tricks and some easy, absolutely achievable flips, which we will then transform into power combos. Depending on your level I will demonstrate both: easier and more challenging variations. Requirements for this class: Comfortable Inverts & Leg Hangs

CHRISTINA INNINGER

(XXL – CAMP Workshops in Deutsch/English)

Off-Pole:

Twerk Techniques | *All Levels*

Wir fokussieren uns auf die verschiedenen Twerk Techniken. Nacheinander erlernen und üben wir die einzelnen Techniken, bis wir sie am Schluss alle zusammenfügen!

We focus on the different twerk techniques. We learn and practice the individual techniques one after the other until we put them all together at the end!

Twerk Choreography | All Levels

In diesem Workshop erarbeiten wir eine Twerk Choreo (Stil Hip-Hop/Video Dance); der Fokus liegt auf der Choreographie, die Twerk Techniken werden kurz erklärt.

In this workshop we will develop a twerk choreo (hip-hop/video dance style); The focus is on the choreography, the twerk techniques will be explained briefly.

BodyScan - eliminate your weak points! | All Levels

Finde deine Schwachstellen, lerne sie zu verstehen und beseitige deine Handicaps. Du versuchst zum Beispiel schon lange den Spagat zu lernen, hast aber nur mäßigen Erfolg? Oder bei regelmäßigem Training bekommst du in manchen Gelenken/Körperstellen immer wieder Schmerzen? Wir finden heraus warum und beseitigen deine Schwachstellen!

Find your weak points, learn to understand them and eliminate your handicaps. Maybe you have been trying to learn the splits for a long time, but don't feel very successfully? Or do you keep getting pain in some joints when you exercise regularly? We find out why and eliminate your weak points!

Faszien - Triggerpunkte | All Levels

Faszien sind Bindegewebsstrukturen, die Muskeln und Organe umhüllen und durchziehen den ganzen Körper wie ein Geflecht. Sie können verkleben und verhärten, was oft zu Schmerzen, besonders im Rücken- und Nackenbereich führt. In diesem Workshop lernst du, wie du deine Faszien lockern kannst. Durch das Beherrschen deiner Triggerpunkte wirst du sozusagen zu deinem eigenen Physiotherapeuten.

Fascia are connective tissue structures that envelop muscles and organs and run through the entire body like a network. They can stick together and harden, which often leads to pain, especially in the back and neck areas. In this workshop you will learn how to loosen your fascia. By mastering your trigger points, you become your own physical therapist, so to speak.

LARISSA KALI

(CAMP 2 – Workshops in Deutsch/English)

Heels Technique 101 | All Levels

Lerne die Basics des Heels Pole Dance und eigne dir die richtigen Techniken an, um deine Fähigkeiten schnell und effektiv zu verbessern! Egal, ob du ganz neu dabei bist oder schon Heels Erfahrungen gesammelt hast – dieser Workshop bietet dir die perfekte Gelegenheit, um einen großen Schritt weiterzukommen. Tanze anmutiger und selbstbewusster auf deinen Heels und entdecke neue Möglichkeiten, deinen Heels Flow zu verfeinern und zu perfektionieren. Heels und Knieschoner empfohlen.

Learn the fundamentals of dancing in platform heels and master the right techniques to improve your skills quickly and effectively! Whether you're a complete beginner or have already gained some experience, this workshop offers the perfect opportunity to level up. Dance more gracefully and confidently in your heels and discover new ways to refine and perfect your heels flow. Heels and kneepads recommended.

Easy Breezy Heels Flow | Beginner/Intermediate

Lerne eine sinnliche und gefühlvolle Heels Pole Choreo! Charakteristisch für Larissas Easy Breezy Heels Flows ist ein fließender, schwebender Style, der anmutig und schwerelos aussieht. Schrittweise Erklärungen der Choreo und Variationen für unterschiedliche Levels werden gegeben. Du kannst in Heels oder Socken tanzen. Knieschoner empfohlen.

Learn a sensual and slow heels pole choreography! Larissa's Easy Breezy Heels Flows are characterized by a flowy and floaty dance style that looks graceful and effortless. Step-by-step instructions of the choreography & variations for different levels will be provided. You can dance in heels or socks. Kneepads recommended.

Secrets of Flow | All Levels

Möchtest du fließender und geschmeidiger an der Pole tanzen, mit weniger Pausen und abrupten Bewegungen in deinen Choreografien? In diesem Workshop erfährst du Larissas beste Tipps und Tricks, um deinen Flow zu verbessern. Flow bezeichnet den Tanzstil, bei dem Bewegungen und Figuren nahtlos ineinander übergehen. Du wirst verschiedene Übungen durchführen, um das Gefühl des Flows kennenzulernen und für dich zu entdecken. Zudem lernst du eine Combo, die dir zeigt, wie du verschiedene Elemente harmonisch miteinander verbindest. Socken und Knieschoner werden empfohlen.

Do you want to dance more fluidly and smoothly on the pole, with fewer pauses and abrupt movements in your choreographies? In this workshop, you'll learn Larissa's best tips and tricks to improve your flow. Flow refers to the dance style where movements and tricks seamlessly blend into one another. You will perform various exercises to experience and discover the feeling of flow for yourself. Additionally, you will learn a combo that demonstrates how to harmoniously connect different elements. Socks and kneepads are recommended.

Off-Pole:

Badass Floor Choreo | All Levels

Lerne eine freche Floorwork Choreo voller flirty Moves! Du wirst verschiedene Floorwork Tricks und Transitions üben, als auch wie du diese auf eine flowy und hypnotisierende Art verbindest. Schrittweise Erklärungen und Variationen für unterschiedliche Levels werden gegeben. Du kannst in Heels oder Socken tanzen. Knieschoner benötigt.

Learn a sassy floorwork choreography full of flirty moves! You will practice various floorwork tricks and transitions, and how to combine them in a flowy and mesmerizing way. Step-by-step instructions & variations for different levels will be provided. You can dance in heels or socks. Kneepads required.

Fish Flop Explorations | Intermediate

In diesem Workshop lernst du Larissas Signature Fish Flop Tricks! Du tauchst in die Technik des Fish Flops ein und entdeckst zahlreiche Variationen dieses vielseitigen Moves. Zunächst lernst du einige Vorübungen kennen, die dir helfen, dich schrittweise an die korrekte Ausführung des Fish Flops heranzutasten. Anschließend übst du verschiedene Fish Flop Variationen sowie kurze Floorwork Combos, in welche diese Variationen integriert werden. Voraussetzungen: Schulterrolle, Schulterstand. Knieschoner benötigt, Heels optional.

In this workshop, you'll learn Larissa's signature fish flop tricks! Dive deeper into the technique of the fish flop and explore numerous variations of this versatile move. You'll start with some preparatory exercises to gradually get comfortable with the correct execution of the fish flop. Next, you'll practice various fish flop variations and incorporate them into short floorwork combos. Prerequisites: shoulder roll, shoulder stand. Knee pads required, heels optional.

AENGIE LINA

(XXL - CAMP Workshops in Deutsch/English)

Drop it, kip it, flip it – Heels Edition | All Levels

Dynamische Heels Combos und Sequenzen mit Kips, Flips und easy Drops. Heels und Knieschoner unbedingt einpacken!

Dynamic heels combos and sequences with kips, flips and easy drops. Be sure to bring heels and knee pads.

Badass Heels Choreo | All Levels

Eine badass Heels Choreografie an der Static Pole. Knieschoner und Heels mitnehmen!

A badass heels choreography on static pole. Bring knee pads and heels!

Off-Pole:

Sassy Chair Choreo | All Levels

Eine sassy und sexy Chair Dance Choreografie.

A sassy and sexy chair dance choreography.

Hypnotic Floor Choreo | All Levels

Eine hypnotisierende Floorwork Choreografie mit vielen schönen LegTwirls.

A hypnotizing floorwork choreography with lots of beautiful leg twirls.

Chair Dance Acrobatics & Shapes | All Levels

Chair Dance Sequenzen und Combos mit akrobatischen Elementen und schönen Shapes.

Chair dance sequences and combos with acrobatic elements and pretty shapes.

Aerial Hoop:

Aerial Hoop Fake Splits | All Levels

Fake it 'till you make it! Schöne Fake Splits im Aerial Hoop.

Fake it 'till you make it! Pretty fake splits for aerial hoop.

Aerial Hoop Sequences & Shapes | All Levels

Easy but beautiful Aerial Hoop Sequences und tolle Shapes.

Easy but beautiful Aerial Hoop Sequences with fancy shapes.

Änderungen jederzeit vorbehalten!

Subject to change at any time!

WICHTIG / IMPORTANT

GYMNASTIKMATTE, KNIESCHONER, HEELS UND GRIPHILFEN

Eine eigene Gymnastikmatte, Knieschoner und event. Griphilfen sind selbst mitzubringen! Da hier die Teilnehmerinnen erfahrungsgemäß lieber mit ihren eigenen Mitteln arbeiten, werden diese am Polecamp nicht zur Verfügung gestellt! Wenn möglich bitte auch 2 Yogablöcke mitnehmen, da diese ev. für manche Workshops benötigt werden! Entsprechender Schutz in Form von Shoe Protectors für das Plateau der Heels/Boots wird empfohlen um Beschädigungen von Schuhen, sowie dem Boden, vorzubeugen. Da es beinahe unmöglich ist, die Poles nach Verwendung von itac2 wieder zu reinigen, besteht am Int. Polecamp absolutes itac2 Verbot!

EXERCISE MAT, KNEE PADS, HEELS, GRIP AIDS

Please bring exercise mat, knee pads and grip aids on your own to Bibione! As we made the experience that our participants prefer to use their own resources, they are not provided at the Polecamp! If possible, we also recommend bringing 2 yoga blocks on your own to Bibione, because those maybe required for some workshops! Appropriate protection in the form of shoe protectors for the platform of the heels/boots is recommended to prevent damage to shoes and the floor. As it is almost impossible to clean the poles again after using itac2, there is an absolute itac2 ban at Int. Polecamp!

REINIGUNG VON POLES & HOOPS

Vor Beginn eines Workshops ist das Trainingsgerät (Pole, Hoop, etc.) von jedem Teilnehmer selbst zu reinigen/desinfizieren. Desinfektionsmittel wird vom Veranstalter zur Verfügung gestellt. Diese Maßnahme ist verpflichtend und Teil unseres Hygienekonzeptes!

CLEANING POLES & HOOPS

By entering a workshop location each participant has to clean/disinfect his training equipment (pole, hoop, etc.) by himself. Disinfectant will be provided by the organizer. This measure is mandatory and part of our hygiene concept!

