

WORKSHOPS

Each workshop can be designed for specific age groups or broken down into more specifics based on studio needs

▪ **Aerial Floor-ography**

-Prerequisites: Basic knowledge of foot locks, wristlocks, climbs. Able to invert from the floor.

-Length: 1.5 Hours

-Suggested Cost: \$60

-Minimum Height Required: 18 ft

-Description: Class explores floor movement and choreography involving the fabric; learning how to use your apparatus to tell a story. We will learn ground choreography, in addition to using improvisational skills.

▪ **Putting It All Together**

-Prerequisites: ****This workshop can be done on ANY apparatus**** Intermediate to Advanced. Must have a basic understand of knowing where and how things are locked. Comfortable staying in the air for several minutes at a time, in addition to having a variety of skills in their repertoire. Skills will not be taught in this workshop.

-Length: 2 Hours

-Suggested Cost: \$65

-Minimum Height Required: 20 ft

-Description: This class explores how to find different pathways to connect different skills together. We will play a game in which you select a set of skills and are then constantly challenged to find a way to creatively link them together. Students should bring a notepad and something to write with.

- **Drop It Like It's Hot**

-Prerequisites: Intermediate to Advanced. Must be able to climb all the way to the top of silk, have straight leg straddle inverts from several climbs up. Comfortable with dropping from high up as well as basic knowledge of how to wrap for a star drop and an S-wrap for wheel downs.

-Length: 2 hours

-Suggested Cost: \$65

-Minimum Height Required: 23 ft

-Description: This class will explore variations of star drop, the theory in how to combine drops, the basics of wheel down/wheel down variations, ankle drops, and a few of Kara's specialty drops unique to her style.

- **I Got the Keys (Hip Keys & Thigh Keys!)**

-Prerequisites: Intermediate to Advanced. Must have a hip key in the air, be able to straight leg straddle invert in the air from several climbs, climb to the top of the silk, and comfortable with drops from the top.

-Length: 1.5 hours

-Suggested Cost: \$60

-Minimum Height Required: 20 ft

-Description: This class will focus on learning many different variations from hip keys and thigh keys, including longer sequences, and drops.

- **Feels Like the First Time**

-Prerequisites: First timers and Beginners. Little to no knowledge of aerial technique and terminology.

-Length: 1.5 hours

-Suggested Cost: \$40

-Minimum Height Required: 18 ft

-Description: This class is designed for people who have always wanted to try aerial silk or have taken a few classes but want to really strengthen their knowledge of the basics. Focus will be on learning proper technique in an encouraging class environment as the student progresses in their aerial journey.

- **Aerial Strength and Conditioning**

-Prerequisites: All levels welcome.

-Length: 1 hour

-Suggested Cost: \$30

-Minimum Height Required: 18 ft

-Description: This HIIT based class will focus on building the full body strength needed to safely execute proper aerial skills and technique.

STUDIO REQUIREMENTS

- Respectfully ask studios to reserve a minimum of two (2) workshops.
- However, no more than two (2) workshops done in a single day.
- Min/max number of students depends on studio layout and points available. For safety reasons, no more than two (2) students will be allowed to share an apparatus. Average goal per workshop is 8 participants.
- Studio agrees to a 70/30 price split (70%-instructor, 30%-studio) unless otherwise noted and agreed upon beforehand.
- Prior to the first workshop, instructor requires at least 30 minutes to familiarize the space, examine equipment, etc.
- Private lessons done with the instructor will be done at studio's discretion.
- All students must have liability waiver filled out under the studio.
- Instructor will provide marketing material that can be used by the studio for promotion of workshops, classes, and private lessons across all social media platforms.